



# LOON ORGANICS

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## What's in the box 8/31:

### Red Jimmy Nardello Sweet Peppers & Orange Sweet Peppers:

Red, long peppers are SWEET! Not hot. These are red and look like a cayenne, but are sweet. Orange peppers are like a bell pepper, but sweeter! Use raw or sauté up for a fruity flavor.

**Sweet corn (on the side):** from Nistler Farms. Trim tip off if there is a little worm damage.

**Salad Mix:** Mix of baby lettuces for your salad or BLT.

**Muskmelon:** Most of the muskmelons are ready to eat.

**Hakurei Salad Turnips:** A summer batch ready for your salad or stir-fry! Very mild.

**Cherry Tomatoes:** Add to the gazpacho recipe.

### Beefsteak and Heirloom

**Tomatoes:** All types are great for fresh eating. The heirlooms are all different colors. Most are ripe and ready to eat. Take all tomatoes out of the bag when you get home.

**Broccoli:** Steam or boil gently in salted water for a few minutes until fork tender.

**Cucumbers:** Try them in gazpacho.

**Italian Parsley:** Make pesto with parsley instead of basil. Lovely bright flavor with pasta.

**Fresh Walla Walla Onions:** refrigerate until using. Some of the tops got trimmed off slightly too much, so make sure to keep in fridge in a plastic bag. Very mild and sweet raw in a salad with fresh cucumber and tomato.

## CSA: Week Eleven (*Half Share Green Week*)

As we near Labor Day weekend, the farm is at its peak of production for the year. We are in prime harvest season for all our summer crops, and the fall crops are starting to get close. The last burst of heat will nicely finish off the squash and fall brassicas, and those pie pumpkins are starting to turn orange and ripen up for picking at our Fall Harvest Festival on Sunday, September 22<sup>nd</sup>!

Last Tuesday, we had a huge harvest push and our work share crew harvested nearly 4,000 yellow storage onions. They filled the floor of our entire greenhouse, and the onions look like our most beautiful crop that we've grown yet! And we haven't even started in yet on the red storage onion harvest. We are still trying to get through harvesting our fresh onions, the Walla Walla sweets and red torpedo onions, and get those out to you in your boxes, and then we will be on to the storage onions. The storage onions and garlic provide some nice, cooler afternoon jobs for our crew to work on cleaning those up in the shade of our pack shed. A big thank you to our work share crew and full-time employees for helping us get through this busy, HOT harvest time. We are all looking forward to a cool down next week.

We finished up the watermelon harvest this week, and there weren't enough for all the boxes, thus we are just down to muskmelons. There is still one variety of muskmelon that is just starting to ripen, so we likely will have muskmelons one more week. The summer squash and zucchini have succumbed to disease from the striped and spotted cucumber beetles. We had a good run with those crops this year, and they produced more abundantly and longer than normal. The cucumber beetles transmit a disease called mosaic to the summer squash and zucchini plants and eventually the fruits turn bumpy and bitter by late summer. We have a plethora of cucumber beetles on our farm and there are some management strategies we can employ earlier in the season, but once we get into July and August, there is little we can do to keep them off the plants and flowers. I know some of you are fans of zucchini, but after a couple months of picking and eating them we are ready to bid adieu and welcome the next new crops to the scene. (Like leeks, celery, fall carrots, and cauliflower all coming soon!)

Every two weeks we have a farm dinner on Tuesday evenings with our employees to share a meal and talk more in-depth about a farming topic of their choosing. Last week we talked about irrigation, as our overhead sprinklers outside watered the fall beets, salad mix, kale, and basil. It's been well over 2 weeks since we got any rain, and even with our irrigation in place we are still seeing signs of moisture stress on crops in lighter soils. The windy days have been tricky to irrigate efficiently with our overhead sprinklers, thus we often start it in the evening when the winds have died down and we don't lose as much water to evaporation during the heat of the day. We have a 60% chance of rain on Saturday night; we are crossing our fingers that we get something. An inch of natural rain equates to us running our irrigation system for 6-8 hours on one ½ acre field. With 7 acres in production, it takes awhile to make the rounds around the farm. We know rain will come again, and hopefully it comes soon!

**Next week's box:** tomatoes, cucumbers, muskmelon, broccoli or cauliflower, lots of sweet peppers, salad mix?, celery, eggplant?, onions, beets or carrots

**Produce Storage:** Tomatoes should not be refrigerated. Take the tomatoes out of the plastic bag they came in, and leave on your counter out of the sun—some may need a few days to ripen to perfection. Watermelons can either go in fridge or stay on counter. Muskmelons should go in fridge if very ripe, otherwise on the counter. All other produce, including onions, should be stored in the fridge in plastic bags, if it isn't packed in one already.

**Preserving Tips:** Steam or boil sweet corn and broccoli for 5 minutes or so until just tender, cool, then put in freezer bags. Tomatoes can be de-cored, quartered, and frozen raw for use this winter in soups, chilis, and sauces. Peppers also can be chopped raw and frozen for winter use. Make refrigerator or freezer pickles with your cucumbers. Recipes on our website.

**Summer Turnips:** We had a nice batch of summer Hakurei turnips come in this week. They were in a fertile field that typically is a little bit wetter so they had access to good moisture early on and we irrigated them as well. The result is very mild, sweet summer turnips that are way less spicy than our last batch of radishes! Enjoy the turnips in a salad, stir-fry, in risotto, or try slicing and grilling. We didn't have room in the box to include the tops and they weren't looking as pretty from the heat, so we left the tops on the farm this time.

### Other Recipe Ideas from our Website:

- [Summer Pasta](#)
- [Freezer Cucumber Pickles](#)
- [Refrigerator Pickles](#)
- [Mediterranean Salad](#)

### Elsewhere:

[Sweet Corn Gelato](#) from [www.splendidtable.org](http://www.splendidtable.org)

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## Recipe Corner

Right now we are all about using up a lot of ripe tomatoes while not actually turning the oven on. Gazpacho is the perfect solution! It's great on a hot day, keeps well in the fridge, and uses up the many bounty of tomatoes, cucumbers, onions, and peppers we have right now. Your Italian parsley would make a great addition to this. From one of our favorite recipe websites. [www.culinate.com](http://www.culinate.com)

### Fast Gazpacho

4 lb. tomatoes ( mix of colors and types)  
1 large cucumber, peeled, seeded, and chopped  
1 Jimmy Nardello sweet pepper, seeded and chopped  
1 jalapeno or Serrano pepper, seeded and diced, or 2 tsp. diced chile flakes  
2-3 cloves garlic, chopped                      1 cup chopped onion  
½ cup extra-virgin olive oil                      ¼ cup sherry or red wine vinegar  
2 tsp. salt    1 tsp freshly ground black pepper  
½ - 1 cup water, depending on how watery your tomatoes are and how thin you want the soup to be  
Chopped parsley for garnish

Place all the ingredients except the herbs in a large bowl and stir together. Working in batches of about 2 cups at a time, transfer the watery ingredients to a blender and purée until smooth. Pour the puréed soup into a large storage container. Repeat until all the ingredients are puréed and stirred together in the storage container. Serve immediately, or store in the fridge for an hour or so and serve chilled.

From Beth Dooley's excellent new cookbook Minnesota's Bounty: The Farmers Market Cook book. She suggests to use a mix of watermelon (any color) and muskmelon. The feta adds a nice balance of salt and heft to the melon's sweet taste and light texture.

### Melon and Feta Salad in Mint Vinaigrette

1 cup fresh mint leaves                              1 Tablespoon honey  
1 jalapeno, seeded, deveined, and minced  
2 Tablespoons lime juice                              3 Tablespoons sunflower oil or olive oil  
Salt and freshly ground pepper                      3 cups cubed melon (mixed varieties, if possible)  
4 cups arugula    4 ounces crumbled feta cheese

In a blender, process half of the mint leaves with the honey, jalapeno, and lime juice. With the blender on low speed, add the oil in a slow, steady stream. Season the dressing with salt and freshly ground pepper. Chop the remaining mint leaves, and set them aside. Toss the melon cubes with just enough dressing to lightly coat them. Arrange the arugula on a large platter or individual plates, and serve the melon on the arugula. Garnish the melons with the feta and chopped mint leaves.

We really love the flavor of parsley pesto, and often make several batches of it for freezing for use in the winter. It is good tossed with pasta, or mixed with other cooked grains, such as quinoa, rice, or millet for a snappy cold salad or side dish with some steamed broccoli and corn cut off the cob added in.

### Italian Parsley Pesto

1 bunch Italian parsley  
1 cup walnuts  
2-4 cloves garlic  
1 cup grated Parmesan cheese  
1 cup extra-virgin olive oil  
Salt and pepper to taste

Wash and drain parsley.

Toast walnuts on a baking tray in a 400-degree oven for a few minutes, stirring frequently, until fragrant and browned.

Place parsley, toasted walnuts, garlic, and Parmesan into bowl of food processor and pulse until well combined. Drizzle in olive oil and continue pulsing until the mixture has emulsified, then season with salt and pepper. Toss with cooked pasta and fresh tomatoes. From [www.culinate.com](http://www.culinate.com)

Have a great week! Your farmers, Laura, Adam + Eli