



LOON ORGANICS

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What's in the box 9/11:

Romanesco Cauliflower: A variety of cauliflower with green, spiral florets and very nutty flavor. One of our favorite vegs!

White or Cheddar Cauliflower: Cheddar cauliflower is orange in color and higher in beta-carotene. Flavor is same as white

Leeks: Use anywhere you would use an onion. They are creamier in flavor than onions when cooked or roasted.

Sweet Multi-colored Peppers:

Includes Red Jimmy Nardello Sweet Peppers, Italian Orange/Yellow and Red Sweet Peppers with tapered ends. All peppers are sweet and can be used in any recipe calling for sweet peppers.

Yellow Potatoes: Medium-starch potatoes are like a Yukon Gold. Great for mashing, baking or roasting.

Sweet Corn: Trim tips off to avoid a stray worm or two. Awesome flavor this time of year!

Yellow Carrots: See the glazed carrot recipe on page 2.

Garlic: Use a clove or two in fresh salsa.

Beefsteak, Heirloom, and Cherry 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.

Cucumbers: Hope everyone is not too sick and tired of these yet. They have been prolific! Still very fresh and sweet tasting.

CSA: Week Thirteen (*Half Share Green Week*)

First off, a note about the corn. This time of year the sweet corn has great flavor but you can't escape worm damage with non-GMO corn. We recommend to you all to cut off the tips of your corn right before you husk it and prepare it, and that is the easiest way to get rid of the worms. I'm happy to pluck off a worm or two to ensure that the corn is non-toxic. GMO crops are not allowed in organic agriculture and hopefully never will be. They are just not compatible with an organic farming system. MN farmer and organic inspector, Jim Riddle, wrote a great short article that highlights why organic farmers and consumers are concerned about GMO's in our food and farming system, and in our natural environment in general. If interested, you can read it [here](http://www.mosesorganic.org/attachments/broadcaster/other18.3gmos.html) in a local farm journal:

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On the opposite spectrum of GMO seeds are heirloom, open-pollinated seeds. These are seeds that you can save from year to year, and generally many of the so-called heirloom seed varieties are around because a family (or families) grew the vegetables and saved the seeds for each generation to grow and pass down. As a result, many heirloom vegetable varieties have a fascinating and intimate history. I personally feel some greater connection knowing that the same heirloom vegetable variety I am eating was grown and savored by many others before me. One of our favorite heirlooms is the Jimmy Nardello Sweet Italian Frying Pepper. They are the long, reddish sweet peppers in your box that look like a cayenne but are in fact completely sweet.

Jimmy Nardello lived in Naugatuck, Connecticut and grew these peppers until his death in 1983. In a number of seed catalogs, it is mentioned that it was Jimmy's mother who brought the peppers herself to the US from the small village of Ruoti in the Basilicata region of southern Italy. She immigrated with her husband Guisepppe in 1887 to Connecticut and the Nardello family continued to grow the long, prized, sweet pepper and save the seeds each harvest to plant again. Luckily for us all, when Jimmy passed away, he donated his pepper seeds to Seed Savers Exchange in Decorah, Iowa, and they continue to propagate and market this variety to growers nationwide through their catalog.

Although this variety of pepper is becoming more well-known (chefs ask us for it by name), the Jimmy Nardello Sweet Pepper is still considered an "endangered taste" by Slow Food USA and has listed it as a variety that needs to be saved for its cultural, economic, and social heritage. As you may have noticed the pepper is very sweet and light when eaten raw, and the thin skin and fruity flavor make it one of the very best for sautéing. Cut pepper and remove seeds, then sauté alone with a little olive oil and top your sandwiches or salads! We look forward to having these in your box until the frost comes. If you're interested in heirlooms and saving seeds, check out www.seedsavers.org, a non-profit network of over 7,000 members that grow and save heirloom seeds. Heritage Farm in Decorah, Iowa is the home of Seed Savers Exchange and has a seed collection of over 25,000 rare varieties.

Next week's box: tomatoes, peppers, **romanesco cauliflower!**, potatoes, garlic, leeks? + more

Produce Storage: Tomatoes and garlic 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. All other produce should be stored in the fridge in plastic bags, if it isn't packed in one already.

Preserving Tips: Steam or boil cauliflower and carrots for 5 minutes or so until just tender, drain, cool, then put in freezer bags. Tomatoes can be decored, quartered, and frozen raw for use this winter in soups, chilis, and sauces. Peppers also can be chopped raw and frozen for winter use. Leeks can be chopped and frozen raw or lightly cooked. Or make a vegetable stock with the entire leek and other vegetable trimmings, like carrots, celery, potatoes, and freeze that in ice cubes trays for small amounts to use this winter. Make pickles with your cucumbers. Recipes on website.

Leeks: A member of the lily family, they are milder than onions and not as bitter as garlic. They make wonderful soups and stews, and are most famously known in potato leek soup. We didn't have quite enough room for potatoes in the box today, so keep your leeks in a plastic bag in your fridge until next week if you want to make that classic soup.

Other Recipe Ideas from our Website:

- [September Soup](#)
- [Summer Pasta](#)
- [Freezer Cucumber Pickles](#)
- [Refrigerator Pickles](#)
- [Mediterranean Salad](#)
- [Jimmy Nardello Stuffed Peppers](#)

Elsewhere:

[Cauliflower Cheese](#) on www.culinate.com

[Ginger Fried Rice with Leeks](#) on www.smittenkitchen.com

Contact us:

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Recipe Corner

This makes a simple entrée for 1-2 people or a nice side dish for 4 people (or 2 hungry farmers!). You could easily make it more substantial by adding some black beans, and using basil or cilantro instead of mint. Adapted from www.culinate.com

Toasted Corn, Tomato, and Feta Salad

4 ears corn
1 small to medium leek (white/light green part only), sliced into thin rounds
Butter (optional)
Lemon Juice
Salt & Pepper
1-2 Tablespoons fresh mint or basil

1 medium-large ripe tomato

Olive oil

4 oz. feta cheese

Cut tips of corn off, husk and remove silk from ears of corn. Holding at an angle from a cutting board, slice into the side of each cob, running the knife from top to bottom to release the kernels. Rotate and repeat.

Melt a pat of butter or a bit of olive oil in a small frying pan over medium-high heat. Add the leeks and corn kernels and toast for several minutes, stirring as necessary, until some but not all of the kernels have browned and the leeks have softened slightly. Remove from the heat and scrape the corn into a small serving bowl. Cut the tomato in a small dice, add to the serving bowl. Add the crumbled feta, several sprigs of torn mint or basil, a generous glug of olive oil, a squeeze of lemon juice, and sea salt and ground pepper to taste. (If feta is very salty, go easy on the salt. If corn is very sweet, then add a bit less mint and a little more lemon juice). Serve immediately.

A few weeks ago, Robin Asbell was a guest chef at the Mill City Farmers Market cooking demonstration, and she made these amazing glazed carrots with our roots. They are perfect way to use some of the giant carrots in your box. The whiskey cooks down and boils off the alcohol, but you could also substitute water for it. Recipe by Robin Asbell, Author of *Sweet and Easy Vegan Treats Made with Whole Grains and Natural Sweeteners*.

Glazed Carrots

1 pound carrots (the bunch in your box is over 1 pound)
½ cup vegetable stock
3 Tablespoons butter
Pinch salt

3 Tablespoons brown sugar

2 Tablespoons whisky (or water)

Peel and quarter the carrots, then slice in strips of desired width. Melt the butter and add the vegetables and stock, bring to a boil. Cover and cook, lowering heat to simmer, until the vegetables are just tender. Uncover and sprinkle in the whiskey and brown sugar, bring to a boil and toss the veggies in the pan until the sauce reduces to a glaze.

This is one of our favorite ways to eat cauliflower in the fall! You can use both romanesco and regular cauliflower for a beautiful dish. Serve over rice or alone.

Cauliflower with Indian Spices

1 teaspoon cumin seeds
1 small onion or 1 large leek
1 medium head cauliflower, broken into florets (about 3 cups)
2 large carrots, cut into ½-inch pieces

2 Tablespoons vegetable oil, or more as needed

Salt and freshly ground pepper

3 cloves garlic, minced

2 teaspoons grated ginger

Large pinch of crushed red pepper

Toast the cumin seeds in a large dry skillet over medium-low heat, stirring occasionally, until you can smell their fragrance, about 4 to 5 minutes (watch that they don't burn). Transfer the seeds to a small bowl. Return the skillet to medium-high heat, add the oil, and heat until shimmering. Add the onion or leek, stir to coat, and then add the cauliflower and carrots in an even layer. Season the vegetables with salt and pepper, and cook without stirring until the vegetables have begun to turn brown, about 2-3 minutes. Stir, and continue sautéing until the cauliflower is tender, another 2-3 minutes. Stir in the toasted cumin seeds, garlic, ginger, and crushed red pepper. Cook another minute to blend the flavors. Season with additional salt and pepper, if needed, and serve immediately. Serve over rice for a light vegetarian supper. It is also a great side dish served with grilled lamb. *From Minnesota's Bounty: The Farmers Market Cookbook* by Beth Dooley.