



LOON ORGANICS

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What's in the box 9/18:

Romanesco Cauliflower: A variety of cauliflower with green, spiral florets and very nutty flavor. One of our favorite vegetables! See page 2 for info

Bi-Color Sweet Corn: Trim tips in case of worm damage. Makes great corn salads. Or roast and top with lime and cayenne pepper. From Nistler Farms in Delano, MN.

Cilantro: For your last batch of salsa or in a corn salad.

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

Sweet Bell Peppers: Includes Red Jimmy Nardello Sweet Peppers and multicolored bell/Italian peppers. All peppers are sweet.

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

Salad Mix: Mix of baby lettuces with a bit of arugula mixed in too.

Red Onions: Use in the September Soup recipe on our website. Roasted goodness!

Garlic: German White Variety is a great cooking and eating garlic.

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.

Cucumber: Last week or two of these. They still taste great!

CSA: Week Fourteen (*Half Share Blue Week*)

Sunday, September 22nd is our Fall Harvest Festival on the farm from 1- 3 p.m. We will have wagon rides to and from the pumpkin field and will harvest all of our pie pumpkins. Come around 1:15 to get a ride out to the field and help cut pumpkins. There should be enough pumpkins for each family/household to take a couple home. We'll also have apple cider, and u-pick flowers and herbs. Please RSVP if you will come so we know how much cider to have. I will also send out an e-mail this coming week with info. and directions to the farm. Hope to see some of you here for our last CSA farm event of the season!

The best part of our weekend? RAIN!!! One inch exactly of gentle, long rain fell on Saturday afternoon and evening. It was perfect. Although an abrupt change, we are also very much appreciating the cooler weather and it is what we need for our fall crops. There are **FOUR** weekly deliveries left after today's box to get us to Week 18 of our CSA. The last pick-up of the season on the farm will be on Wed/Thurs, October 16/17th. We will send out an e-mail reminder to our half share members about their last pick-up dates.

We are now in this spectacular time of year for produce, as we still have an abundance of the awesome summer crops like tomatoes and peppers combined with the first fall crops trickling in, like the amazing romanesco cauliflower. Romanesco Cauliflower is another vegetable cultivar (like the Jimmy Nardello Pepper) that hails from Italy, and has been grown around Rome and Naples since the 16th century. Romanesco seed wasn't widely available from U.S. seed catalogs until 15 years ago, so it is a very new vegetable to most Americans. And we usually don't see it in the grocery store as the delicate spiral florets will break off in transit; it is a locally-grown exclusive. We love its nutty, sweet flavor and firm texture, and our favorite way to eat it is roasted in the oven. See page two for the easy roasted romanesco recipe and more info.

Fall Storage CSA Share: For those interested in extending the season with the delicious fall vegetables, we will again offer our Fall Storage CSA Share with pick-up on Wednesday, October 30th at the farm from 3-7 p.m. The Fall Share is two CSA boxes, filled with winter squashes, onions, potatoes, carrots, beets, celery root, garlic, parsnips, spinach, brussels sprouts, dried herb bunch and more. It is \$65 for the two boxes which contain around 50-60 pounds of produce, much of which will store for months. I will send out more info. and a sign-up e-mail this week.

Next week's box: delicata and acorn winter squash, tomatoes, peppers, cauliflower or broccoli, potatoes, kale, onions, and more. Eggplant?, Carrots?, Cukes?

Produce Storage: Tomatoes, potatoes, 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.



Romanesco Cauliflower:

Typically the florets are mostly lime-green, but because of warmer temps and sunny days, the florets get a little purple to them. Coloring doesn't affect flavor. Still tastes delicious!

Preserving Tips: Steam or boil romanesco for 5 minutes or so until just tender, drain, 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. 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.

Other Recipe Ideas from our Website:

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

Elsewhere:

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

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Recipe Corner

Roasted romanesco cauliflower (and regular cauliflower) is really fast to make and it brings out the nutty, sweet flavor of this good-for-you Brassica vegetable. You can eat this as a side dish or toss with pasta, lightly cooked sweet corn kernels, and a bit of olive oil for a light main dish.

Roasted Romanesco with Parmesan

1 head romanesco (or cauliflower)

olive oil

1 clove garlic, minced

¼-½ cup freshly grated parmesan cheese (optional)

Pre-heat oven to 400°. Trim the base of the romanesco head, taking off any leaves and trimming the base. Cut the whole head in half and proceed to divide the florets into similar-sized pieces. Toss florets with a generous amount of olive oil and put on a cookie sheet or shallow roasting pan. Roast in oven for 20-30 minutes, stirring every so often, until florets are browning and fork-tender. Immediately transfer to a serving bowl, and top with optional parmesan cheese, minced garlic, and salt and pepper to taste.

Potatoes and leeks are a delightful pair together. We adapted this basic potato leek soup recipe from *The Enchanted Broccoli Forest* by Mollie Katzen.

Potato Leek Soup

3 medium/large potatoes (fist-sized)

3 cups cleaned, chopped leeks

1 stalk celery, chopped

1 large carrot, chopped

4 Tablespoons butter

¾ teaspoons salt

3 cups veggie or chicken broth (or water)

½ - 1 cup milk

Optional: snippets of fresh herbs (thyme, basil, oregano)

Scrub the potatoes, and cut into 1-inch chunks. Place in a saucepan with the leeks, celery, carrot, and butter. Add salt. Cook the vegetables, stirring over medium heat, until the butter is melted and all the particles are coated (5 minutes). Add the stock or water, bring to a boil, then cover, and reduce heat to a simmer. Cook until potatoes are soft (20-30 minutes). When the potatoes are tender, remove the pan from the heat, puree the contents in a blender, with immersion blender, or in a food processor and add the milk a ½ cup at a time to thin the soup out to your desired consistency. Make sure the mixture is utterly smooth. Return to saucepan. Add optional herbs. Grind in black pepper. Taste to see if it needs more salt. Heat the soup gently, covered, until just hot. Try not to let it boil. Serve right away.

This is a meal you can have on the table in about ten minutes. Makes a great lunch or quick dinner. We also added diced romanesco and sweet corn kernels to the peppers (add romanesco first as it takes longer to cook), and that was a delicious fajita/burrito combo as well.

Sweet Pepper Fajitas

1-2 Tablespoons olive oil

2 orange, yellow or red bell or Italian peppers, sliced into strips (use more than 2 peppers if you use the smaller tapered Italian peppers)

1 onion, sliced thin

½ teaspoon garlic salt or 1 small clove garlic, chopped

1 teaspoon curry powder

½ teaspoon chili powder

¼ teaspoon cayenne pepper, or to taste

¼ cup salsa

¼ cup sour cream

Several handfuls of salad mix

4 flour tortillas, warmed

In a large skillet or frying pan, saute the bell pepper and onion in olive oil. Add the garlic salt, curry powder, chili powder and cayenne pepper and allow to cook, stirring frequently, until peppers and onion are soft, about 5 - 7 minutes.

Divide the peppers between the flour tortillas. Add a bit of salsa, sour cream, and salad mix to each and serve immediately.