



LOON ORGANICS

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What's in the box 8/7:

Globe Eggplant: See page 2 for more info and recipes.

Red Watermelon: first pick!

White Potatoes: all-purpose potato.

Carrots: Take the green tops off to keep the carrots crisp for longer storage over a couple days.

Walla Walla Sweet Onions:

Juicy, sweet and mild onions are great on the grill. Add to a kebab with green pepper, cherry tomato, and summer squash.

Zucchini and Yellow Summer

Squash: Sauté up with onions, garlic, and eggplant for a yummy veggie sandwich. Recipe on pg 2.

Cherry Tomatoes: Sungold orange cherry tomatoes and some mixed colors too.

Beefsteak and Heirloom

Tomatoes: The beefsteak tomatoes are the red slicing tomatoes and heirlooms are orange or yellow ones. All are great for fresh eating or cooking.

Broccoli: Big heads with sweet florets and stem. We like it in a stir-fry with peanut sauce.

Cucumbers: Make refrigerator or freezer pickles. Recipes on our website.

Green Beans: "Strike" variety.

Use in our green bean cherry tomato salad recipe from last week's newsletter.

Green Pepper: First pick!

Fresh Garlic: "German White"

Porcelain variety. Excellent strong flavor that becomes sweet and mild when cooked.

Basil: Pairs nicely with your

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

It was a relief to wake up to rain and widespread thunderstorms on early Monday morning. Everything was in need of a good drink of water, and on the farm we got a couple inches. A few of our favorite meteorologists have mentioned that we will likely have a nice summer warm-up again mid-month, and some heat is just what we need to keep pushing summer and fall crop growth along. The tomatoes in the field have tons of green fruit gracing the plants, and we keep dutifully checking for ripe ones. Hoop house tomatoes on the other hand are off the hook. On Monday alone, we picked 300 lbs. of tomatoes of varying ripeness from the hoop house. Most of the tomatoes in your box are ready or nearly ready to eat. A few red slicing tomatoes may need a couple days to reach perfect ripeness; they will ripen up nicely on your kitchen counter out of the sun.

Although the field tomatoes are coming in slow, the watermelons and muskmelons are right on time. We picked and ate the first watermelon this weekend, and picked over a hundred watermelons on Tuesday afternoon. The first cantaloupes too are just ripening up and falling off the vine. Both the watermelon and the cantaloupe we tried were very sweet and delicious! I expect that we will have either muskmelon or watermelons (or both?) in your box next week too and at least one melon in the box through the rest of August.

We're over half way through our garlic harvest, and will take the rest of it out this week. Our crew of six work shares have been a great help in getting the garlic out of the field and cleaning it up for curing. We hope to finish that project this week, so that we can prepare for the upcoming harvest of our storage onions later this month. If you are looking for a fun event this Saturday and you love garlic, consider coming out to the [MN Garlic Festival](#) at the Hutchinson Fairgrounds from 10 a.m. – 6 p.m. There is incredible food at the Great Scape Café, wonderful local garlic growers, beautiful pottery garlic keepers from [Clay Coyote](#), kite flying, live music, garlic ice cream, and much more. Print a 2-for-1 ticket coupon at their [website: www.mngarlicfest.com](http://www.mngarlicfest.com). Our farm won't have a booth there, but we will partake in some of the festivities.

We have done most of our fall plantings of beets, carrots, spinach, broccoli, cauliflower, and romanesco, and just have some fall salad greens like lettuce and arugula that we will continue seeding until the end of the month. In any spare moments we have between harvesting this time of year, we will also try to get out with our crew and work shares to pull the big weeds before too many of them go to seed and spread our fields with thousands more weed seeds. As the saying goes about weeds, "One year's seeding makes seven year's weeding" so get out to your garden and pull those weeds too if you have a chance. Managing weeds on an organic farm is a labor intensive, time-consuming process, and is one of the main reasons (among others) that organic food is more expensive than conventional farmed food where they are using herbicide sprays to kill their weeds. Thanks to all of you, our CSA members, for choosing to pay a little bit more for organic food. It's a healthier option for your family, healthier for us farmers and workers on the land, and healthier for our soil and waterways. It sure tastes good too! Have a good week. Your farmers, L, A + E

Produce Storage: Potatoes, Tomatoes, and Basil should NOT be refrigerated. Leave on your counter out of the sun. Potatoes can stay in the paper bag they came in (if it didn't get too wet from the other produce) or put them in a new paper bag. Eggplant is a cold sensitive, so leave it on your counter or put it in a dish towel in your fridge. Watermelons can either go in fridge or stay on counter. Eat the eggplant and basil soon. All other produce this week should be stored in the fridge in plastic bags, if it isn't packed in one already.

Preserving Tips: Zucchini and summer squash can be grated and frozen for use in baked goods later on. To freeze beans, steam until bright green (2-3 minutes) then cool and put in freezer bags. You can do the same with carrots, but they need to be cooked for 5-10 minutes.

Eggplant: A member of the nightshade family, eggplant is closely related to tomatoes, potatoes, and peppers. We grow two types of eggplant, the long, slender dark purple or lavender Japanese eggplants and the traditional tear-drop shaped Globe eggplant which comes in colors of dark purple or with beautiful stripes of white and purple. Both eggplants can be prepared the same way, and very rarely, if ever, is it eaten raw. The Japanese eggplants tend to have thinner, tenderer skins, so some people opt to peel the larger globe shaped eggplants with a vegetable peeler to get the skins off.

Other Recipe Ideas from our Website:

- Lasagna with Chard, Pesto, and Eggplant Tomato Sauce in our [Week 7 2012 Newsletter](#)
- [Eggplant Dengaku](#) (eggplant with miso sauce)
- [Creamed Eggplant](#)
- [Grilled Eggplant Spread](#)
- [Zucchini Carrot Bread with Ginger](#)

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Recipe Corner

Eggplants are beloved by some, and ignored by others. If you can't stand them, you can use the "swap box". If you're just not quite sure what to do with them, try a few of our recipes and see what you think. We personally really love eggplant. They act as a great substitute for mushroom in many dishes (they just need to be cooked slightly longer than a mushroom). Eggplant is high in fiber, potassium, manganese, folate, phytonutrients, and is low calorie. Many recipes call for salting your eggplant to draw out the bitter juices. This is fine, although we have found that freshly picked eggplant rarely has the bitterness that store-bought stuff has. Eggplant sandwiches or 'burgers' are one of our go-to ways to eat it. We also roast/grill it and put it on pizza. Delish!

Grilled or Roasted Basil Eggplant Sandwiches

2 eggplants (any combo of Globe and/or Japanese, although Japanese eggplants will be smaller)

1/4 cup olive oil 1/4 cup chopped basil (leaves and stems are fine)

2 cloves garlic, minced salt

Heat your grill to high heat or your oven to 400 degrees. Chop off the top stem and bottom end of the eggplants. Slice Globe eggplants into rounds about 1/4" thick (we usually leave peel on but you can peel beforehand). Slice the Japanese eggplants the long way also into about 1/4" thick slices (we usually cut the Japanese eggplants in quarters the long way, so we get 4 long pieces per eggplant). Combine chopped basil, minced garlic, and olive oil in a small bowl. Rub or brush eggplant slices on both sides with the olive oil mixture. Salt eggplant slices generously and grill for 5-10 minutes on each side (depending on heat of your grill). The outsides should be golden brown and slightly charred, while the insides are tender and creamy. If roasting in oven, put eggplant slices on greased cookie sheet or roasting pan, and roast in the oven for about 30 minutes until eggplant flesh has softened. We will sometimes broil it for the last 5 minutes of cooking to finish it off and blacken slightly. Put roasted/grilled eggplant slices on a sandwich or hamburger bun with sautéed onion and zucchini rounds (optional), fresh tomato slices, thin cucumber slices, and your choice of cheese. We also spread the bread with mustard, mayo, pesto, and sometimes even sauerkraut. Makes 4-6 sandwiches.

It's eggplant parmesan without the deep frying! This is a favorite dish, and you can also use a 16 oz. can of chopped tomatoes if you don't want to use up your fresh tomatoes. Leftovers are wonderful the next day.

Eggplant Parmesan

2 1/2 pounds eggplant (4 small eggplant or 1-2 large), ends trimmed and cut lengthwise into quarter-inch slices

2 cloves garlic, smashed and peeled

1 cup olive oil

1-2 small, fresh hot peppers, smashed

2 pounds assorted tomatoes, chopped

1 teaspoon salt

1/4 cup coarsely chopped parsley

1/4 cup coarsely chopped basil

1 cup grated parmesan cheese

1 Tbsp. unsalted butter, chopped into bits

In a large skillet or sauté pan, pour all of the oil except for 1 Tbsp. and warm over medium heat. Fry the eggplant, 1 or 2 slices at a time, until golden, 1 to 2 minutes. Drain on paper towels. In a saucepan over medium heat, warm together the remaining olive oil, the garlic and hot peppers to flavor the oil. When the garlic is pale gold, add the tomatoes and salt. Lower the heat and simmer for 10-20 minutes. Remove from heat, remove and discard garlic cloves and hot pepper. Stir in the parsley and basil. Preheat the oven to 375°. Cover the bottom of a large, shallow baking dish with a layer of tomato sauce. Add a layer of eggplant, another layer of tomato sauce and a generous sprinkling of parmesan cheese. Continue layering as so until all the ingredients are gone and sprinkle the top with parmesan. Dot the top with butter. Bake until the sides are bubbling and the cheese has melted and is slightly golden, about 30-40 minutes. Allow to rest a few minutes before serving. You can top with a few bits of chopped basil. Recipe adapted from **Contorni: Authentic Italian Side Dishes for All Meals. **Send Us Your Favorite Recipes!** We love hearing what you cook in your kitchen and sharing your recipes in our newsletter or on our website's recipe page. If you have a moment to send us a favorite recipe of yours, we would love it! Thank You!**