



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

Phone: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

What's in the box 10/30:

Parsnips: These are quite sweet with the colder weather. Try roasting up with olive oil at 425°

Yukon Gold Potatoes: A big bag of these gems. Versatile for just about any potato dish.

Garlic: Spicy raw, sweet cooked.

Romanesco: My new favorite way to eat this is roasted. Directions on page 3. Can toss roasted romanesco with pasta for a quick dish.

Delicata Squash: Bake these babies up soon for a side dish, soup or stuffing. They are a CSA favorite.

Sunshine Kabocha Squash: Red-skinned round squash. Deep orange flesh that is extremely creamy and sweet. Our new favorite!

Acorn Squash: Stuffed squash recipe on Page 4!

Buttercup Squash: Dark blue-skinned round squash. A cousin to the red kabocha squash and equally as delicious. Try in cheesecake recipe on Page 3.

Butternut Squash: These will store until Jan./Feb. Save for later. ☺

Celery Root: There are a couple new recipes in this newsletter. Also try boiling and mashing with potatoes and parsnips. Plus butter.

Cippollini Onions: good for cooking. More info Page 2.

Carrots: Sweet, Sweet!!

Romaine Lettuce: This was intended for our regular CSA season, but it didn't get big enough in time. It has a great crunch.

Red Beets: Roast up for a salad.

Baby Spinach: Just keeps getting better! I like it best raw in salads.

Red Tomato: from the greenhouse!

Fall Storage Box 2010

This is an extra special "recipe" newsletter with ideas for upcoming Holiday meals and all the meals in-between!

Two full CSA boxes, plus extras, can feel like a lot of food, but 75% of this will store for months and months. **Here's a quick rundown on ideal storage conditions:** Squash likes it around 40-50°, but not necessarily as cold as your refrigerator. Keep it in your basement or in your garage (until your garage starts to get frosty). If these places are too cold (or warm), you can also keep it in your kitchen or as decoration on your table. Eat the delicata squash first—these are the most perishable squash. (I bet we don't have to tell you twice!). Keep potatoes out of the light so that they don't turn green—you may want to put them in a paper bag and store in a warmer part of your fridge or in a cool cupboard. Keep root crops (carrots, celery root, parsnips, beets) and cabbage in a plastic bag in your refrigerator. They will last for months and months. Greens and broccoli/romanesco should be eaten within a week. Store in plastic in your fridge.

We've had a couple great weeks of weather to finish up the last tasks of October just in time for the great Jack Frost to show his face on Thursday evening. We finally got our killing frost in the last week of October (btw, this year is the 9th latest frost on record). The frost came shortly after dusk and grew deeper through the night; A killing frost indeed. We still had a fair amount of product to harvest this week before the cold plunge but ended up leaving some cold-tolerant produce in the field, like cabbage, kale, and romanesco, and it is usually ok once temps warm up. Most of those crops are cold-tolerant down to the 20 degree range and can actually freeze solid as long as it is not for a prolonged period of time. The last crops of the year will be harvested next Friday, Nov 5th for our Minneapolis fall box delivery and then we will really and truly be done with our harvesting for a few months.

The regular season rigamarole certainly seems long gone though, especially as we bid farewell to our employee's last week. The farm is suddenly a very quiet place and we are lucky to have Katharine Plowman, one of our employees from 2009 and a Hutch native, helping us out with the fall box packing and the big garlic planting. We planted garlic just over a week ago and it was our biggest planting yet! We planted around 225-250 pounds of "seed" garlic (these are just the largest bulbs of garlic that we save for planting). Since we save the biggest garlic bulbs from each year's crop to re-plant, we plant extra garlic above and beyond what we need for our CSA and the annual Garlic Festival in Hutchinson each August. We did reserve a bulb of garlic for each fall box—not enough to get you through the winter, but enough to make a mean garlic mashed root dish (like mashed potatoes, but with parsnips and celery root too).

It is amazing to us too that on nearly the last day of October we still have some tomatoes ripening up on the vine in our greenhouse. We put in a few tomatoes for your box and although the flavor isn't as sweet and intense as an August tomato, they are still a heck of a lot better than your average grocery store tomato. A diced fresh tomato with a romaine lettuce salad and a dusting of parmesan cheese can transport you back to summer flavors! Have a great holiday season and we'll see you next year! –L & A

Squash & Onion Primer



Butternut Squash—stores for months!



Delicata—eat soon. Doesn't keep.



Sunshine Kabocha Squash—creamy, sweet flesh. Stores for a couple months at least. One of our new favorites!



Buttercup Squash—looks and tastes similar to the sunshine kabocha, only it has dark blue skin. Another favorite especially for pies, cheesecake, soups and muffins as it has a very dry flesh. Great substitute for pumpkin.



Cippolini Onions

(Pronounced Chip-oh-LEE-nee)

These are flat Italian onions that are great for cooking whole in stews, roasting or just cooking with. They are considered a gourmet cooking onion due to their higher sugar content (after cooking) and delicate flavor. See what you think...

Recipe Corner

This is a wonderful winter salad adapted from Deborah Madison's cookbook "The Greens". Think of this salad more as a main dish—it takes a bit more preparation and would pair well with a simple squash soup. Nice to have some fresh greens before winter comes and this recipe is a great use of those root veggies! Feta or blue cheese would be a nice addition in lieu of the optional bacon—or go whole hog and put it all on!

Winter Vegetable Salad with Mixed Greens

3-4 red beets
1/2 pound Yukon Gold Potatoes, cut into 1/4-inch rounds or 1/2-inch cubes.
1 1/2 Tablespoons small capers
1 celery root
Salt and Pepper
4-6 hard-cooked eggs

Balsamic vinegar to taste
3 carrots, peeled and cut diagonally
2 Tablespoons lemon juice
6 handfuls salad greens (spinach and romaine= good)
3-4 slices crispy bacon, chopped into bits (optional)

Mustard-Herb Vinaigrette (recipe below):

1 large clove garlic, roughly chopped
1/2 tsp sea salt
1/2 tsp dried tarragon (or other dried herb of your choice, such as rosemary)
2 tsp. mustard
2 Tbsp red wine vinegar
4 Tbsp olive oil

1/2 tsp sea salt
1 Tbsp. finely chopped onion
2 Tbsp sour cream or crème fraîche
1/4 cup mixed fresh herbs: parsley, chives, etc.

Smash the garlic with the salt and dried herb until it forms somewhat of a smooth paste. Work in the mustard. Stir in onion and vinegar, then gradually add the cream and olive oil, stirring until the sauce is smooth. Add the herbs, and season with more vinegar or salt, if necessary.

Prepare the vinaigrette and set aside. Preheat the oven to 400°. Rinse beets well and put them with 1/4 inch of water into a covered pan. Bake until tender, about 30-45 minutes, depending on the size of the beets. Let them cool, slip off the skins (if desired—we never do), cut them into 1/2-inch wedges or strips, and toss with 2 Tablespoons of the dressing. Taste and season with balsamic vinegar to taste. Bring several quarts of water to a boil for the potatoes and add a Tablespoon of salt. Add potatoes and cook them until they are tender. Scoop them out with a strainer, shake off the excess water, and put them in a bowl with the capers and 2 Tbsp of the dressing. Let water return to a boil and cook the carrots until they are tender but still firm. Remove them with a strainer and add to the potatoes. Peel the celery root, cut into 1/4-inch slices, then into cubes or strips. Cook the celery root briefly in the boiling water, a half minute or so. Drain it into a colander and add to potatoes and carrots with another 4 tablespoons vinaigrette; gently toss everything together. Season to taste with salt and pepper. Wash and dry the greens, toss them with the remaining dressing and set them on serving plates or a large platter. Put the vegetables over the greens, adding the beets last so that they don't stain everything pink. Halve or quarter the eggs and set them on the salad along with optional bacon pieces.

Harvest Squash and Kale Soup

--We also make this recipe with baked squash instead of peeling and cubing the squash. You can also add cubed potatoes and/or pork sausage to this soup – delicious!--

1/4 c. olive oil
4 garlic cloves, minced
1-2 sweet (or hot) peppers, seeded, cut into 1/2-inch pieces
1 1/2 c. canned vegetable broth or water
1 bunch of kale, thick stems trimmed, leaves cut crosswise into 1-inch strips
1 T. sage
1 or 2 15-ounce cans cannellini beans (white kidney beans), rinsed, drained

Heat oil in large soup pot over medium-high heat. Add onions and garlic; sauté until tender, about 10 minutes. Add squash; sauté. Add bell peppers and stir to coat with onion mixture. Add broth. Cover and simmer until squash is just tender, about 10 minutes. Mix kale and sage into stew. Cover and cook until kale wilts, stirring occasionally, about 8 minutes. Add beans and stir until heated through. Season to taste with salt and pepper. Transfer stew to large shallow bowl. Sprinkle generously with cheese. Recipe passed onto us from some fellow farmer friends.

Contact us:

www.loonorganics.com

Recipes Page 3....

This is a very special dessert and is perfect for Thanksgiving or another fall gathering. Bake up a squash or pie pumpkin to puree for the filling. Any of the winter squashes would work great in this recipe, but especially the drier-fleshed buttercup and kabocha squashes. It is recommended to bake the cheesecake the day before or at least 4 hours before serving so it can cool and set. This is a recipe from Gourmet magazine and can be found on www.epicurious.com. Makes 12-14 servings.

Pumpkin (Squash) Cheesecake

For crust

3/4 cup gingersnap cookie (or graham cracker) crumbs
1/4 cup packed light brown sugar
1/2 stick (1/4 cup) unsalted butter, melted and cooled

1/2 cup pecans, finely chopped
1/4 cup granulated sugar

For filling

1 1/2 cups cooked, pureed pumpkin or winter squash
1/2 cup packed light brown sugar
1 teaspoon vanilla
1/2 cup granulated sugar
2 teaspoons cinnamon
1/2 teaspoon ground ginger
3 (8-ounce) packages cream cheese or neufatchel cheese, at room temperature

3 large eggs
2 tablespoons heavy cream
1 tablespoon bourbon liqueur or bourbon (optional)
1 tablespoon cornstarch
1/2 teaspoon freshly grated nutmeg
1/2 teaspoon salt

For topping

2 cups sour cream (20 ounces)
2 tablespoons granulated sugar
1-2 tablespoons bourbon liqueur or bourbon (optional)
Garnish: pecan halves

Make crust:

Invert bottom of a 9-inch springform pan (to create flat bottom, which will make it easier to remove cake from pan), then lock on side and butter pan. Stir together crumbs, pecans, sugars, and butter in a bowl until combined well. Press crumb mixture evenly onto bottom and 1/2 inch up side of pan, then chill crust, 1 hour.

Make filling and bake cheesecake:

Put oven rack in middle position and Preheat oven to 350°F. Whisk together pumpkin, eggs, brown sugar, cream, vanilla, and liqueur (if using) in a bowl until combined. Stir together granulated sugar, cornstarch, cinnamon, nutmeg, ginger, and salt in large bowl. Add cream cheese and beat with an electric mixer at high speed until creamy and smooth, about 3 minutes. Reduce speed to medium, then add pumpkin/squash mixture and beat until smooth.

Pour filling into crust, smoothing top, then put springform pan in a shallow baking pan (in case springform leaks). Bake until center is just set, 50 to 60 minutes. Transfer to rack and cool 5 minutes. (Leave oven on.)

Make topping: (You can also leave off the topping and just top cheesecake with whipped cream when serving).

Whisk together sour cream, sugar, and liqueur (if using) in a bowl, then spread on top of cheesecake and bake 5 minutes. Cool cheesecake completely in pan on rack, about 3 hours.

Chill, covered, until cold, at least 4 hours. Remove side of pan and bring to room temperature before serving.

Parmesan Roasted Broccoli and Romanesco

Adapted from "Barefoot Contessa".

1 head broccoli, if you wash your broccoli, thoroughly dry before using in this recipe
1 head romanesco, if you wash your romanesco, thoroughly dry before using in this recipe
1 large or 2 small garlic cloves, peeled and thinly sliced
Olive oil
1/4 t. black pepper
1-2 T. lemon juice
1/4 c. freshly grated Parmesan cheese

1/2 -1 t. salt
1 t. grated lemon zest
2-3 T. pine nuts, chopped walnuts or sliced almonds, toasted
1 T. julienned fresh basil leaves (about 6 leaves)

Preheat the oven to 425 degrees F. Cut the broccoli and romanesco spiral florets from the thick stalks, leaving an inch or two of stalk attached to the florets, (save the rest of the stalk for a stir-fry). Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 6 cups of florets. Place the broccoli and romanesco florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 2-3 tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.

Remove the broccoli/romanesco mix from the oven and immediately toss with 1 1/2 T. olive oil, the lemon zest, lemon juice, nuts, Parmesan, and basil. Serve hot. The romanesco and broccoli will be slightly sweet and caramelized. Yum!

Recipes Page 4....

I love stuffing squash a couple times each fall and winter. It is a beautiful dinner and this stuffing recipe in particular is very healthy. Sometimes we throw in some diced carrots or celery root pieces in with the quinoa to cook.

Acorn Squash Stuffed with Quinoa, Butternut, and Cranberries.

3 Tbsp olive oil	1 cup diced yellow onion	2 teaspoons ground cumin
1 cup quinoa, rinsed in cold water and drained		2 cups Vegetable Stock
1/2 cup dried unsweetened cranberries		4 acorn squash or small edible pumpkins
1 1/2 cups diced winter squash (butternut or any other variety)		1/4 cup raw pumpkin seeds, pine nuts or chopped walnuts, toasted
1/2 teaspoon fresh lemon juice		1 teaspoon lemon juice
1/2 tsp ground cinnamon		
Salt and pepper		

Stuffing and Prep: Place 2 Tablespoons of the olive oil in a heavy-bottomed saucepan or Dutch oven, and heat over medium heat. When it is hot, add the onion and ground cumin and cook, stirring frequently, until the onion is soft and golden brown, about 10 minutes. Add the quinoa to the saucepan and stir to coat the grains. Add the stock and raise the heat to high. When the liquid comes to a boil, reduce the heat to low, add the cranberries, and cover the pan. Cook at a slow simmer until the liquid has been absorbed, 15-25 minutes. Meanwhile, cut the top off each acorn squash or pumpkin, reserving the tops, if desired, for decorative effect. Scoop out and discard the seeds and fibers. Trim a small slice off the bottom of each squash to create a flat base so that they will sit on a baking sheet. Place the pumpkins on a rimmed baking sheet and set it aside. Place the remaining 1 Tablespoon oil in a large skillet and heat over medium-high heat. When oil is hot, add cubed winter squash and cook without stirring until the squash is browned on the bottom, 2 minutes. Toss to turn the pieces and cook, stirring frequently, until the squash is just tender, about 2 minutes more. Set aside. When quinoa is cooked, remove the pan from the heat and stir in the toasted nuts, cinnamon, and lemon juice. Add the cooked winter squash, and season with salt and pepper to taste.

To bake stuffed squash: Position a rack in the lower third of the oven and preheat the oven to 375°. Divide the quinoa filling among the squash shells; do not pack the mixture. Transfer the baking sheet to the oven and roast until the quinoa is hot and the flesh of the squash/pumpkins is tender when pierced with a fork, 45-60 minutes. If you intend to use the acorn squash tops, add these to the oven during the last 15 minutes of cooking. Serve immediately.

Gingered Carrot and Parsnip Soup

3 cups shredded carrots	3 cups shredded parsnips
1 (1-inch long) piece fresh ginger, peeled and shredded	2 cups chicken stock or vegetable stock
1/2 to 3/4 cup heavy cream or evaporated skim milk	Salt and white pepper to taste
1 teaspoon fresh lemon juice	Snipped fresh chives, optional, for garnish

Bring the carrots, parsnips, ginger and stock to a boil in a large saucepan over medium heat. Reduce the heat and simmer, partially covered, for 30 minutes, or until the vegetables are very tender. Remove from the heat and let cool slightly.

Transfer the contents of the saucepan to a blender or food processor. Puree the soup until it is nearly smooth, then pour the puree back into the saucepan.

Add the cream, and bring to a simmer again over medium heat. Stir in the salt, white pepper, and lemon juice. Taste, and adjust the seasonings.

Garnish with chives, if you like. Serve hot, or refrigerate, covered, for several hours and serve chilled. From www.about.com

Celeriac au Gratin

You may choose to adjust or expand this recipe by adding using half celeriac/half potatoes in the dish. The potatoes usually cook much quicker than the celeriac, so make your celeriac slices a little smaller than the potato slices or add the potatoes later.

2 large celeriac bulbs, peeled, sliced into 1/8 inch pieces	2 T. butter
1 T. flour	1 c. chicken or vegetable stock
Salt and pepper to taste	1 c. grated Swiss or cheddar cheese

Simmer celeriac in water over medium heat until tender, 15-20 minutes. Drain. In medium saucepan, melt butter, add flour, and cook until golden. Slowly whisk in stock; cook until thickened. Add salt and pepper. Place celeriac in shallow baking dish; top with sauce, sprinkle with cheese, and bake at 375 degrees until golden, about 15 minutes. Recipe from Prairie Drifter Farm.

Thanks for a wonderful season and have a great winter! Hope to see you next year. Your farmers, Laura & Adam