



# LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200<sup>th</sup> St Hutchinson, MN 55350

[loonorganics@hotmail.com](mailto:loonorganics@hotmail.com)

[www.loonorganics.com](http://www.loonorganics.com)

Phone: 320.587.0140

## 2013 Fall Share CSA

### What's In the Boxes and How to Store It:

**WINTER SQUASH:** Store in a cool, dry place (basement or cool cupboard) for a couple months. Can also cook flesh and freeze it for use later in winter. Eat delicata and acorn varieties within a month or so. Butternuts, buttercup/kabocha, and carnivals will store for up to 3-4 months.

**Butternut Squash:** Tan, long squash with deep orange, sweet flesh. Easy to peel long neck with a vegetable peeler for soups or roasting with other veggies. Makes a great 'pumpkin' pie!

**Acorn Squash:** Green, ribbed squash with sweet flavor. Not easy to peel. It's best to cut in half and roast with olive oil or butter (maple syrup or honey is a nice addition too), and then eat as is, or it will be ready for stuffing or flesh can be used for other uses.

**Buttercup or Sunshine Kabocha Squash:** Both are round squashes with a corky stem. Buttercup has a blue-skin and kabocha is orange. They both have dry, sweet flesh that is a favorite at our house. Rind is very tough to cut when raw. Use a sharp knife and heavy hand. If it's too hard to cut, put the whole squash in the oven on a cookie sheet and cook until flesh starts to soften and you can cut through it and remove the seeds. We like to eat this squash as a side dish on its own since it is so delicious, but it does make spectacular baked goods and soups too. Good keepers.

**Carnival Squash:** A colorful acorn squash, but often with sweeter and more full-flavored than acorns. Prepare like you would an acorn. It is a great squash to cook up with a little butter and brown sugar or honey and eat it right from the shell. Yum!

**Delicata Squash:** small, oblong striped squashes are very sweet and personal sized. Due to the high sugar content, they don't keep long, so eat it soon. Delicatas are a perennial favorite of ours.

Enjoy your Fall Vegetables! Happy Fall and Winter to everyone. We will see you in 2014! Your farmers, Laura, Adam, and Eli

**Spinach (1/2 pound):** Freezing and thawing temps the past weeks have made this SWEET stuff! It is hearty, thick, delicious. Will keep for up to 2 weeks in the coldest part of your fridge in the plastic bag.

**Carrots (5 lbs):** We use a pressure washer to get these sparkling clean and ready to eat. Keep wrapped up in the plastic bag in your fridge and they will last for months. No need to peel. Skin is tender.

**Parsnips (2 lbs):** Like a sweet, nutty carrot. Most people prefer to cook these although you can grate them into salads and slaws. We love them cut in matchsticks and roasted with olive oil and thyme, or thrown in with a roasted chicken. Grown by our friends at Driftless Organics in WI (they have sandier soil there which is perfect for parsnips. We don't.)

**Assorted Potatoes (5 lbs):** White, blue and perhaps a few red potatoes. Keep these in the paper bags in a dark cupboard for storage. When potatoes are exposed to light, their skins and flesh turn green and this isn't good for you. Peel or cut off any small green spots if you see them. Blue potatoes have higher starch content and "floury" texture. Retain their shape for roasting, grilling or salads. White potatoes are a medium starch potato which makes them good for just about anything. All will store for months.

**Assorted Beets (3 lbs):** Red beets and some pink candy-striped beets. Keep in bag in fridge for months.

**Celery Root:** Store in a plastic bag in fridge. Will last for up to a year! Great celery flavor raw or cooked.

**Storage Onions:** Red and yellow storage onions. Store in counter or cool cupboard for months.

**Garlic:** Store on the counter or in a cool cupboard. Will store for months. German White variety.

**Brussels Sprouts:** Sprouts on the stalk will store well for a week in a plastic bag. If storing longer, pull sprouts off the stalk and keep in plastic bag.

**Leeks:** Like a sweet, mild onion, use just the white and light green parts. Will keep for several weeks in the fridge in a plastic bag. See the Irish leek mashed potato recipe on page 2.

## Other Fall Recipe Ideas

### From our Website:

-[Chocolate Buttermilk Beet Cake with Beet Cream Cheese Frosting](#)

-[Squash Pie](#)

-[Beet Salad](#)

-[Shepherds Pie](#): uses celery root, potatoes, carrots.

-[Colcannon](#)

-Bacon Baked Brussel Sprouts in [Week 17 2012 Newsletter](#)

-Golden Crusted Brussels Sprouts from [Week 16 2011 Newsletter](#)

-Creamy Celeriac Soup from [Week 18 2008 Newsletter](#).

-Cornbread Celeriac Stuffing from [Week 18 2010 Newsletter](#).

-Carrot Cinnamon Waffles on our website's [blog](#)

-Pumpkin Waffles from [Week 16 2013 Newsletter](#).

-[Fall Box 2012 Newsletter](#):

Zuni Café Roasted Potatoes, Pasta with Sage and Winter Squash, and Celeriac, Parsnip, and Potato Mash

-[Fall Box 2010 Newsletter](#):

Pumpkin Cheesecake, Winter Vegetable Salad, Harvest Squash and Kale Soup, Acorn Squash Stuffed with Quinoa, Butternut, and Cranberries, Gingered Carrot and Parsnip Soup, Celeriac Au Gratin

### Elsewhere:

[Butternut Squash Gratin](#) on [www.splendidtable.org](http://www.splendidtable.org)

[Celeriac Pasta with Puttanesca Sauce](#) on [www.mynewroots.com](http://www.mynewroots.com)

[Vegan Butternut Squash Lasagna](#) on [www.mynewroots.com](http://www.mynewroots.com)

[Pumpkin Cookies with Brown Butter Icing](#) on [www.marthastewart.com](http://www.marthastewart.com)

[Beets Four Ways](#) by Mark Bittman on [www.nytimes.com](http://www.nytimes.com)

### Contact us:

Laura and Adam

h: 320.587.0140

[loonorganics@hotmail.com](mailto:loonorganics@hotmail.com)

[www.loonorganics.com](http://www.loonorganics.com)

## Recipe Corner

### *Kale and Brussels Sprout Salad*

*A delicious raw salad for the fall and winter months. Thanks to our market helper, Kim, for passing this gem of a recipe along to us! Originally on [www.epicurious.com](http://www.epicurious.com)*

1/4 cup fresh lemon juice

2 tablespoons Dijon mustard

1 Tablespoon minced shallot (optional)

1 tablespoon honey or maple syrup (optional)

1 small garlic clove, finely grated

1/4 teaspoon kosher salt plus more for seasoning

Freshly ground black pepper

2 large bunches of Dino or green kale (about 1 1/2 pounds total), center stem discarded, leaves thinly sliced

12 ounces brussels sprouts, trimmed, finely grated or shredded with a knife

1/2 cup extra-virgin olive oil, divided

1/3 cup almonds with skins, coarsely chopped (or use pre-sliced almonds)

1 cup finely grated Pecorino or Parmesan

Combine lemon juice, Dijon mustard, shallot, garlic, 1/4 teaspoon salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded brussels sprouts in a large bowl.

Measure 1/2 cup oil into a cup. Spoon 1 tablespoon oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt.

Slowly whisk remaining olive oil in cup into lemon-juice mixture. Season dressing to taste with salt and pepper. *DO AHEAD: Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.*

Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds.

### *Leek Champ*

*“Champ” is one of the best-loved ways of cooking potatoes in Ireland. Simply boil them, mash them with some boiled milk, and stir in a green vegetable such as scallions, chives, cooked nettles, peas, or leeks. Then serve the creamy, green-flecked mixture with a big knob of yellow butter melting in the center. It’s a sure way to get any picky eater to eat vegetables! Recipe and info. from [The Land Connection](#).*

1 pound potatoes

1 pound leeks (2 medium or 1 large leek)

2 Tablespoons butter

1 cup milk (more or less, depending on dryness of potatoes)

Salt and freshly ground pepper

Scrub the potatoes and boil in salted water until cooked through. While the potatoes are cooking, wash and slice the white and light green part of the leeks into thin rounds. If the leeks are gritty, slice them longitudinally and rinse well before slicing.

Melt the butter in a heavy pot. Toss in the leeks and season with salt and freshly ground pepper. Cover and cook on low heat until soft and tender. As soon as the potatoes are cooked, drain, peel, and mash. Bring the milk to the boiling point in a small pan. Beat the buttered leeks and their juices into the potatoes along with enough boiled milk to make a soft texture. Season with salt and freshly ground pepper. Serve immediately with a lump of butter melting in the center.

### *Brussels Sprouts with Parsnips*

1-2 pounds Brussels sprouts, taken off stalk and halved lengthwise

6 medium parsnips, peeled and thinly sliced crosswise

6 Tablespoons olive oil                      2 teaspoons coarse salt

1 cup pecan halves                              freshly ground pepper

Preheat oven to 450 degrees. Toss vegetables with oil, salt, and pepper on 2 rimmed baking sheets, and spread into single layers. Roast, rotating sheets halfway through, until tender and gold, about 20 minutes. Divide pecans between sheets; roast 10 minutes more. Toss mixture and serve. From [www.marthastewart.com](http://www.marthastewart.com)