



LOON ORGANICS

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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 acorn variety and pie pumpkin within a month or two. 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!

Pie Pumpkin: A variety of pumpkin specifically for baking and cooking. Bake and use the puree in any recipe calling for pumpkin. Mix half pumpkin puree and butternut squash puree for a delicious pie!

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): This is very clean, but unwashed. Please wash before using. It is from our hoop house and is extremely tender. Will store for 2+ weeks in the coldest part of your fridge.

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 (1.5 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.

Red Beets (3 lbs): Will 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.

Green Cabbage: The fall cabbage is big, sweet, and tender. Makes amazing sauerkraut, coleslaw, stir-fries, cabbage rolls. Store in fridge in a plastic bag. Peel off any outer leaves that get dry--inside will still be great.

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. Irish leek mashed potato recipe

Other Fall Recipe Ideas

From our Website:

-[Squash Pie](#)

-[Beet Salad](#)

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

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

-[Colcannon](#)

-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

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

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

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

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

[Butternut Squash Soup with Nutmeg and Apple](#) on www.culinate.com

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Recipe Corner

Celery Root and Wild Rice Chowder

Recipe is from Deborah Madison's *Local Flavors* cookbook: "Rich, fragrant, and chewy. Drop of truffle oil is optional, but just right with celery root"

½ cup wild rice

1 celery root (about 1 pound)

2 large leeks, white parts and a couple inches of the light green part

2 Tablespoons unsalted butter

1 celery rib, diced (optional)

1 cup thinly sliced white potato

¼ cup chopped parsley, plus extra for garnish

1 bay leaf

1 large thyme sprig

Sea salt and fresh ground pepper

2 cups Vegetable or chicken stock, or water

2 cups half-and-half or milk

truffle oil, optional

Cover the wild rice with 5 cups water in a small saucepan. Bring to a boil, then lower the heat. Cover and simmer for about 45 minutes or until tender. Thickly cut away the celery roots skins, then quarter and chop the root into bite-sized pieces. You should have about 3 cups. Chop and wash the leeks. Melt the butter in a soup pot. Add the vegetables, parsley, bay leaf, thyme, and 1 ½ teaspoons salt. Cook over medium-high heat for a bout 5 minutes, then add the stock. Bring to a boil, reduce the heat to low, and simmer for 20 minutes. Add the half-and-half and simmer until the vegetables are tender. Taste for salt and season with pepper. To give the soup a creamy background, puree a cup of the vegetables and return them to the pot. If the soup is too thick, thin it with some of the rice water or additional stock. Divide the soup among 4-6 bowls and then add a mound of wild rice to each. Garnish each bowl with parsley and a drop of truffle oil, if using, and serve.

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

Oven-Roasted Squash with Garlic and Parsley

Choose a favorite winter squash and peel and seed it. Cut into 1-inch chunks and toss with olive oil, salt, and pepper. Spread the chunks evenly on a baking sheet and roast at 375° for 40 minutes, until tender and lightly browned, stirring occasionally to prevent burning. Peel and chop very fine a few cloves of garlic and sauté in olive oil for just a minute, being careful not to brown. Toss squash with garlic, handful of chopped parsley, taste and adjust the seasoning, and serve. From *Chez Panisse Veg*.