



# LOON ORGANICS

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## What's in the box 10/8:

**Celeriac:** Also known as celery root. This is the gnarly looking cream/tan root vegetable with hairs. More info. on page 2.

**Blue Potatoes:** Blue/Purple skins and blue/purple/white inside. These are a moist, flavorful potato. See page 2 for a fork-crushed blue potato recipe.

**Brussels Sprouts (on the stalk):** keep these on the stalk in a plastic bag for storage in your fridge or pull sprouts off stalk and put in plastic bag.

**Red Bulk Beets:** these will last for months in your plastic bag in the fridge. See new chocolate beet cake recipe on our website.

**Butternut Squash:** tan, big squash is all-purpose, sweet, and easy to peel. A favorite of ours for soups.

**Acorn Squash:** Stuff it with cornbread for a savory treat!

**Orange Carrots:** Bolero variety. One of the best fresh-eating carrots. No need to peel.

**Red Onions:** These will store for months in your cupboard.

**Garlic:** This will also keep for months on the counter.

**Salad Mix/Spinach blend:** Mix of baby lettuces and spinach makes the best salad yet!

**Sweet Peppers:** Includes bell & Italian peppers. All peppers are sweet.

**Beefsteak Tomatoes:** For your last BLT or tomato soup. Most are ripe and ready to eat. Take all tomatoes out of the bag when you get home.

## CSA: Week Seventeen (*Half Share Green Week*)

A hearty Thank You and good bye to this week's GREEN half-share CSA members as they get their last regular box of the season. Next week will be the last Full Share CSA box and the last box for the BLUE half-share CSA members. There are still a few Fall Boxes available for pick-up at the end of October, and we sent out details about that a few weeks ago. E-mail us if you'd like to sign up.

Normally in our weekly newsletter I talk about weather, crops, etc. This week I am focusing on an issue that is quite important to us as young farmers, and we want to make our members aware of it as well. That issue is land tenure. We're thinking more about this issue lately as our three fantastic full-time farm employees/interns, Lauren, Andrew, and Hannah, are soon leaving us at the end of the season, and they would all like to have their own farm businesses someday soon. They are young twenty-somethings with a couple years of farming internships under their belts and this winter will participate in the Land Stewardship Project's "Farm Beginnings" program to continue their farm training and support. At least one is already hatching plans to start her own farm next year.

All is well and good, except for the fact that the number one obstacle in getting started in farming right now is access to land. Mainly access to secure, affordable farm land. Land prices and land rents are sky rocketing, partially fueled by high commodity prices, a broken crop subsidy and crop insurance program, investors buying up land, among other factors. We bought our farm just five years ago, but the price of farmland in our county has nearly doubled in five years. We wouldn't be able to afford to buy our farm at today's prices, and we are lucky we were able to buy in 2008 (and found one of the few organic farms for sale in Minnesota). As we look at the future for these bright and passionate young people, and many others like them, our desire is for them to be farming and adding vibrancy to our rural communities. There is a lot of demand for locally grown foods that cannot be met by the small community of farmers we have right now, and it is estimated that over half of the current U.S. farmers will retire within a decade and that half the farmland is owned by farmers over the age of 55. We need more farmers, and there is some major land transitioning that is happening now and will continue in the coming years.

We wanted to bring this issue of land tenure to your attention since we know that you all care about local foods and want local family farmers to be successful. There are many unique and creative ways to connect retiring farmers with aspiring, beginning farmers, even with high land prices. Organizations like the Land Stewardship Project (LSP) are working hard to build awareness and figure out good solutions to the land-access problem. LSP has a [Land-Link](#) website for people seeking farmers or seeking farmland. If you own farmland, check out Land Link or even contact us. Even if you don't own land, you can still support this work by becoming a member of LSP. We would love to see our local community of organic farmers grow into a vital food hub! The farmers are there, now we just need land for them. Thanks for reading! -Laura  
**Next week's box:** Winter squashes, potatoes, orange carrots, Brussels sprouts, onions, garlic, celery root, kale?, beets?, tomatoes, peppers?, and more.

**Produce Storage:** Tomatoes, potatoes, onions, winter squash, 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.

**Preserving Tips:** Steam or boil carrots 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, chilies, and sauces. Peppers also can be chopped raw and frozen for winter use in soups, chilies, for stuffing, etc. Onions, potatoes, and winter squash will store in a cool, dry location for months—a spot in your basement or cool cupboard will be perfect. Both bulk beets and celeriac will store for months in fridge in a plastic bag. Keep the potatoes in a paper bag protected from the light to prevent them from greening up. Squashes can be baked, pureed, and frozen for use in breads, muffins, and pies this winter.

**Celeriac:** Potato texture with a celery flavor. Is often eaten grated raw in salads or roasted or boiled. Cream of Celeriac soup is mild and delicious!!



**Other Recipe Ideas from our Website:**

- [Squash Pie](#) (better than pumpkin!)
- [September Soup](#)
- [Beet Salad](#)
- Golden Crusted Brussels Sprouts from [Week 16 2011 Newsletter](#)
- Creamy Celeriac Soup from [Week 18 2008 Newsletter](#).

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**Recipe Corner**

There are thousands upon thousands of potato varieties and they are a food native to the Andes Mountains in South America. We are mostly familiar with white and yellow potato varieties, but red, pink, and blue potato varieties have more nutrients and antioxidants than their white counterparts. The pigment that gives the vegetable or fruit its color contains these beneficial nutrients. Potato skins are high in potassium. Blue potatoes are a low starch potato which makes them good for baking, roasting, and boiling. Try this easy recipe from [www.smittenkitchen.com](http://www.smittenkitchen.com)

**Fork Crushed Blue Potatoes**

- 2 pounds Blue or purple potatoes, washed
- 4 small shallots, minced
- 2 tablespoons fresh-squeezed lemon juice
- 6 tablespoons good extra-virgin olive oil
- Sea salt or Fleur de sel to taste
- Pepper to taste
- 2 tablespoons parsley, chopped

In a large pot, cook potatoes with skins on in heavily salted boiling water until tender, approximately 15 minutes. Remove potatoes from pot, and if desired, peel them while still warm. Place potatoes in a large bowl and, using a fork, gently smash them, maintaining a fairly chunky consistency. Fold in minced shallots, lemon juice, olive oil, fleur de sel, and pepper. Finish with parsley.

**Celeriac Carrot Apple Slaw**

- 1 large celeriac
- 1 apple
- ¼ cabbage (optional)
- ¼ teaspoon salt
- 1 clove garlic, minced
- 2 Tablespoons sherry vinegar, or red wine vinegar, or lemon juice
- 1 Tablespoon sour cream
- 2-3 carrots
- 1 large beet (optional)
- 1 clove garlic, minced
- 2 teaspoons Dijon mustard
- 1/3 cup olive oil
- freshly ground pepper

Slice bottom and top of celeriac off with sharp knife and use a paring knife to peel rest of skin off or use a vegetable peeler. Grate celeriac on large holes of a box grater. Grate carrots, apples, and beets and cabbage (if using) the same way. You'll have about 4-8 generous cups. Mix minced garlic, vinegar, salt, and mustard in small bowl. Whisk in olive oil until smooth and thickened. Stir in sour cream and fresh ground pepper to taste. Add more salt if necessary. Pour over grated vegetables and toss gently. Allow to marinate for 30 minutes. Makes 4 generous servings. Adapted from "Asparagus to Zucchini" cookbook.

Roasted root vegetables are such a nice, hearty fall dish. Eat as a side dish, on top of your salad greens, or as a big main dish entrée with a little blue cheese and toasted walnuts. Recipe adapted from [www.drweil.com](http://www.drweil.com) who espouses the health benefits of root vegetables, especially beets which trigger an enzyme in your body that will bind with toxic substances in the body and excrete them. Garlic also helps regulate blood pressure.

**Roasted Root Vegetables**

- 2 pounds root vegetables (use potatoes, carrots, celeriac, beets), peeled and cut into 1-inch pieces
  - 1 medium onion, peeled and cut into 1/3-inch wedges
  - 1 tablespoon extra-virgin olive oil
  - Salt to taste
  - 2 large cloves or 4 small cloves garlic, separated into cloves and peeled
  - Chopped fresh herbs like parsley or rosemary, or balsamic vinegar (optional)
- Heat oven to 400 degrees. Place the root vegetables and onion in a roasting pan. Toss the vegetables with the olive oil and salt to taste. Do not crowd the vegetables. Roast the mixture for a total of 45-50 minutes, stirring every 15 minutes. After 30 minutes, scatter the garlic cloves in with the vegetables. Continue stirring every 15 minutes until the vegetables are tender and evenly browned. Before serving, add a sprinkling of fresh chopped herbs or balsamic vinegar, if you like for additional flavor.