



LOON ORGANICS

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What's in the box 10/16:

Celeriac: Also known as celery root. This is the gnarly looking cream/tan root vegetable with hairs. Info. in last week's news.

White Potatoes: Either Kennebec or Superior varieties. Both are great storage potatoes good for baking, mashing, roasting. Try in Shepherds Pie
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.

Green Kale: For a potato kale soup, minestrone, or steam up for the Emerald Sesame Kale recipe on our website.

Red Bulk Beets: Keep the beets in the bag in your fridge's crisper drawer. They will literally keep for months.

Butternut Squash: tan, big squash is all-purpose, sweet, and easy to peel. Soup recipe on pg 2.

Acorn Squash: we baked and stuffed these with basmati rice topped with gouda cheese and it was amazing!

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

Yellow Onions: all-purpose

Garlic: Roast and mix with butter for a great spread on bread.

Spinach: Sweetest, most flavorful spinach of the year. Eat this fresh in salads.

Sweet Pepper: Multi-colored bell pepper.

Assorted Tomatoes: Red beefsteaks or heirlooms.

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

It is hard to believe that this is the last week of CSA deliveries! With such beautiful weather the last few weeks and tomatoes and peppers still to pick, we have had an easy transition to fall and bountiful produce. Frost finally visited us on early Sunday morning ending the run of summer crops. They were about out of steam anyways, and we are happy to get below 32° F to sweeten up the kale, brussel sprouts, and root crops.

As we reflect back onto this season's crops and weather, we are pleased by how the season ultimately turned out after one of the latest Springs on records. The month of May (and April) definitely had us wondering when and if we would ever get into the fields, but we were lucky to have a few dry breaks to get key Spring crops in and summer crops got in right on time. Once crops were in, most of them yielded average to above-average and we had the luxury of being able to choose between lots of crop variety for the weekly boxes. To the delight of some and dismay of a few perhaps, eggplant was on lowest priority so it only had a few opportunities to make an appearance. I even had members asking when kale would appear again, as they had become converts from previous year's CSA boxes. It is music to our ears to hear kale requests. It is becoming an 'in' vegetable and rightly so as it is nutritious and delish.

Highlights for us this year included a stellar melon crop, some of the largest onions and carrots we have ever grown, a really incredible group of employees, and the best turn out (and weather!) yet for our CSA farm events. The hoop houses once again proved their worth with an early and prolific tomato crop that kept us flush with tomatoes for over three months!! Thanks to you all for being part of our CSA and farm this year, and we sincerely hope that you enjoyed most (if not all) of the produce. These next few weeks after the regular season CSA has ended, we will focus on getting the rest of the Fall Share crops harvested and washed, and work on field clean-up. The garlic crops must also be planted, and we are hoping that the fields can dry out enough for us to plant that before the end of the month. Fall Shares go out at the end of the month (still a few left if you want to sign up) and we will also attend the Mill City Farmers Market Indoor Market on Saturday, November 9th from 10 a.m. – 1 p.m. with fall crops.

The vegetable deliveries may be over, but you will hear from us again soon! A few housekeeping notes:

-In the next week or two, we will e-mail you a link to our on-line CSA Member Survey.

-We will also send out 2014 CSA information to you later on this year, and registration will begin in early January. As previous members, we will open up registration to you first in January and then to others on our waiting list in February.

- If you still have CSA boxes at home, please bring them back to your pick-up site and we will pick them up next week.

Thanks again to you all for eating, cooking, and reading your way through the season. Best wishes for everyone to have a healthy, delicious fall and winter, and we hope to see many of you again next Spring and summer! Your farmers, Laura, Adam, and Eli.

Produce Storage: Tomatoes, potatoes, onions, winter squash, and garlic should not be refrigerated. 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, spinach, and kale 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, bulk carrots, 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.

Other Recipe Ideas from our Website:

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

-[Squash Pie](#) (better than pumpkin!)

-[September Soup](#)

-[Beet Salad](#)

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

-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](#).

-[Spicy Butternut Squash and Chickpea Stew](#) from www.culinate.com

-[Butternut Squash Lasagne](#) also from www.culinate.com

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Recipe Corner

Chickpeas (aka garbanzo beans) and kale is a favorite combination of ours. This is a really quick dish that combines the sweetness of tomatoes and peppers and the nuttiness of chickpeas to help offset kale's sometimes strong taste. Even Eli eats kale with gusto in this dish. You can also sub out ground beef or sausage for chickpeas.

Curried Chickpeas and Kale

½ bunch green kale, removed from stems and chopped roughly
1 16 oz. can chickpeas 1 onion, chopped
3-4 small-medium tomatoes (or 1 can of tomatoes), de-cored and chopped
1-2 cloves garlic, minced 1 sweet pepper, diced
1 Tablespoon curry powder soy sauce to taste

Heat 2 Tablespoons of olive oil or coconut oil in a large skillet over medium heat. When oil is hot, add onion. Saute until onion is translucent and soft, about 5 minutes. Add garlic, sweet pepper, curry powder, and tomatoes. Simmer together for a couple minutes to let flavors meld, and then add kale. Cover skillet and stir occasionally. Cook until kale is bright green and tender, and tomatoes have released their juices to make a bit of a sauce—about 10 minutes. Season with soy sauce to taste and serve over rice for a hearty main dish.

Two more favorite soup recipes below. I have used butternut squash that was already roasted in the oven and scooped out of its skin in this recipe (in lieu of peeling and using raw squash) and it turns out fine.

Butternut Squash Soup with Apple and Nutmeg

¼ c. butter (1/2 stick) 1 large onion, chopped
1 butternut squash (3 lb) peeled, seeded, and cut into cubes (about 6 cups)
2 medium carrots, peeled and chopped
2 medium apples, peeled, cored, and chopped
1 small/medium yellow or white potato, peeled and chopped
1 bay leaf ¼ tsp. (scant) ground nutmeg
Kosher salt and freshly ground black pepper
1 cup heavy cream (optional)

In a large pot, melt the butter over medium-high heat. Add the onion and sauté until soft, about 7 minutes. Add the squash, carrots, apples, potato, bay leaf, nutmeg, 4 teaspoons salt, and a scant ¼ teaspoon pepper, as well as 6 cups of water. (The water should be at least 1 inch or so above the vegetables; if not, add more.) Bring to a boil. Turn down the heat, cover the pot, and simmer for 45 minutes, or until the carrots are fall-apart tender. Remove the bay leaf. Using an immersion blender, a food processor fitted with a metal chopping blade, or a regular blender, purée the soup until smooth, working in batches if necessary. If you cooked the soup long enough, there will be no need to strain it. If not using the cream, adjust the seasoning and serve. If using cream, stir in the cream and bring the soup back up to a simmer. Cook for a couple of minutes. Adjust the seasoning and serve. **Notes Advance Prep:** The soup can be made a day or two in advance, cooled, covered, and refrigerated. If made with cream, a skin may form on top as it reheats. Simply stir it back into the pot. **Leftovers:** Made without cream, the soup will keep for up to two weeks in the refrigerator; made with cream, it will last for one week. The soup can also be frozen for up to four months. From the website: culinate.com

Golden Potage Soup

3 Tbsp. vegetable oil 1 cup chopped onion
8 cloves garlic, chopped 1-1 ½ cups diced winter squash
½ cup chopped parsnip (or more carrots)
½ cup chopped carrots ½ cup chopped celeriac
1 cup diced potatoes 4 cups Vegetable or Chicken stock
1 tsp. salt ½ cup half and half or soy milk
1 Tbsp. chopped fresh herbs, such as thyme/ parsley

Saute onion and garlic in oil for 5 to 8 minutes. Add the rest of the vegetables and sauté for 10 more minutes. Combine sautéed vegetables and soup stock in a large soup pot. Add salt. Bring to a boil, and then reduce heat to a simmer. Simmer, covered, for 30 minutes. Cool slightly, and puree in 2 batches until creamy. Return soup to the pot and add cream and herbs. Taste, adjust seasoning as needed. Serves 6. From *The Café Brenda Cookbook*