



# LOON ORGANICS

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## What's in the box 6/21:

**Baby Spinach:** Spinach and cheese pie recipe on page 2 for the cheese-heads in your family.

Just under a ½ pound bag.

**Radishes:** The first ones ready for Saturday's box. These were grown in the hoop house so the tops are very tender. Throw the greens in omelets or sautés.

### **Scallions (Green Onions):**

Such a nice fresh treat right now.

Chop white and green parts to add zip to salads, enchiladas, guacamole, bean dip. Can't go wrong. Cook them lightly to mellow the flavor.

**Head Lettuce:** Either green leaf lettuce or red or green butterhead lettuce. All are fantastic for salads and sandwiches. We washed it twice but it's dirty from all the rain so give the leaves a good wash at home.

**Mesclun Mix:** Baby leaf arugula, baby kales, mizuna, and other Asian greens are tender and great flavor from all the rain and cool weather. We love this tucked into a sandwich (BAT: bacon, arugula, tomato!) or mixed with lettuce for a delish salad.

**Fresh Oregano:** Recipes and tips on page 2 for this fragrant herb.

**Baby Bok Choi:** Eat the leaves and stems raw in salad, sauté lightly, or try grilling (recipe page 2).

**Potted Basil Plant:** Sweet Genovese Basil Plant. Likes partial to full sun. It can stay in its pot, but will get much bigger if transplanted to a larger container.

## CSA: Week One (Group A Half Shares)

**Howdy!** Welcome back new and old friends! We are so excited to bring you your first box of the season, with lots of greens for salad and nourishment after a long winter and spring. And although it has felt at times like the rain would keep us out of the fields forever, we've been able to get in during dry spells and plant and weed like crazy. A big shout out to our fantastic farm team this year: Jenny, Siri, Danielle, and Kyle, who have helped Adam and I catch up in this compressed season and keep us smiling most of the time too. They also kept the farm humming this past weekend, when our family headed to beautiful Rhode Island for Laura's sister's wedding. We're grateful we could get away and spend some time with family, and are refreshed and ready to start another great CSA season. Now if it could please stop raining so we can get on with growing great vegetables!

We've got five great farm work shares back with us too to help conquer those weeds, and some returning market employees to boot. It takes a gaggle of hands to run a vegetable farm, and we are thankful to them all. Thanks to all of you too for supporting our vision of nourishing mind, body, and soil with our farming efforts. We've got lots of exciting things we are hatching this season, like putting up a 3<sup>rd</sup> hoop house to help us start a Spring CSA Share and to improve our hoop house crop rotation so that we can continue to grow delicious organic hoop house tomatoes. We also have our first Loon T-SHIRTS! You can purchase them on-line soon and get them delivered to your CSA pick-up site with your box, or pick one up at our market stand or one of our farm tours this summer. All the proceeds from the t-shirt sales will help us fund our hoop house infrastructure project. Plus they are super soft, made in the USA with organic cotton, and printed with water-based inks. All this for \$25. ☺

**Strawberry Pick & Tour, June 28<sup>th</sup> or July 5<sup>th</sup> from 10 a.m. – 1 p.m.:** Date will depend on strawberry availability, we will confirm in the next week what the date will be. There will be a bit of strawberry picking, a walking tour of the farm, organic lemonade, and general merriment! Every family can usually pick at least a pint to take home with them. All ages welcome, but no pets please. We'll e-mail out directions to the farm before the tour. If you plan to come, please RSVP by e-mail or phone if possible. [loonorganics@hotmail.com](mailto:loonorganics@hotmail.com); 320-587-0140

### C.S.A. 101:

**Wash it Again:** We do wash all the produce that is in your box throughout the season (with the exception of strawberries, tomatoes, and basil sometimes—these should be washed right before eating), BUT please **wash everything again** before you eat it. We try to keep the bugs on the farm, but you may find a ladybug or caterpillar occasionally. This is your guarantee that we are Organic!

**Keep it Cool, Keep it Fresh:** Most of your produce should last 7-14 days if stored properly. Get your CSA veggies into the fridge as soon as you can (or bring a cooler if you can't go home right away). Read Page 2 for storage directions for each veggie. Wash and prep produce so it's ready to use for fast and easy cooking.

**Next week's box:** salad greens, green kale, radishes, kohlrabi, garlic scapes?! + more.

**Produce Storage: How and Where to Store Your Produce for Maximum Freshness**

**Baby Spinach:** Refrigerate, keep in plastic bag in coldest part of your fridge (crisper drawer usually).

**Radishes:** Put in plastic bag to keep the tops from wilting and the roots crisp.

**Scallions (Green Onions):** Refrigerate, put in plastic bag to keep in moisture and prevent wilting.

**Head Lettuce:** Put in plastic bag as soon as you get home and put in fridge to prevent wilting of leaves. Wash in salad spinner and put clean leaves in a bag in your fridge for easy access for salads and wraps. If you don't have a salad spinner, get one! It's a great CSA time-saver for washing greens and lettuces.

**Mesclun Mix:** Refrigerate, keep in plastic bag.

**Fresh Oregano:** Refrigerate, keep in plastic bag. Or to dry it, hang bunch upside down in your kitchen until it is completely dry (several weeks to dry down completely). Then put the whole bunch in a glass quart mason jar and pull leaves out for use in cooking all this summer and winter.

**Baby Bok Choi:** Refrigerate, keep in plastic bag. Pull individual leaves and stems off to wash before using. Or wash and store leaves and stems in a plastic bag for use later.

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**Recipe Corner**

Our employee, Siri, made this recipe for the crew last Thursday for our "Farm Test Kitchen Dinner". Everyone agreed it was delicious, and good for cheese-lovers. You can use spinach or a combo of spinach and arugula mix. Make the recipe below for 1 pie, or double it easily for 2 pies. Adapted from the great CSA cookbook **Asparagus to Zucchini** by MACSAC.

**Spinach and Cheese Phyllo Pie**

- 1 Tablespoon butter
- 1 egg
- 2 Tablespoons olive oil, divided
- 1 bunch scallions/green onions
- 1/4 pound firm tofu (optional, can just use more cheese)
- 1/2 pound spinach and/or mesclun mix (each bag is a 1/2 lb)
- 1/4 pound feta cheese
- 1 Tablespoon fresh oregano, chopped
- 1 large handful fresh dill leaves, chopped (optional)
- 6 oz. cottage cheese
- Salt
- 1/2 cup mozzarella, grated
- Frozen phyllo dough, thawed in refrigerator 24 hours

Heat oven to 350 degrees. Melt butter and combine with 1.5 Tablespoons of olive oil. Puree tofu, feta, cottage cheese, mozzarella, and eggs in food processor. Heat remaining olive oil in large skillet over medium flame, add onions and cook for a couple minutes until soft and fragrant. Add spinach/greens and wilt it, stirring often. Stir in oregano, dill, and small pinch of salt. Let cook for a minute, remove from heat, and let cool for a few minutes. Chop the spinach and stir into cheese mixture. To assemble pies: Open phyllo package and carefully unroll the pastry. Layer a sheet of phyllo lengthwise over a pie pan. Brush lightly with butter/oil mixture. Layer another sheet of phyllo crosswise on top over the pie pan. Brush lightly with the butter. Repeat with 2 more layers for the pie, laying the final layer at a diagonal across the pie pans. Brush extra butter/oil on the phyllo that is sticking out of the pan. Press the phyllo to fit in the shape of the pan and then fold the excess phyllo until it all fits in the pan in the shape of a pie crust. Put the filling in the pie. Bake until golden on top and set, 50-60 minutes. Let pie stand 10-15 minutes before serving. Makes 1 pie, 4-6 servings.

Our long-time Chanhassen CSA Member, Amy Bella James, has 4 kids and a busy schedule. She's providing us with a few recipes this season to make the most of your CSA box with minimal effort. Hope you enjoy! For more recipes or tips on feeding fresh healthy families: [www.facebook.com/amybellajames](http://www.facebook.com/amybellajames)

**Grilled Baby Bok Choy with Walnut Pesto**

- 1/3 cup walnuts, chopped
- 4 oz fresh basil leaves
- 2 cloves garlic
- 2 tbsps extra virgin olive oil
- 1 tsp fresh oregano
- sea salt and black pepper

Blend all together in a food processor. Cut 2 bok choy in half lengthwise (or leave small ones whole) and baste with pesto. Grill for 15 minutes either on foil or on clean grill until stem is soft and can be pierced with a fork. Save additional pesto to add to tuna salad, lettuce wraps, etc. (Loon note: We grilled baby bok choy a few weeks ago and had it with rice. It has a lovely smoky flavor. Grilled chicken or tofu is a nice side addition tool.)

**Fresh Oregano Vinaigrette Salad Dressing**

- 1/3 cup balsamic vinegar
- 2/3 cup olive oil
- 1 Tablespoon Dijon mustard
- 1/2 of a minced shallot
- 1/2 teaspoon fresh oregano

Mix together in jar and keep in fridge. A dash of honey or maple syrup sweetens this up too. Goes great on any and all lettuce in this week's box. 8 servings.