



LOON ORGANICS

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What's in the box 6/25:

Strawberries: The first strawberries are just coming in. Wash right before eating. They are always so delicious!

Sugar Snap Peas: snap off the tops of the peas and pull down to get the string out. Then eat the whole pod and peas inside. We love to sauté in butter.

Salad Mix: our signature mix of baby lettuces. Makes a great bed of greens for a salad or in sandwiches.

Radishes: Finally the radishes are in! They have a little kick to them.

Green Kale: Just coming in. First pick is so tender and sweet, especially from all the rain.

Garlic Scapes: This is the garlic flower of the garlic plant, and they are SO tasty. Garlicky and green-tasting at the same time. Ideas on page 2.

Kohlrabi: Purple or white varieties. Same flavor, different outside skin color. Peel off colored skin of bulb before eating raw or lightly cooking. Taste is similar to broccoli. Leaves are also edible and can be used like kale or spinach.

Baby Bok Choi: Eat the leaves and stems raw in salad, sauté lightly, or try grilling (see Week 1 newsletter for recipe).

Potted Basil Plant: Sweet Genovese Basil Plant. Likes partial to full sun. Transplant to a larger container or into the ground, and it will grow big.

CSA: Week Two (*Group B Half Shares*)

Welcome to our Group B half shares this week that are receiving their first box of the season!

We are happy to be out of last week's rainstorms and on our way to drying out. We clocked in with about 5 inches of rain here in one week, thankfully not all in one spell, but the farm is beyond saturated. With last week's rain, we surpassed the year of 1874 for the wettest year on record for our area of the state. Our fields are generally in higher ground on the farm, so we haven't had flooding or too much standing water on our actual crops. There are some lower fields that we need to get into to plant our fall crops in, but thus far they are too wet. Nothing grew much last week since the sun wasn't out, so crops are still looking a little small and behind to us. Strawberries, peas, and kale for example are all just starting to come in, so quantities are smaller this week. Next week will bring us more of these items, and dry conditions, sun, and some cultivating and fertilizing will help the crops take off. Later this week we hope to get back into the fields and plant more successions of crops like broccoli, salad mix, carrots, beets, herbs, cucumbers, and zucchini for harvest in later July and August. Our work will all depend on drying conditions and how soon the next rain storm comes. Hoping it misses us. California would take it I'm sure!

Every year now we seem to break some climate record for our area, and the rains are coming in more extreme, isolated, and heavy downpours. In the fields and at our dinner table, a few topics are at the forefront of our conversations: climate change, crop insurance (and the lack thereof for small-scale veggie growers like ourselves), how our beginning farmer friends are doing (such a challenging year for a beginning farmer!), and how to think creatively and innovatively about farming in this present and future climate. There are no easy answers to these questions. What grounds us and brings us back to the work at hand is the resilience of many of our crops, the community we are a part of, the taste of that first crunchy, spicy radish from the field, and a zany almost-three year old toddler with strawberry juice running down his neck. We're reminded that things are still growing (zucchini is a couple inches long already!), we all still need to eat, and there is still work to do in the meantime while we mull. Here's wishing for a lovely week with sunshine to lighten everyone's mood and dry out all our basements and farm fields. Enjoy the tenderness and sweetness that the rain imparts to the crops in your box today. We have more great things coming! **Next week's box:** strawberries, zucchini/summer squash, kohlrabi, sugar snap peas, garlic scapes, Chinese/Napa cabbage, broccoli?, lettuce, salad turnips?

Date Confirmation: Strawberry Pick & Tour, July 5th from 10 a.m. – 1 p.m.: 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; 320-587-0140

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

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

Salad Mix: Keep in the plastic bag in the fridge in the coldest part.

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.

Kale: In plastic bag to keep in moisture in crisper drawer of fridge.

Peas and Strawberries: In fridge in plastic bag. Wash strawberries right before eating.

Kohlrabi: In a plastic bag in the fridge.

Garlic Scapes: In a plastic bag in the fridge. When stored this way, they will last for weeks!

Preservation Tips: Many of the veggies in your box, besides lettuce, can easily be frozen for use later. Garlic scapes can be chopped raw and frozen for use in cooked dishes. Or make garlic scape pesto and freeze. Kale can be lightly steamed for 3 minutes, chopped, and frozen. Radishes, scapes, and kohlrabi all make great quick pickles.

[Kohlrabi Pickle Recipe](#) on our website.

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Recipe Corner Kale and Chickpea Salad

This is a recipe from our CSA partner, [Budding Farmers](#). If you have kiddos around, they can help you peel, grate, or mix it all together, and then eat it! The first kale of the year is very tender, so it's perfect for using raw in this salad. We made it for dinner tonight and added some cubed feta and golden raisins; it was a nice twist.

1 bunch kale

1 small kohlrabi

1 carrot

1 cup cooked chickpeas

1 Tablespoon tahini

4 Tablespoons olive oil

½ Tablespoon lemon juice

Big pinch of salt and pepper

Wash hands and all vegetables. De-rib the kale and slice leaves into thin strips (discard the ribs). Peel and slice the kohlrabi into matchstick pieces. Grate the carrot. Place all the vegetables and chickpeas in a large bowl. Mix the tahini, olive oil, lemon juice, salt, and pepper in a small bowl. Stir the tahini dressing into the vegetables, taste, and then add more tahini/lemon juice/salt/pepper to your liking. Serves 6-8.

Garlic Scape Pesto

If you haven't tried garlic scapes before, be prepared to love them. They are a Spring ephemeral though—only available for a couple weeks just as the garlic sends out its flower stalks. In general, you can't go wrong with them in the kitchen. Add them anywhere you would normally use garlic. Treat them more as their own vegetable, rather than garlic. You can grill them, pickle them, pesto them, or just chop and sauté with your kale or some fried rice. Garlic scape pesto is hands-down our favorite way to prepare garlic scapes. We toss the pesto with pasta, throw it on grilled cheese sandwiches, put it in salad dressings, and freeze any leftovers we have for fall or winter when we want to be reminded of a savory spring treat.

1 bunch garlic scapes (about 6-8)

½ cup nuts (any nuts will do. We like almonds, walnuts or sunflower seeds)

1 cup freshly grated Parmesan cheese

1 to 2 Tbsp. freshly squeezed lemon juice, to taste

½ tsp. salt

½ cup extra-virgin olive oil, plus more to taste

We use the entire scape. Roughly chop the stems. You should have about 1 cup chopped scapes or more. Combine the scapes, nuts, Parmesan, 1 tablespoon lemon juice, salt, and olive oil in the bowl of a food processor. Pulse until the pesto reaches the consistency you like; you may need to add up to 3 tablespoons additional olive oil or more lemon juice, to taste. Store pesto in a glass jar in the refrigerator; it will keep for at least 10 days. Adapted from <http://www.culinate.com>

Variations: If the garlicky flavor of this pesto proves too powerful for you, add 1 cup chopped parsley, arugula, spinach or basil to mellow it.

More Ideas from CSA Member, [Amy Bella James](#).

Kohlrabi:

Make Chips: Slice thin toss with coconut oil salt and pepper. Bake at 400 for 20 minutes.

Shred and add to any cabbage recipe. Or use as an extra crunch on a salad. Check out last year's [Week 2 Newsletter](#) for the *Kohlrabi Slaw with Creamy Herb and Avocado Dressing* recipe and a kale smoothie recipe too.

Garlic scapes: Use on salad just like a scallion. Want kabobs but out of skewers? Use the garlic scape instead.

Radish: Wash, eat, repeat!! Slice radish roots thinly and serve on good bread or toast slathered with butter, mayo, or goat cheese. Sprinkle chopped scallions or garlic scapes on top for a delectable lunch or appetizer.