



# LOON ORGANICS

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## What's in the box 7/2/14:

**Strawberries:** We pick them ripe for best flavor. Eat them soon! Wash right before eating. A few of the bigger berries have a little dirt on them from recent rains.

**Zucchini or Yellow Summer Squash:** first ones. See our website for a shrimp pad thai recipe using squash and peas.

**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.

**Salad Mix:** Mix of lettuces.

**Radishes:** Big, crunchy, and a bit of spice. The greens are also edible. We like sautéing them and putting in omelets or quiche.

**Napa/Chinese Cabbage:** Lots of great recipe ideas on page 2.

**Garlic Scapes:** This is the garlic flower of the garlic plant, and they are SO tasty. Last week of the scapes until next year.

**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.

**Red Butter Lettuce:** Sweet and tender. A delicate lettuce that is our favorite. It makes a beautiful salad, especially mixed with your salad mix.

**Basil:** Chop and garnish salads, pasta, or a slaw. Would be great in the recipes on page 2.

**Broccoli:** first pick for your box today!

## CSA: Week Three (*Group A Half Shares*)

Happy 4<sup>th</sup> of July week!

What a difference a week of sunshine makes. We've now gone nearly 10 days without heavy rains (just a trace of precipitation over the weekend), which makes for drier soil, growing plants, and happy farmers. June is typically one of the busiest months on the farm while we juggle planting, weeding, and first CSA harvests and deliveries all at once. By July we usually heave a little sigh, sharpen our hoes to get the weeds the cultivator missed, and excitedly greet the new crops coming in as we enter into the dog days of summer. It was a welcome surprise to see the first zucchini and summer squashes pop in the field last week, and the cucumbers are just a couple inches shy of perfection. Broccoli too is right on the verge of harvest, pretty soon we will be in the thick of it. The strawberries and peas are now in full production this week. Their season is short but we have good quantities of both this week, and we will have peas for sure for one more week. This is likely the last week of berries.

Getting a seasonal box of produce each week (or every other week) can be both a delightful and challenging surprise, depending on what you like to eat and cook. As our seasoned CSA members know, the contents of the box change quite a bit from June to October and we are currently on the end of the "Spring" crops and edging into "summer" crops. This year we are trying to include some new recipes for our more rare, unknown and perhaps yet unloved vegetables (think kohlrabi, turnips, fennel, eggplant, celeriac), and the Loon crew will do the very hard work of cooking and sampling these new recipes before we put them in each week's newsletter. We're calling it "Farm Test Kitchen" and our intern, Siri Gossman, is heading up the recipe selection and cooking this year. We give Siri a vegetable assignment for the week (this week is fennel), she chooses a recipe, gets the ingredients, and cooks it for us on Thursday evenings. Our family eats with the crew and we all get to try a new dish. The farm dinner is now a highlight of our week, and we'll share all the good recipes with you all here or on our website. We are also getting more really delicious recipes from CSA member, Amy Armbrust, most of which we are including here too. Those recipes will also go on our website. If you have a new (or old) recipe that you especially love, send it along to us and we'll get it out to ya'll.

Have a wonderful holiday everyone! **Next week's box:** Hakurei salad turnips (with an amazing recipe), broccoli, zucchini/summer squash, peas, lettuce, cucumbers, fennel, kale or chard, and more...

## 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](mailto:loonorganics@hotmail.com); 320-587-0140

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

**Basil:** Cold-sensitive. Do NOT refrigerate. Keep in bag on the counter out of sun. Use within 5-7 days.

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

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

**Napa/Chinese Cabbage:** Refrigerate, keep in plastic bags. Chop the bottom inch of the cabbage off to separate leaves for washing. Washed leaves can be stored in a plastic bag for use later.

**Peas and Strawberries:** In fridge in plastic bag. Wash strawberries and peas 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 or pickled for later use. Garlic scapes can be chopped raw and frozen for use in cooked dishes. Or make garlic scape pesto and freeze. Radishes, scapes, and kohlrabi all make great quick pickles. Napa/Chinese cabbage can be fermented and pickled to make kimchi. Zucchini and summer squash can be shredded and frozen for use in baked goods later on. Parsley does not dry well. Chop it and freeze to preserve

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## **Recipe Corner**

### ***Stir-Fried Pork with Chinese Cabbage***

For the latest installment of "Farm Test Kitchen", Intern Chef Siri made us this delicious stirfry using nearly a whole head of Chinese cabbage. We gobbled it up. It's a keeper for sure. Adapted from *Gourmet Magazine*, October 2005. 4 servings. Total time: 45 minutes, active time: 45 minutes.

1 (1 lb) pork tenderloin  
2 1/2 Tbsp soy sauce  
4 tsp cornstarch  
1 1/2 Tbsp sugar  
2 Tbsp rice vinegar (not seasoned)  
1/2 tsp salt  
2 Tbsp water  
2 lbs chinese cabbage, quartered lengthwise, cored and cut crosswise into 1 1/2 inch pieces (10 cups). (Easily can shred it in a food processor)  
2 Tbsp high heat oil (sesame, sunflower, safflower or peanut)  
1 Tbsp finely chopped garlic  
1 Tbsp finely chopped peeled fresh ginger  
1/4 cup loosely packed fresh cilantro leaves (optional)  
Best served with rice.

1. Trim and discard any silver skin from pork (do not trim fat). Cut port across ran into 1/4-inch-thick slices, then toss with 1 tablespoon soy sauce, 2 teaspoons cornstarch and 1 tablespoon sugar in a bowl.
2. Stir together vinegar, salt, remaining 1 1/2 tablespoons soy sauce and remaining 1/2 tablespoon sugar in a small bowl.
3. Stir together water and remaining 2 teaspoons cornstarch in a cup.
4. Rinse cabbage in a large colander and dry or use a salad spinner.
5. Heat 1 tablespoon oil in a 12-inch non-stick skillet over high heat until hot but not smoking, then add pork in 1 layer as quickly as possible. Cook, undisturbed, until pork begins to brown, about 3 minutes, the turn over and cook, undisturbed until browned but still pink in the center, about 1 minute more. Transfer pork and any juices to a plate. Do not clean skillet.
6. Heat remaining tablespoon of oil in skillet over medium/high heat, then stir-fry garlic and ginger for about 30 seconds. Add half of cabbage and cook until cabbage is wilted, 2-3 minutes. Stir in remaining cabbage and soy sauce mixture and cook until cabbage is tender, another 4-5 minutes.
7. Add pork and juices and bring to a boil. Stir cornstarch mixture then pour into skillet and boil, stirring until sauce is slightly thickened, about 1 minute. Season with salt, serve sprinkled with cilantro.

### ***Chinese Cabbage Slaw with Honey Lime Dressing***

Ingredients:

1 head Chinese Cabbage (shredded....I love to use kitchen aid mixer for this)  
1 bunch radishes, sliced thinly  
1 kohlrabi, sliced thinly  
4 scallions (or garlic scapes), chopped  
1/4 cup cilantro or herb of choice (Italian parsley would be nice).

#### **Honey Lime Dressing**

1 Tbsp rice wine vinegar  
Juice and zest of 1 lime  
1 Tbsp honey  
1 clove garlic, minced  
1/2 tsp salt  
1/2 tsp black pepper  
1/4 cup extra virgin olive oil

More great recipes recently added to our website:

[Shrimp Pad Thai](#)

[Marinated Tofu Salad with Chinese Cabbage](#) (we ate this last week and it was great)

[Kohlrabi Salad with Fried Shallots, Peanuts, and Cilantro](#)

Have a great week. Your farmers. Laura and Adam