



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

Phone: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

What's in the box 7/9/14:

Strawberries: We pick them ripe for best flavor. Eat them soon!

Wash right before eating.

Zucchini and Yellow Summer

Squash: Many recipes on our website. Or grill as kebabs.

Sugar Snap Peas: eat the whole pod and pea. They are a super sweet and tasty batch.

Spinach: A nice crop of baby spinach. Spinach salad with fresh strawberries is a favorite combination of ours.

Hakurei Turnips: Baby roots are delicious eaten like a radish in salads or cooked in stir fries, fried rice, soups. Try the awesome recipe on page 2.

Green Kale: Some great kale recipes on our website. Try the kale chips!

Fennel: The white bulb is delicious sliced thinly and added to salads, especially with cucumbers, dill, and lemon.

Check out page 2 for a great recipe and our website for more fennel ideas/recipes. Fronds can be used to make a pesto or stock.

Summercrisp Leaf Lettuce:

Red or green varieties are crunchy, sweet, and a favorite of ours this time of year. They make a spectacular salad with cucumbers and dill dressing.

Dill: Creamy dill dressing recipe on our website.

Cucumber: A delight for cucumber sandwiches and salads!

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

Hope everyone enjoyed their 4th of July holiday weekend! We had a good turn out and a gorgeous day on Saturday, July 5th for our CSA strawberry pick. A lot of berries were picked and sampled, five gallons of lemonade were consumed, and we talked about hoop houses, electric tractors, honeybees, and vegetables of course. Thanks to everyone that came out. Also, we wanted to let everyone know that due to a late-maturing potato crop and because we just had our Strawberry Pick Tour, we are going to cancel the upcoming Potato Dig scheduled for July 19th. **There is still another chance to visit the farm later this fall. Mark your calendars for Sunday, Sept. 28th from 1-3 p.m. for our Fall Harvest Festival!**

The weather has been just peachy lately on the farm, and we had a nice dry stretch followed by some good rains (without hail!) just this Monday afternoon. That rain let us off the hook for irrigating for the next few days at least. The relatively mild, dry, and cool temperatures of the last two weeks have been good for the pea and strawberry crop, and both of these CSA favorites are still in great condition for mid-July. I'm sure we don't have to tell you twice, but eat those strawberries soon. They are ripe when we pick them, so eat them in the next day or two, otherwise they'll be heading towards a jam-like state. One of the best smells on the farm is when you pull up at the strawberry field on a warm day, and you get a sweet whiff of very ripe strawberries. The other great smell (and one of the most-loved jobs) is harvesting and picking basil. Picking basil seems to make everyone smile no matter their mood. As we harvested dill for your box today, Siri said she felt like she was in a pickle jar and an air of dill wafted around her the rest of the morning (Not a bad smell I might say!). Lots of aromatic produce in your box today, and wonderful smells on the farm right now. Enjoy!

More good crops on the horizon. Cucumbers are here to stay for awhile, and we are starting our first harvest of our crispy Summercrisp head lettuce. It's a favorite of ours, and you'll all see it next week in your boxes. We're hoping to put chard in the box next week, although the deer have been chomping on whatever is not inside our electric fence. The first cherry tomatoes are ripening in the hoop house, and we have some big slicing tomatoes that look like they are going to turn red here any day now. This will be the last week of strawberries for sure, peas may hold on another week. Green beans are flowering, so beans in 2 weeks or so!

Next week's box: Beets, Summercrisp Lettuce, Zucchini/summer squash, Cucumbers, Chard, Cilantro, Red Torpedo Onions, Carrots??. Broccoli?, Peas?, Cabbage?.

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

Zucchini/Squash & Cucumbers: in Plastic bag in fridge.

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

Spinach & Leaf Lettuce: Keep in the plastic bag in the fridge in the coldest part.

Green Kale: Refrigerate, keep in plastic bags.

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

Fennel & Dill: Keep in plastic bag in the fridge for best freshness.

Preservation Tips:

Zucchini/summer squash can be grated and frozen for use in breads, cakes, etc. Check our website for [a Cucumber Freezer Pickle](#) Recipe or a [Refrigerator Pickle](#) Recipe. Turnip roots and greens can be frozen: steam for 3-5 minutes before putting in plastic bags to freeze. Spinach also can be frozen but steam for a couple minutes first to prevent freezer-burn and preserve nutrients. Fennel and dill could be chopped and frozen, for use in cooked dishes later on.

Website Recipes:

[Fennel Egg Salad](#)

[Fennel Antipasto](#)

[Shrimp Pad Thai](#)

[Napa Salad](#)

[Carrot-Zucchini Bread with](#)

[Candied Ginger](#)

[Chocolate Zucchini Cupcakes](#)

[Baked Kale Chips](#)

[Creamy Dill Dressing](#)

Contact us:

c: 320.296.1569

h: 320.587.0140

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Recipe Corner

Hakurei Turnips with Greens, Beans and Pasta

One of our favorite "Farm Test Kitchen" recipes so far! Try it as is or add some bacon or parmesan to top as well. Either way, just try it. (Adapted from a recipe from Jenny Bond and Rink DaVee, Shooting Star Farm, from the *MASAC cookbook*)

2 Tbsp butter
1 cloves of garlic, minced
1 bunch Hakurei salad turnips and greens (about 10 small or 5 large turnips)
1 cup chopped dried apricots
12 oz of cooked bowtie (or other small noodle) pasta
2 cups of cooked white beans (navy, cannellini or other white bean)

2 tsp olive oil

1 medium yellow onions, diced

salt

1. Heat 2 tablespoons of butter and all the oil in a large skillet over medium flame. Add garlic and onions and cook, stirring often, until they begin to soften, about 5 minutes.
2. Meanwhile, wash turnips and trim the leaves from the roots, Chop the roots into 1 inch cubes, or leave smaller turnips whole. Discard yellowed leaves and chop the rest. Add the turnips to the softened onions. Sprinkle with salt, stir and cover. Cook for about 8 minutes, or until the turnips can be easily pierced with a knife.
3. Uncover and turn up the heat to medium high, cooking until the turnips are light brown at the edges.
4. Add the greens and apricots and cook until the greens are wilted and tender, about 3-4 minutes.
5. Add remaining 2 tablespoons of butter and salt to taste.
6. Stir in the pasta and beans.

Braised Fennel Wedges with Curry and Tomato

Serves 4. Adapted from a recipe in *Vegetable Literacy*, by Deborah Madison

1 large fennel bulb
1 onion, diced
Pinch of curry powder (for color, could also use saffron threads)
1/2 tsp dried thyme
3 tablespoons tomato paste
1 1/2 cups fennel stock (see following recipe), chicken stock, or water
Sea salt
Freshly ground pepper
Minced fennel greens or fresh flat leaf parsley
Cooked rice (black rice is awesome with this recipe!)

2-3 Tbsp olive oil

2 tsp fennel seeds

1 clove garlic, crushed

1 Tbsp butter

1. Trim off the stalks and greens from the fennel bulbs. Mince the greens for a garnish, or use parsley. Halve each bulb lengthwise and cut the halves into wedges about 1 1/2 inches wide at the widest part.
2. Heat the olive oil in a wide sauté pan over medium-high heat. When hot, add onions, fennel seeds, curry (or saffron) and thyme. Cook for five minutes, then add the fennel wedges. Cook until they are browned on the edges, turning them and the onions occasionally, about another 5-10 minutes.
3. Add garlic, tomato paste, stock and 1 tsp of salt. Scrape the pan to release the juices, then cover and simmer until the fennel is tender, about 15 minutes.
4. Serve over rice. Serves 4.

Fennel Stock

Makes about 3 cups

Trimnings from 1 or 2 fennel bulbs (stalks, hard outer leaves, core)

1 onion, sliced

Root ends and/or tops from scallions, leeks, or green onions.

Trimnings from mushrooms, tomatoes and/or celery.

Sea salt

1 tsp fennel seeds

1. Put the trimnings and onion in a pot and cover generously with 4-5 cups water. Add salt and fennel seeds.
 2. Bring to a boil, then simmer for 30 minutes.
 3. Strain out the vegetables and use immediately or store for up to one week refrigerated.
- Have a great week. Your farmers, Laura and Adam