



LOON ORGANICS

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What's in the box 7/16/14:

Green Beans: First pick of the year and they are tasty.

Fresh Onions: sweet young onions are fabulously mild in salads, on the grill, or use in any recipe calling for onions. Greens are nice garnish too.

Zucchini and/or Yellow Summer Squash: sauté in butter or olive oil and garnish with cilantro.

Salad Mix: a summer mix of baby red and green lettuces.

Rainbow Swiss Chard: multi-colored stems and leaves taste similar to spinach. The stalks can be used in place of celery in salads or sautés. Greens are typically lightly steamed, braised, or sautéed. Recipes on page 2.

Broccoli: finally coming in, and it is worth waiting for. Don't forget to peel the stem and use it.

Summercrisp Leaf Lettuce: Makes a perfect crisp summer salad or as a bed for egg salad or chicken salad.

Red, Golden, Candy-Striped Greentop Beets: both roots and greens are edible. Greens are typically lightly cooked (similar to chard in taste and preparation). The red beets will bleed when cut and prepared. If you want to preserve the color of the other beets, cook separately and combine when serving.

Cilantro: freshly picked, organic cilantro is a delight!

Cucumbers: Try the cucumber cilantro salsa recipe on our website.

CSA: Week Five (*Group A Half Shares*)

Hello July polar vortex! We got out our fleece and caps for our Monday harvest with wind chills in the 40's and 50's. Yes, I did just say "wind chill" in July. This is Minnesota after all. Here's how our farm and crops are being affected by this cooler, wetter season on average. In short, it's like perennial Spring. The greens crops are doing fabulously! On the other hand, the favored warm weather summer crops like tomatoes, peppers, zucchini/squash, melons, and cucumbers all slow their vegetative and fruiting growth way down. In fact, all the crops have been coming in at least 1-2 weeks later than usual. Carrots and broccoli, we are waiting for you... For this, we are ever thankful for our two lovely hoop houses on the farm and, as of this week, soon to be three!

For those not familiar with the term "hoop house", it is a plastic-covered greenhouse structure that we put in a productive field and grow crops in the ground under the protection of the hoop house. Our hoop houses are unheated but with the passive solar heat from the sunlight alone, it gives us a much warmer climate to grow in. It is literally the "greenhouse effect". This year especially the hoop houses provided us a warm, dry place for us to plant and for our crew to work. We have nearly 1,000 tomato plants bursting with fruits that are looking gorgeous and starting to ripen this week (you should start seeing them next week in your box). The hoop house tomatoes come a month earlier than our field tomatoes and stay past frost.

In the next couple weeks, we will break ground for our third hoop house structure which we are fondly calling the "hygge" (sounds like hooga) house. [Hygge](#) is a Danish word that encompasses coziness, warmth, well-being, and more. This hygge house will bring us warmth in the bookends of the season, so that we can grow nutritious, delicious greens later in fall and earlier in Spring, helping us to launch our first ever Spring CSA share in 2015! Our new 3200 sq. foot hoop house comes in at just over \$10,000. And that doesn't include our labor cost to put it up, nearly a straight week of work for a couple people. We've had some help from our community to finance it: the new mini-grant program of the Mill City Farmers Market contributed \$2000 towards our hoop house project. Proceeds from our t-shirt sales are also going towards the hoop house. We are finalizing the details this week so that you can go on-line and purchase a t-shirt through our website and get it delivered to your pick up site with your box. Our last two hoop houses have either been financed through loans or cost-share programs, so we're getting creative with this third one. As we were donning our winter caps on Monday to go outside and harvest, we were ever more certain that hoop houses are the future of local agriculture and for our farm. Hoophouses ensure local food for a longer season and thus more income for our local farmers. It's a win-win for everyone. Thank you to the Mill City Farmers Market and to all our CSA members for your support as we grow!

Next week's box: broccoli, carrots (finally!), cabbage, arugula, cucumbers, summer squash/zucchini, first tomato or two, fresh onions, green beans, and more.

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

Fresh Onions: in the fridge!

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

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

Remove greens from roots if not going to eat within a week. This will keep the roots much crisper.

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

Green Beans: In plastic bag in fridge.

Cilantro: in plastic bag in fridge

Broccoli: in plastic in fridge.

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. Beets should be steamed until just tender and then frozen or pickled. Same goes for peas/beans. Fennel and cilantro could be chopped and frozen, for use in cooked dishes later on.

Loon (& Others) Recipes:

[-Beet Salad](#)

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

[-Fennel Egg Salad](#)

[-Fennel Antipasto](#)

[-Shrimp Pad Thai](#)

[-Carrot-Zucchini Bread with Candied Ginger](#)

[-Chocolate Zucchini Cupcakes](#)

[-Beet Chocolate Cookies](#) (from BuddingFarmers.com

[-Beet, Carrot, Fennel Salad](#) (from Marthastewart.com)

[-Beet Recipes Even a Beet Hater Can Love](#) (via nytimes.com)

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Recipe Corner

Scrambled Egg and Swiss Chard Tacos

This recipe is from Foodandwine.com, and is very similar to my other favorite chard recipe, [chard and caramelized onion taco](#) (on our website). Your beet greens are definitely interchangeable with swiss chard so feel free to use them or mix them together for this recipe or any recipe calling for chard.

2 tablespoons extra-virgin olive oil

10 tablespoons minced white onion

2 seeded serrano chiles, minced (optional)

Kosher salt

1 1/4 pounds rainbow Swiss chard, leaves and stems thinly sliced

6 large eggs, lightly beaten

2 seeded plum tomatoes or 1 pint cherry tomatoes, chopped

3 tablespoons minced cilantro

Freshly ground pepper

Warmed corn tortillas, for serving

In a large skillet, heat the oil until shimmering. Add 1/2 cup of the onion, the chiles and a generous pinch of salt and cook over moderate heat, stirring, until the onion is just starting to brown, 8 minutes. Add the Swiss chard and cook, stirring, until softened, 5 minutes. Stir in the eggs and tomatoes and cook over moderately low heat, stirring, until the eggs are just cooked, 5 minutes. Stir in the remaining 2 tablespoons of onion and the cilantro and season with salt and pepper. Serve the eggs in warm tortillas. **SERVE WITH** Salsa verde and Mexican crema or sour cream.

Quinoa and Brown Rice Bowl with Vegetables and Tahini

Also adapted from Foodandwine.com. We eat a variation on this at least once a week in our house, especially when we feel in need of something nourishing. Very easy to substitute other veggies in this recipe: beans for broccoli, more zucchini for the mushrooms, etc.

1 cup long-grain brown rice

1 cup red (or regular) quinoa

1/4 cup extra-virgin olive oil

1 small onion, finely diced

1 carrot, sliced crosswise 1/4 inch thick (or substitute a fennel bulb for carrot)

1/4 pound shiitake mushrooms, stems discarded and caps thinly sliced

1 small zucchini/summer squash, halved lengthwise and sliced crosswise 1/4" thick

Salt

1 head of broccoli—stems peeled and sliced into coins, heads cut into small florets

One bunch swiss chard or kale, large stems discarded

1/4 cup tahini, at room temperature

1/2 cup fresh lemon juice

2 garlic cloves, minced

2 tablespoons warm water

1/4 teaspoon crushed red pepper

1 ripe avocado, cut into 1/2-inch dice

1 cup mung bean sprouts

In a medium saucepan, cover the brown rice with 2 inches of water and bring to a boil. Cover and cook over low heat until the rice is just tender, about 40 minutes.

Drain and return the rice to the saucepan; keep covered.

Meanwhile, in a small saucepan, combine the quinoa with 2 cups of water and bring to a boil. Cover the saucepan and simmer over low heat until the quinoa is tender and all of the water has been absorbed, 20 minutes.

In a large skillet, heat 2 tablespoons of the oil. Add the onion and cook over moderate heat until translucent, about 4 minutes. Add the carrot and cook until starting to soften, about 3 minutes. Add the shiitake, cover and cook until tender, about 4 minutes. Add the zucchini, season with salt and cook, stirring a few times, until tender, about 3 minutes. Transfer to a bowl. Add the remaining 2 tablespoons of oil to the skillet. Add the broccoli, cover and cook over moderate heat, stirring a few times, until deep green, 5 minutes. Add the chard or kale, cover and cook, stirring a few times, until the broccoli and chard/kale are just tender, 4 minutes. Season with salt. Stir in the other vegetables. In a small bowl, whisk the tahini with the lemon juice, garlic, warm water and crushed red pepper. Season with salt. Transfer the brown rice and quinoa to bowls. Top with the cooked vegetables, diced avocado and bean sprouts. Serve, passing the tahini sauce at the table.