



# LOON ORGANICS

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## What's in the box 6/21-22:

**Salad Mix:** Baby lettuces mixed with a bit of arugula and frilly mizuna. A new favorite mix!

**Purple Kohlrabi:** bulbs need to be peeled. Usually eaten raw as veggie sticks, on salads or shredded for slaw. More info and recipes on page 2.

**Green top Carrots:** An early treat from our hoop house!

**Radishes:** They have a bit of spice at the end. Nice texture. The greens are a little beat up from hail. Remove greens for longer radish storage.

**Hakurei Sweet Salad Turnips:** white roots are sweet and juicy raw. Also great lightly sautéed, cut in half and roasted, or mashed.

**Greentop Beets:** Eat the greens! They are as nutritious as spinach. We lightly cook and add to eggs.

**Napa Cabbage:** Can be used in any coleslaw recipe or in stir fries. Recipe links on page 2.

**Garlic Scapes:** This is the flowering shoot of the garlic plant that is edible raw or cooked. They make an amazing pesto, or just chop and add to any dish where you want a slight garlic flavor.

**Strawberries:** They may not be pretty, but they can be tasty. Perfect for freezing, jam, sauce too.

**Tomatoes:** Sungold cherries or red or orange slicing tomatoes.

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

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

Greetings and Welcome to the Loon Organics 2017 CSA Season! We are happy to be finally starting the big CSA harvests, and get out some mostly beautiful veggies to you!

After the June 11<sup>th</sup> hailstorm, I thought we would have to include crops with lots of noticeable hail damage. However, after 10 days of growth and sunshine, many of our plants have recovered amazingly well. Veteran Loon CSA members may notice that the quality of a few crops may be slightly lower than normal. The kohlrabi has some little hail scars on the surface of the skin and the radish greens are ratty. The strawberries have damage from thrips (insects) and hail, but the ugliest ones seem to still have good flavor! The root crops were generally unaffected by the storm, so we have a box heavy on the radical roots. Once again the 10,000 square feet of hoop house space (where we grow crops in the soil protected by plastic greenhouse-style structures) provides us with a bounty of gorgeous produce, namely carrots, beets and tomatoes. Record early tomatoes for us this year!

This recent hail storm has been a reminder of plant resilience. Healthy plants in healthy soil want to grow. We lost some early crops. Many others will be just fine. Although I wish we could control Mother Nature, that is not the business we are in. So we have faith in these tiny seeds and seedlings that we plant. And when they get tattered and shredded by ice from the sky, they mostly just simply re-grow...sometimes even growing back bigger and more bountiful than before. What a lovely example of resilience for us all as we weather life. -Laura

### CSA Jamberry Pick & Tour: Saturday, June 24th, 10 a.m.- noon:

Come out to pick some strawberries perfect for jamming, saucing or freezing! We will also have some peas to pick. Electric tractor farm tours will happen at 10:30 and 11:15-ish and there will of course be the Loon strawberry lemonade. No doggie friends please. We'll e-mail out directions to the farm before the tour. If you plan to come, please RSVP by e-mail so that we have enough lemonade! [loonorganics@hotmail.com](mailto:loonorganics@hotmail.com)

### C.S.A. 101:

**Wash it Again:** We wash all the produce that is in your box (with the exception of strawberries, tomatoes, and basil--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 truly Organic! ☺

**Keep it Cool, Keep it Fresh:** Most of your produce should last 7-14 days if stored properly. Get your 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 cooking. If you don't have one already, buy a Salad Spinner to clean and dry greens!

**Next week's box:** Napa cabbage, hakurei turnips, scapes, tomatoes, salad greens, carrots, beets or radishes, basil plant and more...

