



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 6/13-14:

Greentop Beets: From our hoop houses.

These have the sweetest, most tender roots and the healthiest greens! The greens are best washed, chopped (we remove the red stems below the green), and cooked just like kale, swiss chard or spinach. See recipes on page 2.

Greentop Carrots: Sweet baby carrots, grown in our hoop houses for early harvest. No need to peel these, they are extra tender.

We don't eat the greens, but some enjoy drying them or making pesto with them.

Google it. ☺

Green Kale: The powerhouse superfood! Love it or hate it, you should still be eating it. See page 2 for one of our favorite kale salad

Green Garlic: The young garlic plant. Treat this like a scallion/green onion but with a mild garlic flavor. Use white and light green part. Chop raw for salads, as a taco topper, or cook lightly anywhere you want garlic flavor.

Baby Bok Choi: Greens and stems are edible. Use in stir fries, raw in salads, or cut in half and grill! More info. and recipe on page 2

Kohlrabi: Purple or green varieties, both taste the same. Peel the bulb before eating. It is very sweet and tender from the rain.

Recipes on page 2.

Hakurei Turnips: The white roots are like a sweeter, milder radish. Slice raw to put in salads (don't peel) or you can lightly cook in fried rice, sautes, etc. There is some superficial pest damage on some of the roots and greens but that can be cut away if need be. Greens are very nutritious. Cook greens lightly.

Basil Plant: Transplant to pot or garden in a sunny spot.

Full/Half Share Only

Baby Broccoli or cherry tomatoes: The beginning of the season on both of these.

Head Lettuce: Green romaine or green leaf lettuce. Give this a good wash in your sink as it is dirty from the rain.

Next week's box: radishes, scallions, kohlrabi, baby bok choy, lettuce/salad mix, garlic scapes, carrots, zucchini??

CSA: Week One (*Group A Half Shares, Full & Mini*)

News from the Farm

Greetings and Welcome to the 2018 CSA Season!

The weather has kept us on our toes this Spring. From the coldest April on record to sweltering heat in May and then 5 inches of rain in the past week, we are doing our best to care for our plants and farm on. Our full farm crew (Sophie, Abby, Liz, Luke and Josie) are all on board and doing great.

Our harvest plans for this week's box changed with Monday's unrelenting rain that battered many of the salad greens and spinach. They were shredded for this week but we are hopeful that if we can avoid major rains this weekend, they might re-grow for next week. Four inches of heavy rain in one day is really tough on crops. Our hoop houses are keeping us well supplied with gorgeous beets, baby carrots and turnips this week. Tomatoes trickling in too!

This year we are packing two different sized-share boxes: a Brown Box for Full and Half shares and a White Box for Mini Shares. In the "What's in the box" newsletter list each week, you'll see items at the top that are included in both boxes. Items towards the bottom of the list are Brown boxes only and will say *Full/Half Share Only*.

Check Page 2 of our newsletter for recipes (especially those featuring new-to-you produce), storage tips and veggie info. Don't hesitate to reach out if you have any questions about your share or the product inside. Thank you for supporting our farm. We could not do this without you! -Laura, Adam + crew

C.S.A. 101:

Wash it Again: We wash all the produce that is in your box (with the exception of 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!**

CSA Summer Tour: Saturday, June 30th, 10 a.m.- noon:

We are adding some fun new activities for our Summer CSA tour: kid's Alphabet Scavenger hunt, flower planting activity, wagon rides, goat petting, mushrooms for sale and more in the works. We hope to have strawberries or peas to pick. More info. will be sent out the week before. RSVP to loonorganics@hotmail.com

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

Everything in your box (except the basil plant and tomatoes) should be stored in PLASTIC BAGS in your fridge to keep everything crisp. For longer shelf life, remove the carrots, beets and turnips from their greens. The roots will stay crisp longer. If stored properly, everything should last at least 7-10 days. Plant your basil plant in a larger pot or your yard in full sun, preferably, or partial sun. Tomatoes should stay out of fridge on the counter.

What is this veggie? Baby Bok Choi!

Baby bok choy is in the Brassica family of vegetables (cousins to broccoli, cauliflower, kale) and it is super nutritious. You eat the whole veggie, both stems and leaves. Baby bok choy can be eaten raw or lightly cooked. Do not overcook. Our favorite way to eat it is in **this fried rice recipe** posted on our blog:

<http://www.loonorganics.com/baby-bok-choi-fried-rice/>

More On-Line Recipes (links in our on-line newsletter):

[Pickled Hakurei Turnips](#)

[Raw Beet Root Salad](#)

[Potato Kale Enchiladas](#)

[Kale Chips](#)

[Sautéed Beet Greens w/ Garlic & Olive Oil](#)

[Blueberry banana kale smoothie \(staple at our house!\)](#)

[Kohlrabi Salad with Fried Shallots](#)

[Kohlrabi Pickles](#)

[Hakurei turnips with greens, beans and pasta \(farm favorite!\)](#)

Many more recipes on our website's [recipe](#) and blog page.

Contact us:

c: 320.296.1569

h: 320.587.0140

loonorganics@hotmail.com

www.loonorganics.com

Recipe Corner

Rainbow Quinoa Kale Salad

This is a favorite salad recipe that travels easily to picnics, potlucks or just makes some great summer meals! It is fairly adaptable, so use what you have on hand. From the Oh She Glows Everyday cookbook.

1 cup uncooked rainbow quinoa or regular quinoa, or 3 cups cooked quinoa

1 1/2 cups water

1 (14 ounce/398 mL) can chickpeas, drained and rinsed, or 1 1/2 cups cooked chickpeas

3 cups packed de-stemmed kale, finely chopped

3 medium carrots, julienned and chopped into bite-size pieces

1/2 cup chopped green onions (use your green garlic here)

1/2 cup fresh parsley leaves, finely chopped

1/4 cup oil-packed sun dried tomatoes, drained and finely chopped (optional, but recommended)

Red Wine Vinaigrette

1/4 cup red wine vinegar

2 tsp Dijon mustard

1 large clove garlic, minced

1/4 cup extra-virgin olive oil

1/4 tsp sea salt

Freshly ground black pepper

1 tsp pure maple syrup

Zest of 1 medium lemon (about 1 tbsp.)

For the garnish

Fine sea salt and freshly ground black pepper

1/4 cup plus 2 tbsp. toasted pumpkin seeds (I used almonds)

1 tbsp. hemp hearts (These would provide a nice crunch, but not necessary)

Instructions

1. Make the salad: Rinse the quinoa in a fine-mesh sieve. Combine quinoa, water and a pinch of salt in a medium pot and stir. Bring to a boil over medium to high heat, then reduce the heat to low, cover, and simmer for 13 to 16 minutes, until the water has absorbed and the quinoa is fluffy. Remove from the heat, uncover, fluff with fork, and let cool slightly.

2. Meanwhile, place the chickpeas in an extra-large bowl. Add the kale, carrot, green onion, parsley and tomatoes (if using) to the serving bowl along with the chickpeas.

3. Make the red wine vinaigrette: In a small bowl, whisk together the vinegar, Dijon mustard and garlic. While whisking, slowly stream in the oil. Whisk in the salt, pepper, maple syrup, and lemon zest, adjusting to taste if desired.

4. Add the cooked quinoa to the bowl along with the veggies. Pour on all the dressing and toss well to combine. Season generously with salt and pepper. Sprinkle with the seeds and serve. Store any leftovers in an airtight container in the fridge for 3 to 5 days. *Note: the quinoa can also be cooked in a rice cooker using the same measurements above.

Kohlrabi Slaw

As soon as we have kohlrabi, we make this! Family favorite. Also delicious with some grated carrots added in.

1 bulb kohlrabi (can also use a peeled broccoli stem)

1 cup white salad turnips (or radishes)

1 Tablespoon white wine vinegar or apple cider vinegar

1 teaspoon honey or sugar

2 Tablespoons fresh parsley, chopped

2 Tablespoons olive oil

Wash and peel kohlrabi. Shred the kohlrabi and turnips (you can use a food processor or hand grater for this). Mix vinegar, honey/sugar and fresh parsley in bowl and whisk in olive oil. Add shredded veggies and toss. Chill for 30 minutes or more. Adapted from epicurious.com

Have a great week! Your farmers, Laura, Adam + crew