BLUE GOOSE NEWS

JUNE 5 - 7, 2018 – WEEK 1

From the Farmer…

Thank you for joining us for another CSA season with Blue Goose Farm! It has been a challenging spring with the fluctuation of temperatures and precipitation. Every year the weather seems different, so I am not even sure what "normal" is. As always, we're making the best of it.

We have a couple new features to our program this year. We added a few new sites, even one at the Galleria Mall. And we brought back "vacations" - the opportunity for you to make up a box that you might miss because you're on vacation. This is our way of making sure you receive the full value for your membership. We haven't offered vacation make-up boxes with this many members, so hopefully, with your help, we can make the process go as smoothly as possible. Those of you who have already given us your vacations dates have been contacted to verify those dates and when you would like to receive your make-up box. *But I also ask that you look at the checklist at your site to be sure your vacation dates are marked correctly. Please initial next to the "V" so we know you've seen it.* We will only honor 2 opportunities to make up missed boxes. Many members like to get a make-up box at the end of the season when they can receive extra winter items that will keep for many weeks (if stored properly).

You will receive an abundance of greens throughout the season, but more so in the first weeks of the season. We ask you to do your best to eat through all of it. Don't get discouraged feeling it's too much and let it go to waste. We suggest freezing small batches of kale or chard, etc. to use in future recipes during the summer months, or even wait until winter when CSA is but a memory. Our newsletters are a great source to help you use your produce efficiently. We provide recipes to help use most of what is given to you on a weekly basis. And we'll offer ideas of preserving for future uses as well. If you have a recipe idea that you would like to share with us, please do so. We like seeing the creativity from our members. And perhaps we could publish it in a newsletter.

Last year, we began our season with a snapping turtle story. I was hoping we might be free of those unfriendly visitors this year. No such luck as we have another one this year! The other night, I could not figure out why my cows were going crazy. I went out to the pasture to check on things and noticed one cow staring at grass that was moving with no breeze blowing. I cautiously walked toward the spot half scared it was a large snake, but, no, it was another snapping turtle. My guess is that the cows thought it was a large rock, but when it started moving they got scared. I sure hope this doesn't become an annual thing. I have better things to do…like grow food!

Thank you for eating the seasons with us,
Scott & Chrissy Farabaugh

IN THE BOX THIS WEEK

Bok Choy
Green Onions
Head Lettuce
Kale
Swiss Chard
Kohlrabi OR Radish OR Turnip

NEXT WEEK'S BEST GUESSES

Garlic Scapes
Green Onions
Kohlrabi
Squash
Turnips

Rows of KALE

Rows of GARLIC

High-Tunnel TOMATOES

IN THE KITCHEN

First, you always want to rinse your produce. Here at the farm, we provide fresh produce…that means dirt comes with it! We don't pre-rinse all our vegetables because water can breed bacteria, especially in tightly leafed greens. So use a colander or salad spinner to assist.

HOW TO CHOP BOK CHOY

Remove the base of the stems. Then you can slice up the stalk from the bottom to the top of the leaves.

HOW TO CHOP KALE

Remove the center stem from each leaf. Then you can tear apart the leaf into pieces.

FOR LATER

To FREEZE either of these greens~ Rinse, blanche the leaves, rinse in cold water, chop, pat dry, place in freezer bags, label and date, then freeze. Upon thawing, they will lose their crunchy texture and will only be good in cooked items such as stir fries, soups, stews, casseroles, etc.

~ HAPPY EATING ~

STEAMED BOK CHOY & WATER CHESTNUTS

1-1/2 lbs. bok choy
2 C chicken or vegetable broth
2 garlic cloves, minced
1-2 green onion, thinly sliced
½ orange, cut into wedges
1 - 4 oz. can water chestnuts, drained
½ C fresh cilantro, chopped
2 T soy sauce

Chop bok choy into bite-size pieces. In a medium saucepan over high heat, bring the broth, garlic, onion, and orange wedges to a boil. Reduce the heat to low, cover, and simmer for 5 minutes. Add the bok choy and simmer for 5-8 minutes, or until tender. Add the water chestnuts, cilantro, and soy sauce. Simmer for 1 minute. Remove and discard the orange wedges. Season with salt and pepper to taste. Serve in bowls.

NOTE: Garnish with chopped cashews. Turn into a main dish by adding sautéed or grilled chicken.

BEEF STEW WITH KALE

2 lbs. beef, cut into 1-inch cubes
Water
½ C barley
1 C onions, chopped
1 celery stick, chopped
1 bay leaf
2 t. salt
2 C potatoes, diced
1 ½ C carrots, sliced
8 C kale, sliced
1 T Worcestershire sauce
½ t. pepper

Place meat cubes in large pot and cover with water; add barley, onions, celery, bay leaf and salt. Bring to boil, skim any scum and reduce heat. Cover and simmer 1 hour or until beef is tender. Add potatoes and carrots, cover and cook 15-20 minutes longer. Add kale and cook uncovered for 10 minutes more. Add Worcestershire sauce and pepper; season with additional salt if desired. YUM!

NOTE: It's hard to think of warm and cozy dinners at the start of summer, but this is a great NOW-or-LATER dish. You can certainly make this now. Or you could freeze the kale (see left column) *and wait until Scott has potatoes, onions, and carrots available and fresh to make this later in the fall!*