



# BLUE GOOSE NEWS

AUGUST 7 - 9, 2018 – WEEK 10

## *From the Farmer...*

Last Monday morning, I came in to our packing shed after trying to harvest carrots in the pouring rain. Sarah asked how it was going and I said, "I am soaked clean through to my underwear, the tractor is stuck in the mud, it's another day in paradise." (She wants to make that quote into a sign to hang on our cooler door. I won't let her.)

It rained 4 inches, here, last Monday in an already saturated ground. I keep saying it, and I know it sounds like a broken record, but what are we going to do...just get through it, there is no choice but to.

We are just now starting to harvest all of our candy onions. They were pulled last week, and we let them lay on the plastic for a week to dry before bringing them in in old cantaloupe bins. This year, since they have been pulled it has mostly rained on them which worries me if they will keep or not. Since I can't take the forklift into the field this year for fear it will get stuck, we are bringing the onions in in small containers on the back of the RTV and dumping them into the bins in the building. We are only filling the bins half way in hopes they will get more ventilation and will dry out better than what they have been doing in the field. It is a much slower process than we are used to, but this is what we have to do to get the job done the best we can this year. So far, we have only had to throw out a few bad onions because of the rain, but by the looks of it we actually have had a good onion crop this year and have plenty of candy onions to go around until the end of the year.

Have a great week,  
Scott & Chrissy Farabaugh

## *From the Farmer's Daughter (Sarah, 17)...*

Finally, we have less zucchini going into the boxes. Some of you may be happy, others sad. I know my little cousins are happy! They keep telling my Dad, "no more zucchini!" So, for a recent birthday party we wrapped a box full of zucchini and gave it as the gift to the birthday girl. She laughed, but her sister told my Dad, "I said, 'no more zucchini!'"

On another note, I, and many others, were so excited to eat the first ear of corn this year. Every person in my family loves corn. I ate the last ear one night without realizing my littlest brother wanted it and he left the table crying. I felt really bad, so the next day I made sure he got enough corn before I took any.

Michael could not stay angry for very long though. Those cute kittens in the barn could cheer up anybody. I think those barn cats and kittens are going to be domesticated soon from how much time my little siblings spend with them, holding them, talking to them, loving them.

Enjoy the veggies this week, and the picture of the kids with the kittens. Awww...

## IN THE BOX THIS WEEK

Basil  
Carrots  
Celery  
Corn  
Peppers  
Onions  
Summer Squash  
Tomato Mix

## NEXT WEEK'S BEST GUESSES

Beets  
Corn  
Lettuce  
Peppers  
Tomatoes



It's good to see the sun again!



Just one of the many bins holding onions.



Michael, Megan, and Andrew holding those cutie kitties!

## FOOD FOR THOUGHT



### HOW TO CHOP ONIONS

Cutting onions often brings tears to our eyes, and not because we're sad. These tips may help prevent the tears altogether. First, avoid cutting the root end of the onion because it contains the greatest concentration of gas-releasing enzymes. Slice off each end of the onion.

Cut onion in half by slicing from tip to root end, then peel off the outer skin layer.



Second, place halves in a bowl of ice water, or set them in the freezer for a bit before slicing or dicing. (Studies show that most of the gas of an onion is released at room temp, while cold stops the release. Heat has the same effect – that's why you don't cry when cooking onions.)



Third, shake off water and proceed with slicing half rounds in any thickness your recipe requires.



Or if you require diced onion for a recipe, take the stack of half rounds, turn them on their side and cut across the length. For minced onions, roll the knife blade back and forth like a mandolin to create the tiny bits.



## ~ HAPPY EATING ~

### **CELERY SALAD**

- ¼ C fresh lemon juice
- ¼ C Dijon mustard
- 5 t honey
- 2/3 C olive oil
- 1 bunch celery with leaves
- 2 green apples, peeled, cored, quartered
- ½ C onion, thinly sliced
- 1 C walnuts, toasted and chopped
- Fresh Pecorino or Parmesan cheese, cut into shavings



In a small bowl, whisk together first 3 ingredients to blend. Slowly whisk in oil. Season with salt and pepper to taste.

Separate celery leaves from stalks. Cut stalks on the diagonal into ½-inch pieces, then finely chop leaves. Cut each apple quarter into 2 wedges, then thinly slice crosswise into triangle shapes. Combine celery, leaves, apples, onions, and walnuts in a large bowl. Add dressing and toss to coat. Season with salt and pepper. Using a peeler, make thin strips of cheese to garnish salad.

*NOTE: Red grapes cut in half are a nice addition to this salad for flavor and color.*

### **SUMMER VEGETABLE TIAN** (by budgetbites.com)

- 1 T olive oil
- 1 onion, finely diced
- 1 t garlic, minced
- 1 medium zucchini, thinly sliced
- 1 medium yellow squash, thinly sliced
- 1 medium potato, thinly sliced
- 1 medium tomato, thinly sliced
- 1 t dried thyme
- salt and pepper to taste
- 1 C shredded Italian cheese



Preheat oven to 400F. Saute onions and garlic in a skillet with oil over medium heat until softened, about 5 minutes. Spray an 8 x 8 baking dish with non-stick spray. Spread the sautéed garlic and onions in the bottom of the dish. Place the thinly sliced vegetables in the dish vertically in an alternating pattern. Sprinkle with thyme and a generous amount of salt and pepper.

Cover the dish with foil and bake for 30 minutes. Remove foil, top with cheese and bake for another 15-20 minutes, or until golden brown.

*NOTE: You could try adding chopped fresh basil to garnish after baking.*