



BLUE GOOSE NEWS

AUGUST 14 - 16, 2018 – WEEK 11

From the Farmer...

I am sad to say... we picked the last of the summer squash for this year, so this will be the last time it will be in the boxes. All-in-all, we had a very good season of squash. We picked from our squash patch for 10 straight weeks. I think this is a record for us! I know we could go a few more weeks and get a bit more squash, but that would require us having to spray fungicide on them and fertilize heavier. I am very satisfied that we got a crop that lasted this long without all the sprays that many other farmers use. And, to be honest, even if I did use the sprays, the yield may not be worth the extra effort to salvage the plants. Like I said, I am happy with the crop we got!

This week, we are putting in a mix of cherry and grape tomatoes. For years, our standard mini tomato was the Juliet, which is the same shape as the grape tomato just a bit bigger. The Juliets hold well in the field with little cracking of the skin and they taste wonderful. They are my favorite. I used to joke that I shouldn't bother packing the Juliets because I just eat my way through the rows. The only downside to them is that the Juliet is an "indeterminate" tomato plant, which means the plant just keeps growing and growing. And when it comes to harvesting, it can be much like fighting through a jungle just to find the tomatoes growing in the center of the growth. Last winter, I decided to try two different types of "determinate" tomato plants – grape and cherry. The plants are incredible to look at, to actually see a tomato plant with more fruit than leaves (see pics). And they are easier to pick, which is a welcomed bonus. However, I am not sold on the flavor. The grape tomatoes taste good, and definitely taste better than the cherry (in my opinion). The cherry seems to be missing that classic tomato flavor. After all the trails I've done over the years, I still have not found anything to replace the Juliet. Biased? Perhaps. So you can try them and decide for yourself since everyone will be getting a combo of Juliet, grape, and/or cherry at some point over the next few weeks.

We also have a new type of pepper in the box this week. It is called Sweet Delilah. This is the replacement to the Sweet Diablo. It has a long shape, like a banana pepper, and is a dark apple green in its immature state that ripens to a deep, glossy red in its mature state. This is a sweet pepper. Great for roasting or stuffing. We hope you like it.

The quantity of corn this week is less, 4 or 5 ears, because we are picking ears between two different plantings – not enough left of the last planting and not quite enough ready of the next planting. Our recipe this week caters to this dilemma nicely by offering a corn-off-the-cob salad. Speaking of which, it calls for basil so here's a good way to help use up what you may have left from last week.

Have a great week,
Scott & Chrissy Farabaugh

IN THE BOX THIS WEEK

- Beets
- Corn
- Grape/Cherry Tomatoes
- Lettuce OR Chard
- Peppers
- Onions
- Summer Squash
- Tomatoes

NEXT WEEK'S BEST GUESSES

- Corn
- Grape Tomatoes
- Green Beans
- Kale
- Tomatoes

The Cherry Tomato



The Grape Tomato



Beets.

A welcomed addition to the box.

FOOD FOR THOUGHT



HOW TO CUT CORN

In corn season, when it's sweetest and freshest, eating kernels off the cob is by far the best. It's one of the few foods that is socially acceptable to eat with your hands, and have a messy face. But there are times when removing the kernels is necessary - when the corn begins to toughen, when you want to can or freeze it, or when you have a great recipe that calls for kernels (such as the corn salad recipe we provide this week). Here are a few tips to help with removing the kernels easily and with less mess:

Invert a small bowl inside a medium bowl. Hold a cob of corn cut end down. Slice off kernels using a knife in a downward stroke.



Similarly, and more easily, use a Bundt cake pan. Hold corn cut end down in the center hole. Slice off kernels using a knife in a downward stroke.



Easier still, is to lay a cob on a cutting board. Slice off the kernels with a knife. Continue to rotate and cut until all sides have been cut.



NOTE: 1 medium ear yields about ½ C.

~ HAPPY EATING ~

SUMMER CORN SALAD (from Kitchn)

4-5 ears of fresh corn, husked
1 C grape tomatoes, halved
4 T pine nuts (or walnuts, chopped)
4 T fresh basil, finely chopped
2 T red wine vinegar
3 T olive oil
salt and pepper



Preheat oven to 325F. Bring a large pot of water to boil. Lay pine nuts out on a cookie sheet, and toast in oven for 8-10 minutes. When water boils, remove from heat and cook corn in water for 3-5 minutes, until kernels are soft. Remove, let cool, then cut kernels from the cob.

In a serving bowl, toss together the corn, tomatoes, toasted pine nuts, chopped basil, vinegar, and oil. Mix until combined. Season with salt and pepper to your liking. Serve at room temperature, or place in refrigerator for at least an hour and serve cold (toss again before serving).

NOTE: This is an Italian inspired version, but you could easily create other styles by removing the nuts and basil. Try using a combination of green onion, green peppers, and cilantro, or red onion, zucchini, and parsley.

BEEF MARINARA SAUCE (from The Roasted Root)

3 T olive oil
½ large onion, finely chopped
4 cloves garlic, minced
1 28oz. can crushed tomatoes
1 ½ C cooked beets, finely chopped
½ t salt
½ t oregano
½ t thyme
1/8 t pepper
1/8 t red pepper flakes (optional)
¼ C fresh basil, chopped



Heat olive oil in large sauce pan over medium heat. Add chopped onions and saute for about 10 minutes; stirring frequently. Add garlic and cook for another 2 minutes. Add remaining ingredients, except basil, and bring to gentle boil. Reduce heat, cover, and simmer for 20 minutes. Remove from heat and stir in basil. Serve over pasta or spiralized zucchini noodles.

NOTE: Before you start this recipe, you need to roast beets first to cook, then remove skins. You can substitute 4 C fresh tomatoes - just place in food processor with beets to create puree before adding to sauce pan to cook.