



BLUE GOOSE NEWS

AUGUST 21 - 23, 2018 – WEEK 12

From the Farmer...

I am very grateful for all the help my kids did this summer. They all worked hard and I think had a little fun along the way. I will certainly miss all of their help since their season is over because school begins this week. In addition to my own children, I had 2 of Sarah's friends from high school work on the farm this summer, Emily and Samantha. They, too, will be leaving me this week. Though it may sound as if the CSA is over with the bulk of my help leaving, but it is not. We have 6 weeks after this one still left to work...and work there is! Here at the farm, we go with a much smaller crew in the final trimester of the CSA season because we mainly deal with storage crops (onions, potatoes, winter squash – the items that keep longer if stored properly). And because storage crops are easier to harvest and package, we can get by with fewer workers.

There is good and bad in every profession, but being able to work with my kids every day, and all day in the summer, is a great blessing. I know I have stated this many times over the years in different ways, and each time it holds just as much value. Thank you to my crew for a job well done this summer.

Have a great week,
Scott & Chrissy Farabaugh

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

I cannot believe summer is just about over! As always, it flew by and I am left wishing for more of those warm days in the field. A few nice surprises happened this summer though, 3 of my 5 brothers actually worked this year, and I mean worked! I think they worked more hours than I did at their ages (11, 13, and 15). When I was younger, I never lasted until the end of the summer still working. I would start out the first few weeks of June out in the field every morning at 8 a.m. Then toward the end of June, I would go out just to talk to the other workers we had at that time. By July, I might have gone out for an hour or so every day. Once August rolled around, though, I was not anywhere to be found besides canning with my Mom or riding my horse. I have to say, my brothers definitely have a good work ethic.

The big project we have been working on is the onions. We pulled them all out and put them in piles. Then we went around with the Kubota to gather all the piles. It has been hard work, but we just can't get the uni-loader back into the fields. Those weeks when it rained non-stop was the only time I have ever put the Kubota into 4-wheel drive. I will say it was fun to slide around in the mud and hit all the puddles (unless someone was in the bed, then I would get complaints about mud splashing up onto them!). Anyway, we would bring in the onions and dump them into used big watermelon bins from the grocery store. The Blue Building is full of watermelon bins. But don't let that fool you, the onions do NOT smell as sweet as watermelons.

I may not get another chance to write this year with school starting, but I hope you have had a good summer, and I hope you find everything in the box this week to smell and taste like summer!

Until next time,
Sarah

IN THE BOX THIS WEEK

Basil
Broccoli
Corn
Garlic
Grape Tomatoes
Kale
Mizuna
Roma Tomatoes
Tomatoes

NEXT WEEK'S BEST GUESSES

Celery
Green Beans
Tomatoes
Winter Squash



One long row of purple mizuna, with a strip of green mizuna to the left.

Excuse the mess.

Work in progress!

But here's a look at the onion bins from the loft in the Blue Building.



FOOD FOR THOUGHT

As we begin the final trimester of the season, perhaps you have been able to experience and taste the difference farm-fresh makes. Nothing like fresh pulled carrots and beets, or fresh cut celery or lettuce. And with all this fresh food to use and consume, you have been busy preparing great meals. After all, every great meal starts with high quality ingredients!

As you have continued to cook your way through summer, perhaps you have become more comfortable with going off-script of a recipe, indulging in variations of a favorite dish, substituting unpopular veggies with your favorite veggies, and just enjoying kitchen creativity.

Now, as many of our members with children transition back to the schedules of school and sports, time is of the essence and cooking family meals becomes trickier. Now is the time to embrace leftovers! Now is the time to cook a dish ahead of time (or bring out the slow cooker!). Prepare meals in bulk when you have the time, on a slower weekday evening or over a weekend and store leftovers for a busier night when you are pressed for time.

Even simple preparations with your vegetables can save prep time at meal time. On your CSA box day, separate and wash lettuce leaves in a bowl of water, then store in a zipper bag with a paper towel to have ready through the week. Wash and chop peppers, onions, even tomatoes and store separately in containers for quick grab-and-toss ingredients. Remove corn kernels from cob and store for an easy ingredient to include as an added bonus to a recipe.

You will soon start to see winter squash and potatoes, heartier items that store longer, but also add filler to hearty meals that can be stretched for delicious leftovers.

~ HAPPY EATING ~

GRILLED CORN AND KALE SALAD

4 ears of corn
4 T canola oil, divided
3 C kale leaves, stemmed and coarsely chopped
1 ½ C tomatoes, diced
½ C onion, diced
¼ C fresh basil, chopped
¼ C apple cider vinegar
2 T fresh lemon juice



Coat grill rack with nonstick cooking spray. Preheat grill to medium-high (350°F to 400°F). Husk corn, remove silk, and brush each ear evenly with 1 T of oil. Grill corn, uncovered, 10 to 15 minutes or until tender, turning frequently. Remove from grill and let cool. When cool enough to handle, cut kernels from cob and place in a large bowl; set aside.

Drizzle 1 T of oil over kale; toss gently. Place kale on a sheet of heavy-duty foil and grill 3 to 5 minutes, turning frequently until slightly wilted. Let cool.

To the large bowl add kale, tomatoes, onion, basil, vinegar, lemon juice, remaining oil, and pepper to taste; toss gently to combine. Chill at least 30 minutes before serving.

A FANCY B.L.T.

Aioli Sauce
¼ C olive oil
1 clove garlic, blanched and minced
¼ t kosher salt
¾ C mayonnaise, divided
2 t fresh lemon juice



Blend oil, garlic, and salt in food processor until garlic is minced. Add 2 T mayonnaise and blend well. Transfer to small bowl and whisk in remaining mayo and lemon juice. Cover and chill until ready to use. (May be made 1 day ahead.)

Sandwiches

2 (3 oz.) packages thinly sliced pancetta
12 slices brioche, lightly toasted
1 bunch mizuna
3-4 tomatoes, sliced

Preheat oven to 450F. Arrange pancetta slices in single layer on 2 rimmed baking sheets. Bake until crisp, about 10 minutes. Transfer to paper towel to drain.

Spread aioli sauce on toast. Divide mizuna among 6 slices of toast; top each with tomatoes and pancetta, dividing equally. Top with remaining slices. Cut sandwiches in half and serve.

NOTE: Blanching garlic cloves in boiling water for 2 minutes softens its bite.