



# BLUE GOOSE NEWS

SEPTEMBER 4 - 6, 2018 – WEEK 14

## From the Farmer...

We begin to deliver our winter squash this week! Can you believe it? It seems odd because winter squash makes me think of fall, yet with all the tomatoes we still have and with the weather as hot as it has been lately, it feels like it is the heart of summer.

I think this may be our last week for tomatoes (GASP!). We have a lot of plum, or Roma, and grape, so we may get another week out of them. But we are at the end of our round tomatoes. The biggest portion of our rounds this week are our orange ones. I came across them a couple of years ago and like the flavor. They also have a little less acid in them than the red varieties. They are not like the yellow low acid tomatoes, which sometimes can be bland, but they are a nice “in between” and add such nice color to the plate.

Like the round tomatoes, this is probably the last time you will get basil in your box this season. See the end of tomatoes and basil truly is the sign that summer is over!

We have already had potatoes in the boxes this year, but will probably see them on a weekly basis for the final weeks of the CSA season. And we have plenty of acorn, butternut, and spaghetti squash to make it through the season as well.

The peppers this week are HOT peppers. They look very much like the sweet Italian style green peppers you have been getting, so please don't be fooled by their appearance. I personally don't think they are *that* hot until you eat a few of the seeds then you may need a cold drink close by. I know when it comes to hot peppers in the box, it is a love or hate item – some members love them, some members hate them. What can I say? I like them. I grow them. I share them with you. Honestly though, when I looked through my seed catalog over the winter, this particular pepper, called the Krimzon Lee, seemed like a compromise since it is described to have a “moderate heat” level. I thought I could appeal to the lovers and the haters.

Our recipes this week offer nice seasonal blends as we move out of summer items and into winter ones. They are simple enough to create how you must – meaning you could easily make substitutions based on what you have available – perhaps what you have left over from last week and what you will get this week. In fact, you are getting a “surprise item” this week (one of three things) that you may be able to add into one of these dishes. We hope you enjoy them.

Have a great week,  
Scott & Chrissy Farabaugh

## IN THE BOX THIS WEEK

Acorn Squash  
Basil  
Grape Tomatoes  
Hot Peppers  
Potatoes  
Roma Tomatoes  
Round Tomatoes  
Beans OR Salad Mix OR Beets

## NEXT WEEK'S BEST GUESSES

Butternut Squash  
Cabbage  
Grape Tomatoes  
Kale  
Roma Tomatoes  
Peppers



What has been...

Our grape tomatoes galore!



What is...Our amazing acorn squash



What is to come...

Our special spaghetti squash

## FOOD FOR THOUGHT



### HOW TO CUT ACORN SQUASH

Unlike summer squash, winter squash (acorn, butternut, spaghetti, etc.) have that hard shell, which protects them from colder weather and helps them store longer. But getting through those hard shells to get to the inner wonderful flavors of the flesh is no easy feat. It can be tricky enough to cut one open to stuff. So we have an easy way to cut the acorn squash to use as an ingredient.



- Thinly slice off top and bottom of acorn squash.
- Cut squash in half.
- Scoop out seeds and strings. (Set aside and clean seeds for roasting if desired.)
- Turn cut side down and slice into individual sections (resembling cantaloupe slices).
- Use veggie peeler to remove outer rind of each section.
- When cleaned, cut across each slice into cubes.
- Proceed to use in soups, casseroles, or roast in oven with other vegetables.

## ~ HAPPY EATING ~

### **ROASTED POTATO SALAD MEDLEY**

- 3 C potatoes, cubed (4-5 smaller ones)
- 1 acorn squash, cubed (@3C)
- ¼ C olive oil
- salt and pepper to season
- 2 C grape tomatoes, halved
- ½ onion, diced
- 1 bell pepper, diced
- ½ C chopped fresh basil
- 2 cloves garlic, minced
- ¼ C olive oil
- 4 T red wine vinegar



Preheat oven to 450 F. Put potatoes and squash in large bowl, drizzle with ¼ C olive oil, add salt and pepper, tossing well to ensure they are well coated. Spread out evenly on baking tray in single layer and bake for 30 minutes until golden brown. Stir halfway through baking.

Add tomatoes, onion, peppers, basil, and garlic to the potatoes and squash. Toss gently. Whisk the remaining ¼ cup oil and the vinegar together and add to the salad. Toss again. Season with kosher salt and pepper to taste and serve immediately.

*NOTE: We have also added roasted corn (done in the oven) to this dish and it was great.*

### **FRESH TOMATO SALSA OVER RICE**

- 4 Roma tomatoes, chopped
- ½ C sweet or hot peppers, chopped
- ¼ C onion, finely chopped
- 2 small cloves garlic, minced
- 1 C black beans, rinsed and drained
- 1 C corn kernels
- 2 T Italian Seasoning
- Salt and pepper to taste
- 2 T lime or lemon juice
- Cooked rice, enough for 4-6 servings



Put chopped onion and garlic in a strainer; pour 2 C boiling water over them; let drain thoroughly. In a microwavable covered dish, combine onions and garlic with tomatoes, peppers, black beans, and corn. Sprinkle with Italian Seasoning, salt, and pepper. Cover and cook on High for 5-8 minutes until hot. Serve over warm rice (white or wild) as a side dish to accompany grilled steak or chicken.

*NOTE: You can garnish this dish with cilantro for that authentic salsa flavor. And the choice of hot or sweet peppers is simply to cater to your preference.*

**HAPPY EATING!**