



BLUE GOOSE NEWS

SEPTEMBER 11 - 13, 2018 – WEEK 15

From the Farmer...

Sunday is the day I usually write out my thoughts for the newsletter. And as I write this, it is pouring rain. (I think this is the soundtrack of my summer!) I also make my list of what will go in the boxes on Sundays. This week worries me a little. Though I have my list, because of the amount of rain, it might be too wet to harvest some of the items, and they may not make it into the box. For instance, green beans don't do well when picked wet; they tend to rust. And it can be difficult to dig potatoes in the mud. With all good intention, I hope it will dry out enough for us to get out there to gather what we can, but it's a muddy mess with water running everywhere. I am just giving a heads up that the given list *may not match* what you actually get in your box. If we aren't able to get a certain item, we will substitute it with something else so you will still receive your 8 items this week.

I planted a new variety of cabbage this year, the Savoy cabbage. Napa cabbage is elongated, like Romaine lettuce. Savoy is round like green cabbage, but its leaves are more crinkly and ruffled (see picture to the right). It tends to have a milder flavor and cooks faster, which can be a plus (less cook time means less odor). Because this is the first time I've tried this cabbage, I am still learning its traits. It grows at the same rate as green cabbage, but I don't think it will keep as long. Certainly it will keep for a couple of weeks, especially in the refrigerator, but it may not last the months of storage like the green cabbage.

And back by popular demand is the butternut squash. A few years ago we did a survey among our members to see which vegetables were favored and which were not. Butternut squash was one of the more popular, especially of the winter squashes. Honestly, I think I would have to grow it even if my members didn't like it because my whole family loves it!

I am aware of the problem we had last week with the brown paper bags tearing, especially the ones holding the potatoes. We apologize if your bag tore when transferring your veggies out of the box. I've used those bags many times before, but this is the first I noticed the tearing. I think it may have been because the potatoes sweated after being in the cooler and then sitting in the hot weather, the condensation dampened the bags causing the ease of tearing. These bags do make it easier for us to pack the boxes keeping certain items contained, such as the potatoes. Now that the weather seems to be taking a turn to the cooler fall temperatures we're used to this time of year, we hope this bag tearing problem won't continue to be a problem.

There is always much work to do around here. But somehow, I don't feel as guilty about not getting out to do it while I'm sitting watching football games as the rain continues...and continues to pour down!

Stay dry, stay warm,
Scott & Chrissy Farabaugh

IN THE BOX THIS WEEK

Butternut Squash
Corn
Garlic
Green Beans
Green Peppers
Potatoes
Roma Tomatoes
Savoy Cabbage

NEXT WEEK'S BEST GUESSES

Carrots
Kale
Onions
Potatoes
Spaghetti Squash



Savoy Cabbage



Butternut Squash



New Potatoes

Note: New thin skins don't need to be peeled. Just mash and eat!

FOOD FOR THOUGHT



HOW TO CUT CABBAGE

Cabbage is so versatile. Like many veggies, it can be eaten raw or cooked (fried, braised, boiled, baked). And like winter squash, requires a bit of caution when cutting into it. It cuts best when chilled, with a steel blade, and on a stable cutting surface. (A nice tip: place a damp paper towel underneath the cutting board to prevent it from slipping.)



First, remove the wilted outer leaves. Cut the head in half through the stem.



Place each half cut-side down and cut each half in half, so you now have 4 quarters. Remove the thick core from each wedge and discard.

Boiled wedges are a nice presentation.



Shred: place a wedge flat-side down and slice along the backside to create long, thin, "strings". (Or use a grater for smaller shreds.)

Good for stir-fries.



Slice: cut the head in half, lay a half cut-side down and make ½ inch slices across. *Good for grilling or roasting.*



Chop: gather the slices and cut across them. *Good for soups, stews, casseroles.*

~ HAPPY EATING ~

CABBAGE GRATIN

- ¼ C grated Parmesan cheese
- ¼ C bread crumbs
- 2 T butter or oil
- ½ onion, chopped
- 6 C cabbage, shredded
- 2 eggs
- 1 C cream or whole milk
- ¾ C Swiss or Gruyere cheese, grated; divided
- ¼ C flour
- 1 t salt
- ½ t pepper
- ½ t caraway seeds
- 1/8 t nutmeg



Preheat oven to 375F. Butter a 2 qt. casserole dish. Mix Parmesan cheese and bread crumbs together and sprinkle over bottom and sides of dish. In a skillet, heat butter or oil, add onions and saute for 3-5 minutes. Add cabbage and saute until tender and liquid has cooked off, about 10-15 minutes.

Meanwhile, whisk together the eggs, cream, ½ C Swiss cheese, flour, salt, pepper, caraway seeds, and nutmeg. Add to cooked cabbage and stir. Transfer into breaded casserole dish and sprinkle with remaining ¼ C Swiss cheese. Bake for 40-50 minutes or until golden on top. YUM!

BUTTERNUT SQUASH AND CORN GRATIN

- 1 large onion, chopped (@1C)
- 2 T canola oil
- 1 (2-3 lb) butternut squash, peeled, seeded, and cubed
- 2 C cooked corn kernels (@3-4 ears)
- 1 red bell pepper, seeded, diced
- 8 oz. Monterey Jack cheese, shredded
- 2 T flour
- 1 ½ C heavy cream
- 1/3 C plain breadcrumbs
- 1/3 C Parmesan cheese



Preheat oven to 375F. In a large skillet, heat onion and oil and cook 5 minutes. Add squash; cook 5 minutes. Add corn, peppers, and season with salt and pepper to taste; cook for 3 minutes. Spread half of squash mixture in a well-greased casserole dish. Sprinkle half the Jack cheese over top. Repeat with remaining squash mixture and cheese.

Stir flour into cream until blended; pour evenly over gratin. Stir together breadcrumbs and Parmesan; sprinkle over top of gratin. Bake for 40-45 minutes, until squash is tender. Let sit for 10 minutes before serving.

NOTE: Can easily add in cubed potatoes or minced garlic.