



BLUE GOOSE NEWS

SEPTEMBER 18 - 20, 2018 – WEEK 16

From the Farmer...

Last week was the last week for corn. We had corn for two months, which may have been the longest we have ever had it available for the boxes. Our family has been eating the last of the leftover corn over the weekend and we are sad that corn on the cob is gone...for the next ten months! Chrissy and the kids canned lots of corn, so it needs to hold us over until then. As I am sure you have noticed, we had a very hard time keeping the worms off the corn this year. We try to time it right so that we only have to spray the corn one time. That did not work this year. Another local farmer told me that in a wet year like this, you need to spray every three days for the two-and-a-half weeks that the corn is in silk. We would feel uncomfortable spraying that much. And unfortunately, the result is having a worm in your corn. Hopefully, next year is better, and drier. Each season has its challenges.

Corn ended last week, and tomatoes will come to an end this week. This is as close as I get to boasting (but here goes)...With all of the water that we had this season, it is quite an accomplishment that we were able to harvest tomatoes for as long as we did this year. And with no blight. It must have been a bad year for others, though, because in the last two weeks we had dozens of people call and ask us for canning tomatoes. Many were not even our CSA members, and it seemed that each week we had just enough tomatoes to fill our boxes. Over the past several weeks, you have experienced several types of tomatoes. This week we only have a limited amount of each type left, and only in small amounts. So everyone will get one variety of tomato, but it will vary as to who will get what. We sincerely hope that you have been enjoying the fruits of our labor, and the last of the tomatoes this week.

The winter squash you will get this week is a variety of spaghetti squash, even though it does not look like one. Those of you who have been members for several years know this, so to those new members, do not let the outside appearance of this squash fool you. It is truly a spaghetti squash. This variety is called Stripetti (hence the stripes).

I believe one of the advantages of being a CSA member is that we provide you with veggies that you typically may not purchase at the grocery store. That item this week may be the celeriac. Do not be fooled by the ugly looks. It actually has a wonderful mild celery flavor, and hopefully you will want to eat it more often. A few years ago, we left the tops on in case people wanted to use them for stock. We found that most members did not care for that, so we are just giving you the bulbs. Hope you make it into something yummy!

Have a wonderful week!
Scott & Chrissy

IN THE BOX THIS WEEK

Carrots
Celeriac
Kale/Chard
Onions
Potatoes
Tomatoes
Spaghetti Squash

NEXT WEEK'S BEST GUESSES

Butternut Squash
Carrots
Garlic
Peppers
Potatoes
Red Cabbage

"Stripetti"
Spaghetti
Squash



"Topless"
Celeriac



...and
Nameless
Carrots



FOOD FOR THOUGHT



HOW TO CUT CELERIAC

Celeriac, also known as celery root, may be one of the most unattractive vegetables there are. Because of its appearance, it deters some from buying it. But once you figure out how to get inside this hairy root, you find it has much to offer with a clean celery flavor and creamy texture.



Carefully slice off the top and bottom of the root.



Lay the root flat, then slice off the hairy sides, turning as you go. From here, you can create sliced rounds, matchsticks or fries, or cubes – depending on the recipe you're using.



Celeriac and potatoes marry nicely being roasted or mashed together. But try the soup recipe, it is quite nice.

~ HAPPY EATING ~

WILD RICE & CELERIAC SOUP

- 2 T butter
- 1 C onion, finely chopped
- ½ C carrot, finely chopped
- 2 T dry white wine
- 3 C celeriac, peeled and cut into ½-inch cubes (@¾ - 1 lb.)
- 2 (14.5 oz.) cans chicken broth
- 1 C water
- ½ t kosher salt
- ½ t black pepper
- 2 C cooked wild rice
- 2 T chives



Melt butter in a stock pot over medium heat. Add onion and carrot; cover and cook 5 minutes. Uncover and cook 5 minutes or until tender. Stir in wine, scraping pan to loosen browned bits. Add celeriac, broth, water, salt, and pepper; bring to a boil. Cover and cook 10 minutes or until celeriac is tender.

Place 1 C soup mixture in a blender; blend until smooth. Add pureed soup mixture back to pot. Add wild rice; cook 15 minutes. Serve warm; garnish with chives.

NOTE: A sliced leek (white and green) is also delish in this recipe. And a glass of the remaining white wine goes nicely on the side!

VEGGIE QUICHE WITH SPAGHETTI SQUASH CRUST

- 3 C kale or chard, chopped leaves only
- ½ C onion, finely chopped
- ½ C red bell pepper, finely chopped
- 2 cloves garlic, minced
- 1 T canola oil
- 5 eggs
- 1 C milk
- 1 C Swiss cheese, grated
- ½ t salt
- ¼ t black pepper
- 3 C cooked spaghetti squash



Preheat oven to 400F. Roast squash (halved and cut-side down) for 40 minutes. When cooked, let cool, then scrape sides to release strands. Squeeze strands in a kitchen towel to release excess moisture.

Meanwhile, heat oil in pan and saute kale or chard, onion, pepper, and garlic until soften and wilted, about 8 minutes. Whisk together eggs, milk, cheese, salt and pepper.

Grease a pie pan. Press cooked squash evenly to the sides and bottom of pan forming a crust. Spread kale mixture over crust. Pour egg mixture over top. Bake 40-45 minutes or until firm.

NOTE: This recipe is versatile enough you could substitute other vegetables you prefer. For instance, thinly sliced Roma or grape