



BLUE GOOSE NEWS

SEPTEMBER 25 - 27, 2018 – WEEK 17

From the Farmer...

For the last several years, in this second to last newsletter of the season, I present to my members my overall take, the one where I say the good and the bad of the year. Well, this is the newsletter I have been dreading to write since August. As you all already know, we had a lot of rain this year (and that is an understatement in itself). This is why most of the vegetables produced in our country are grown out west, where it seldom rains.

I will give the bad report first. We didn't have any melons or eggplant this year. The melon transplants never amounted to anything that would produce a fruit. The eggplant plants looked good. They had flowers, but did not produce any fruit. And I am not sure why they did not pollinate. Though we did have radishes, turnips, cucumbers, and leeks, we had very few and not nearly the yield we have been fortunate to reap in previous years. We did not even have as much lettuce in this last half of the season. It has been a personal goal of mine to be able to have lettuce go in the boxes all 18 weeks of the season, and has been for many years. I just couldn't do it this year. I had the transplants ready, but I just could not get back in the fields to plant them because of the wet mess.

On the bright side, the good news is we managed. We did have a full box of produce every week! Last year, some items didn't go into the boxes because they just did not fit. This year, we filled the boxes with what we had and did not put things off to go in boxes the following weeks. And surprisingly, crops that are tough to grow with all the water we've had, like tomatoes, carrots, and winter squash, grew nicely. Even if they didn't produce as much as we are used to having, these crops gave us enough to go around to all the members each time they went into the boxes. (And I know many farmers who had none of any of these.) We did have lots of summer squash, peppers, onions, potatoes, garlic, and kale. Fortunately, many of these items are staple ingredients to be used any time.

After all the years that I have been farming, I am still amazed that no two years are ever alike, no matter how much planning I put into it. This year was a challenge, and behind the scenes a bit stressful for the farmer. But in all honesty, when I look back on the year and all of the challenges it presented to me and my staff, we all did the best we could to make each week come together - from sending out the newsletter on time to that final delivery on Thursday afternoons - to ensure a good and fresh produce box all 18 weeks of the season.

Thank you for being part of our journey, once again,
Scott & Chrissy Farabaugh

IN THE BOX THIS WEEK

Acorn Squash
Butternut Squash
Carrots
Garlic
Leeks
Peppers
Potatoes
Savoy Cabbage

NEXT WEEK'S BEST GUESSES

Carrots
Celeriac
Garlic
Potatoes
Red Cabbage
Spaghetti Squash



The last few weeks, the potatoes were tilled and loosened in the earth then pulled by hand. This past weekend, the potatoes were dug with the harvester for the larger accumulation of potatoes. Once harvested, they get transported over conveyors into storage. Here's the first of many loads to fill the building:



FOOD FOR THOUGHT



HOW TO CHOP LEEKS

Leeks are a loved vegetable, but many people don't like the effort that goes into cleaning them to rid the grit. Here are a few simple ways to clean and prep them to use for any dish.

First, slice off the bottom roots and the tough dark green leaves; discard them or add to your compost. The white and lighter green parts are the ones to use because they hold the flavor and are supple.

Then take the stalks and cut them accordingly to fit the recipe you are using. The stalks can be cut into rounds, like coins. After slicing into rounds, rinse them to rid any grit.



Or cut the stalks in half, and still rinse them under water to rid the grit that gets hidden in between the layers.



The rounds can be added to salads, soups, or casseroles. The halved sections can be layered in a baking dish and roasted with oil, salt, pepper, Parmesan cheese, and garlic. The halves can be cut further into thin strips to be used in stir-fry. Or just chop them all up and add them into mashed potatoes. YUM!

~ HAPPY EATING ~

PORK CHOPS WITH CINNAMON APPLES & BUTTERNUT SQUASH

- 2 T canola oil
- 4 bone-in pork chops
- ½ t dried rosemary
- ½ t dried thyme
- Salt and pepper to taste
- 2 T butter
- 1 medium butternut squash, peeled
- 2 baking apples, peeled and cored
- 2 T brown sugar
- ½ t cinnamon



Have everything prepped and ready so vegetables and meat can cook simultaneously, and dinner will be ready in no time!

Heat oil in a large skillet. Season both sides of each pork chop with salt, pepper, rosemary, and thyme. Place in skillet and cook over medium heat for 10 minutes per side.

Cut squash and apples into ½-inch cubes. In another large skillet, heat butter over medium-low heat. Add cubed squash and apples, toss in butter and cook for 5 minutes. Add brown sugar and cinnamon, and increase heat to medium. Cook for 10-15 minutes; stirring regularly to prevent burning.

Serve with squash and apples over pork chops.

NOTE: Using acorn squash as a substitute for or in combination with butternut will work. Can easily add sliced leeks or onions to the dish to create a sweet and savory flavor.

BAVARIAN LEEK & CABBAGE SOUP (from eatingwell.com)

- 3 T olive oil
- 2 medium leeks, white and light green parts, halved and sliced
- 1 C carrots, halved and sliced
- 1 C celery, diced
- 2 T fresh thyme (or 1 T dried)
- 6 C chicken broth
- 1 (12 oz.) bottle lager
- 8 C cabbage, thinly sliced
- 3 C potatoes, diced
- 2 bay leaves
- 4 C chopped greens, chard, kale, or spinach
- 12 oz. smoked bratwurst or kielbasa, sliced
- Salt and pepper to taste
- ½ C sour cream
- Parsley for garnish



Heat oil in a large soup pot over medium heat. Add leeks, carrots, celery, and thyme. Cover and cook for 10 minutes, stirring occasionally. Add broth, lager, cabbage, potatoes, and bay leaves. Cover and bring to a boil. Uncover, reduce heat and simmer for 10 minutes. Stir in greens and sausage; cook until potatoes are tender, 10- 15 minutes more, stirring occasionally. Season with salt and pepper. Discard bay leaves. Ladle into bowls and top each with a dollop of sour cream and a sprinkle of parsley.

NOTE: Can be made without the greens and still have a hearty soup.