



# BLUE GOOSE NEWS

JUNE 12 - 14, 2018 – WEEK 2

## *From the Farmer...*

Each fall I recuperate and do a lot of assessing. By the start of the calendar year I always have a plan of action that as the year goes on sometimes veers off course. This year is no different.

This spring has been very challenging for several reasons, weather-wise. I think February was warmer than April, then May had quite a lot of rain, which made field work difficult and some of the crops suffer. A few items I usually have no trouble with just did not work out at all this year. We were able to get the radish and turnips in on time, but after a while they were not looking good. When I pulled up the radish last week they had rotted. Perhaps too much rain. I don't know. The turnips did not fare much better. Unfortunately not everyone will get radish and turnips.

A couple of weeks ago I noticed some of the early crops were not doing so well, but it kept raining and I could not get in the fields to redo the crops that failed. Some of the crops that were direct seeded (put straight into the ground) have been doing poorly. Our transplants that we actually were able to get into the ground have been doing well. I know we need to get more transplants in the ground, but the weather has not dried enough to for us to get them in. Maybe we should all start singing, "Rain, rain, go away..." We hope it stops soon. Be assured the first chance we get with 3 dry days in a row we will be back in the fields working the ground. In the meantime, it is a lot of muddy boots and pants.

On the positive side, the crops we do have look very nice. The leafy greens have been producing heavier than usual because, of course, they have been getting watered daily! And even though I did have to heat the greenhouse a few nights in April because of the colder temperatures, we did not get that late-May frost, which usually affects us. So to our benefit, the tomato and pepper plants are doing well. In addition, this is the earliest we have ever had summer squash, and we are excited!

The recipes this week seem to revolve around the garlic scapes, but we do incorporate most all of what is in the box this week. We give you a garlic scape pesto recipe that can be used in the other 2 recipes provided. This is a unique pesto, very tasty. Pesto doesn't usually keep long in our house as all of us like eating it. But if we are able to freeze it, it freezes well and for up to a year. Perhaps you'll find new ways to use pesto...let our recipes get you started. We hope you enjoy them.

Thank you for eating the seasons with us,  
Scott & Chrissy Farabaugh

## IN THE BOX THIS WEEK

Bok choy  
Garlic Scapes  
Green Onions  
Kale OR Chard  
Kohlrabi OR Turnip  
Lettuce  
Summer Squash

## NEXT WEEK'S BEST GUESSES

Beets  
Garlic Scapes  
Lettuce  
Summer Squash  
Swiss Chard



**Freshly harvested scapes.**



**Zucchini just picked.**



**Greenhouse goodies waiting...  
...and waiting to be planted.**

## IN THE KITCHEN

Those stringy green curls in your box are garlic scapes (the flower buds of the garlic plant). These are cut off to help the garlic bulbs grow and thicken. Scapes have a strong flavor, so have at it you garlic lovers! To the non-lovers, the longer you cook them, the intensity does lessen.



HOW TO CHOP SCAPES

Remove the bulb top. Then mince the hard tubular length, or cut it into 1-inch pieces depending on how you use them for cooking. These strings will freeze very well coiled in a freezer-safe bag. Or try our pesto with scapes and greens – YUM!



Though of the cabbage family, kohlrabi shares similarities to the turnip. It's light, clean taste is versatile and it may be eaten raw or cooked.



HOW TO CHOP KOHLRABI

Remove stemmed leaves. Slice off the top and bottom of the bulb. Carefully remove the hard skin by slicing in a downward motion working your way around the bulb. When left with the cleaned bulb, dice or slice if cooking with it; grate or cut into matchsticks if eating raw in a salad or slaw.



## ~ HAPPY EATING ~

### **GARLIC SCAPE PESTO (with greens)**

- 1 C garlic scapes, chopped
- 4 C chard, kale, or lettuce (or combo)
- 1 T lemon juice
- ½ C olive oil
- ½ C pine nuts (or walnuts)
- 1 - 1-½ C Parmesan cheese
- 1 t salt
- ½ t pepper



Using a food processor, chop scapes for 2 minutes. Add remaining ingredients and chop until desired texture is reached, 2-4 minutes; scrape sides after each minute. Serve on pasta, pizza, in eggs, or as a sauce on meats.

*NOTE: Use immediately or freeze in ice cube trays or in a mini muffin pan, then transfer to freezer-safe bag. Thaw before using.*

### **GARLIC SCAPE PESTO & RICOTTA MUFFINS** (makes 12)

- 1 egg
- 1 C ricotta cheese
- ¼ C canola oil
- 3 T prepared pesto
- 2 C white or whole wheat flour
- 2 t baking powder
- ½ t baking soda
- ¾ t kosher salt
- ¼ t pepper



Preheat oven to 400F. Grease muffin pan. In a large bowl, stir together egg, ricotta, oil, and pesto until well-blended. Add dry ingredients to bowl and stir until just combined. Scoop into prepared pan, filling about 2/3 full. Bake 15 minutes until lightly brown; cool 5 minutes. Serve warm with butter.

*NOTE: To enhance, sprinkle with Parmesan cheese just before baking. Serve as a snack, alongside breakfast eggs, pasta, or soup.*

### **ZUCCHINI & LETTUCE SOUP WITH PESTO**

- 3 T butter
- 3 green onions, chopped
- 1 garlic scape, chopped
- 2 celery stalks, chopped
- 3 medium zucchini, chopped (@ 4C)
- 1 head lettuce, chopped (@ 6C)
- ¼ C dry rice (white or brown)
- 2 C chicken broth + ½ C heavy cream
- ½ C lemon juice



Melt butter in large pot. Add onion, scape, and celery; cook until soft but not brown. Season with salt and pepper to liking. Add zucchini and lettuce; cook until leaves wilt and squash is tender, 10-15 minutes. Add rice, broth, and cream. Bring to boil; reduce to a simmer; cover and cook until rice is cooked, 10-15 minutes.

Carefully transfer to a food processor (or blender) in batches, puree until smooth, pour into a clean pot, and repeat. Stir in lemon juice. Serve warm with a dollop of prepared pesto in each bowl.

*NOTE: Try using the kohlrabi in place of the celery.*