



BLUE GOOSE NEWS

JUNE 26 - 28, 2018 – WEEK 4

From the Farmer...

A little housekeeping this week: the vacation policy is new this year and we are trying to work out the kinks. There are quite a few logistics that go into planning deliveries each week, so we ask for your cooperation in helping to make things run smoothly. If you know of a week that you will be on vacation and will miss a box, would you please inform us by email. Some of you are writing in your own vacations on the checklist at your pick-up site. I almost always look at these checklists, but there are occasions I don't. Kelleigh keeps track of the vacations and posts them on my master sheet that I keep in my truck and this is the list I go by. It includes the dates you will miss a box and the dates you receive your extra make-up box. And we ask you to notify us at least 2 weeks prior to your vacation date, if possible.

Also, please do not take the boxes away from the pick-up site. We ask you to bring your own bag/tote to put the vegetables in to then take home. If you accidentally take a box, please bring it back the very next week. The boxes stay in a constant rotation. When I deliver full boxes, I take away the empty ones (which will become the full ones the following week). As you may have noticed, some of the boxes have been damaged and glued back together. They get a lot of use, but I have been fortunate to be able to reuse these boxes, which saves on cost and waste.

Unfortunately, we had another rough week with the weather. One of our fields got washed out in the heavy rain. We lost one field of sweet corn and several rows of potatoes. Some of the other crops are looking rather water-logged, too. And though it was bad here, I think the southern counties have gotten it worse. Our daughter, Sarah, was at a camp last week in Somerset and after a day of rafting had a hard time driving back having to turn around several times because roads had flooded. Oh, summer sun, where are you?!

I thought for sure we would have lots of broccoli this week, but the cooler temperatures slowed its growth. I don't have enough for everyone this week, but I hope to have it for everyone next week.

And your laugh for the week: Last week I sang praises for my new landscape fabric, but I came across an unexpected hazard. While weeding the holes in the tomatoes tunnels, our son, Nathan, noticed a small garden snake. We all stopped to see where it slithered off to. Nathan picked up the edge of the fabric only to reveal 5 more! Now I don't run away in fear when I see a snake, but a nest of them maybe. I dislike snakes very much! Apparently, the fabric is a nice, warm hide away for them. That being said, I am taking my glowing review of landscape fabric down a notch.

Have a great week,
Scott & Chrissy Farabaugh

IN THE BOX THIS WEEK

Broccoli OR Peas
Garlic Scapes
Green Onions
Kale
Kohlrabi
Lettuce
Radish OR Turnip
Summer Squash

NEXT WEEK'S BEST GUESSES

Broccoli
Cucumber
Lettuce
Summer Squash
Swiss Chard



These are NOT tire ruts.

Washout damage to the potato and corn crops and field.



Our son, Michael, cutting scapes



Three baby birds nesting in the tomato plants.

FOOD FOR THOUGHT

Besides getting an education as to what does and doesn't work in the fields, we sure have learned a lot about what does and doesn't work in the kitchen. That's what 10 years of recipe exploration will get you. Buying a CSA-share is a step toward healthier eating, but it starts with effort put forth after taking the veggies out of the box and into your kitchen.

Cooking shouldn't be about intimidating recipes and elaborate meals like what you see on Food Network. Besides, who wants to spend their summer in the kitchen? We have learned that the quality of ingredients means more than the quantity of ingredients. We do try to keep things simple. We modify recipes based on what is in a box on a given week. And we try to create recipes that will help you use most of the produce in your box week-to-week. The best thing you can do is to get in the right mindset...find the joy of creating, turning simple foods into something incredible!

Perhaps take a step back to basics. Take a minimalist approach to the preparations and recipes. By not over-complicating the recipes, you save time (and your sanity!). More importantly, you allow the natural flavor of the food to come through. Yes, you can turn a simple dish into a wow factor: an egg omelet can become a robust ride when filled with a good, flavorful cheese and scapes, green onions, zucchini, kohlrabi, kale, chard, or broccoli...or a combination of any of these.

Another important lesson learned is to be flexible with your ingredients. By learning how to substitute different veggies or to make variations of the same recipes to get different results you will awaken your taste buds...thus creating less food waste. Frittatas, stir-fries, and soups are delicious and easy ways to use a variety of vegetables in decent amounts to move the produce each week. Learn one recipe for each, and just substitute the vegetables based on what you have available. You can do this! And you'll be surprised by what you will learn to like.

HAPPY EATING!

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KALE & POTATO FRITTA

- 2 T canola oil
- 4 C ½-inch cubed potatoes
- Salt & pepper
- 1 clove garlic (or 1 scape), minced
- 2 green onion, chopped
- 2 C kale, stem removed and chopped
- 1 t Dijon mustard
- 10 eggs, beaten
- ½ C Pecorino-Romano cheese (or Parmesan)



Preheat oven to 400F. Heat 1 T oil in skillet. Add cubed potatoes, season with salt and pepper, and saute until golden and tender, about 10 minutes. Transfer potatoes to quiche dish or small baking dish.

Heat remaining 1 T oil in skillet. Add garlic, green onion, and kale, season with salt and pepper, saute until kale is wilted, about 5 minutes. Gently spread over potatoes. Whisk together eggs, mustard, and cheese, then pour over kale and potatoes. Bake for 25 minutes until eggs are cooked through (use toothpick to test). Garnish with extra cheese if desired.

NOTE: This is such an easy recipe to do with substitutions of vegetables you enjoy. If you prefer chard over kale, try it. If you want to add in grated kohlrabi or thinly sliced radish or turnip, try it.

ZUCCHINI PIZZA BITES

- 4 C zucchini, grated and squeezed dry
- 1 C grated cheddar cheese
- 1 C grated mozzarella cheese
- 2 eggs, beaten
- 1 lb. ground beef
- 1 onion (or 3-4 green onions), chopped
- ¼ t salt
- ½ t garlic salt
- 1 8oz. can tomato sauce
- 2 t oregano
- ½ C grated Parmesan cheese



Preheat oven to 400F. In a bowl, combine zucchini, ½ C cheddar cheese, ½ C mozzarella cheese and eggs; mix well. Press into the bottom and up the sides of a 15- x 10-inch jelly roll pan. Bake for 20-25 minutes or until crust is set and lightly browned.

Meanwhile, in a skillet, cook beef, onion, salt, and garlic salt over medium heat until meat is no longer pink; drain. Stir in tomato sauce and oregano; mix well. Spoon over zucchini crust. Sprinkle with remaining cheddar and mozzarella cheeses and Parmesan cheese. Bake for another 15-20 minutes until golden brown. Let stand for 5 minutes before cutting into 2-inch squares.

NOTE: To create a crisper crust, try this: place grated zucchini in a colander, sprinkle with salt, and let sit for about 10 minutes. Give zucchini a squeeze, then proceed with recipe as stated. Also, try topping this "pizza" with your favorite pizza toppings, or substituting sausage for beef.