



# BLUE GOOSE NEWS

JULY 3 - 5, 2018 – WEEK 5

## *From the Farmer...*

It's hot! We all know it, but I still have to make a mention of it. Particularly because we have broccoli in the boxes this week. We are excited to have broccoli, don't get me wrong. We love our broccoli. But broccoli is a very heat sensitive item. And even though we have it bagged in the box, it shouldn't be out in the heat but so long. So we are asking if at all possible that you pick up your boxes as soon as you are able to get your produce indoors and in the refrigerator.

Some types of produce are harder to grow organically than others. We seem to do a pretty good job of having summer and winter squash. We seem to get them in abundance. And we are appreciative of that. Yet cucumbers give us a lot more trouble. They are much harder and more delicate to transplant. And the bigger issue is that they are much more susceptible to diseases, where squashes are not. Many of the diseases cucumbers get are spread by striped cucumber beetles that jump from plant-to-plant. We do spray for both the diseases and the beetles with organically approved chemicals, but they are not as effective as conventional sprays. For instance, in order for the organic sprays we use to be most effective and kill the beetles, the beetles must ingest the chemicals. It isn't easy to guarantee the beetles will ingest the spray when the cucumber plant is a vine and spreads covering itself and the cucumbers with leaves. Besides, the active ingredients in the sprays are only effective for a few hours. Whereas conventional sprays work on contact and can last for up to a week. We continue to do what we can when we can, but we still only seem to get a couple of weeks of picking from a planting. There are some organic farmers who only grow cucumbers in high tunnels with specific insect netting all around to ensure a successful crop. We haven't gone there yet. We save our high tunnels for the tomatoes, which seem to do well there. Either way, we are working hard to make sure our cucumbers last as long as possible.

Please make use of our recipes posted on our website, [www.bluegoosefarmnicktown.com](http://www.bluegoosefarmnicktown.com). We do not have all of our recipes posted (we're working on updating them), but you'll find many of our favorites. With what is in our box this week, you could try the Honey Glazed Turnips and substitute kohlrabi for the turnips (or blend them); try our Broccoli Soup, Broccoli Salad, Hot Bacon Dressing Salad, Zucchini and Green Burgers, or Zucchini Casserole. YUM!

We do not take it for granted the simple pleasures we get from producing our own fresh foods and being able to provide to all of you who believe in what we do and support our process. We are blessed for the freedoms we have in our country.

Happy 4<sup>th</sup> of July!  
Scott & Chrissy Farabaugh

## IN THE BOX THIS WEEK

Basil  
Broccoli  
Cucumber  
Green Onions OR Beets OR Turnips  
Kohlrabi  
Lettuce  
Radish  
Summer Squash  
Swiss Chard

## NEXT WEEK'S BEST GUESSES

Broccoli  
Cucumber  
Kale  
Lettuce  
Summer Squash



Basil plants perfectly tucked between the two tomato tunnels. Bring a fork and some feta-makes our mouth water!



Cucumber blossom on the vine.



Zucchini blossoms glowing in the morning sun.

## FOOD FOR THOUGHT



### HOW TO CHOP BROCCOLI

How we cut broccoli all depends on how we intend to use it in a recipe. And all too often the stalks are discarded when in fact they hold the secret ingredient – flavor!



First, rinse the crown to rid dirt or the occasional worm.



Use a vegetable peeler to remove the tough outer layer from the long stem.



Separate the peeled stem from the crown. The peeled stem can then be sliced or chop-ped for your recipe; best used in stir-fries. Truth be told, the stem holds the golden flavor that makes for a richer broccoli soup.



Divide the head crown into smaller crown sections. These pieces can be cut in half and are the right size for dipping and used on a veggie platter.



The smaller crown sections can be chopped further into bits that can be used in soups, salads, or casseroles.

## ~ HAPPY EATING ~

### **CHARD & BEAN SOUP WITH PESTO**

1 ½ C basil leaves  
 ¼ C almonds  
 1 clove garlic (or 1 scape)  
 2/3 C olive oil, divided  
 2 carrots, chopped  
 2 celery stalks, chopped  
 3 C chicken or vegetable broth  
 1 t salt  
 ½ t pepper  
 2 (15.5 oz.) cans cannellini beans, drained and rinsed  
 1 bunch Swiss chard, leaves chopped (@ 3 C), and stems finely chopped (@ 1 C)



Make pesto: combine basil, almonds, and garlic in a food processor; pulse until finely chopped 5 times. With processor running, drizzle in ½ C oil and process until smooth. Set aside.

In a large pot, heat remaining oil over medium heat. Cook carrots, celery until tender, about 5 minutes. Add broth, salt, and pepper and simmer. With a fork, mash 1 C of beans in a bowl. Add mashed beans, remaining whole beans, and chard to pot. Cook, stirring often, until chard is wilted.

Serve soup warm garnished with a dollop of pesto.

*NOTE: Pesto can be made with any nuts you have on hand (or use premade pesto). Should you have leftover pesto, use on a sandwich, pizza or pasta. To vary the soup slightly, add green onions, kohlrabi, even turnips for a different delicious flavor.*

### **PARMESAN ROASTED BROCCOLI**

1 large or 2 small heads broccoli, florets separated and cut in half  
 3 cloves garlic (or 2 scapes), minced  
 3-4 T olive oil  
 1 t salt  
 1 t pepper  
 ¼ C Parmesan cheese, grated  
 1 half lemon (optional)



Preheat oven 425F. In a bowl, gently toss together broccoli, oil, salt, and pepper. Spread out broccoli on parchment paper-lined baking sheet. Roast for 10 minutes. Stir broccoli, then sprinkle with minced garlic, and roast for 6 minutes. Sprinkle with Parmesan and bake for 2 minutes more. Remove from oven and squeeze lemon over top of broccoli, if using. Serve while warm and crisp.

*NOTE: Freshly grated Parmesan works better than the cheese in the canister because it melts and sticks to the broccoli. Add red pepper flakes for a dash of heat or Smoked Paprika for a bold taste. You may also want to try substituting 1 ½ T of ranch seasoning from Hidden Valley Ranch Dip Packet for the garlic and following the same process.*