



BLUE GOOSE NEWS

JULY 10 - 12, 2018 – WEEK 6

From the Farmer...

It is wonderful to say that we have tomatoes this week. I started them in our high tunnels the second week in April and had to run the propane heater in there for several nights to keep them from freezing. But it was worth it. And we still have a large amount of tomatoes in the field including all of our grape tomatoes. And though I celebrate the good, a farmer never ceases to worrying. I have been very worried about blight this year with all of the rain that we have been having. I still have nightmares of losing all of our tomatoes like we did 10 years ago. However, I have been diligent this year to spray copper to ward off the problem and hope to have learned enough to prevent blight from happening that way again.

We uprooted all of our garlic this weekend to begin the storing process. We grow a lot of garlic as you may have noticed by all of the scapes you have already gotten. (They do keep in the refrigerator for a few weeks, and they freeze well, too. So if you haven't used them, coil them in a freezer bag, date it, and you're set for winter.) As for our garlic bulbs, you will be seeing them soon enough in your boxes. The last couple of years, the garlic has not been storing as well as I would like. So I uprooted it a week earlier this year. I was at a conference a couple of years ago and a seed dealer told me that in order for produce to keep best it should be harvested a little bit immature. My hope is that getting it out of the ground sooner will help it through the storing process and last longer with fewer diseases that would make it go bad quicker. It's amazing to think how long I've been farming and I am still learning so much. What an experimental ride this all is!

It is usually about this time of year when it is hard for me to get enough water to the summer squash. That is NOT a problem this year! Last week, through this week, and into next week the squash will be at its peak, so you will again be receive a larger volume of squash. It's time to find your favorite recipes and enjoy one of the most versatile vegetables of the summer since it truly is an easy vegetable to mask within sweet or savory dishes. If you feel you just can't keep up with this amount of squash, we suggest that you grate it and put it in smaller freezer bags to store away. It keeps nicely this way, and then you'll have some for those same favorite recipes come fall and winter. Or better yet, try the Recipe Addition for "Zucchini Crisp". We've posted it a few times over the years, but it's a family favorite and one you won't tire of.

Have a great week!
Scott & Chrissy Farabaugh

IN THE BOX THIS WEEK

Basil
Broccoli
Cucumber
Kale
Kohlrabi
Lettuce
Summer Squash
Tomato

NEXT WEEK'S BEST GUESSES

Garlic
Lettuce
Summer Squash
Tomatoes



Bundles of garlic hanging in the barn to dry

New lettuce waiting to be planted



What is a summer without racks of tomatoes?

FOOD FOR THOUGHT

When it comes to prepping the same vegetable over and over, you may feel ho-hum about it. But simple techniques will improve the overall experience of the food from its appearance to its overall taste. The proper cut used to prepare a food is important in terms of how you plan to cook it.

Take zucchini for instance. The thick-/thin-ness of the slices or the size of cubes make a difference to the outcome of a recipe. And most often, we grate, slice, or cube zucchini for our recipes. So why not give summer squash a new appearance on your plate? Surprise your family with one of these styles:



Cut or peel layers to grill with oil and your favorite seasonings or for vegetable lasagna



Use a spiralizer to make strands for veggie spaghetti or to put in a soup



Julienne when making stir-fry; careful not to overcook it to mushiness



Use this pretty diagonal cut and saute or grill for a unique look.



~ HAPPY EATING ~

CAPRESE PASTA SALAD

8 oz. penne pasta
2 C fresh tomatoes, chopped
8 oz. fresh mozzarella cheese, cubed
2 T balsamic vinegar
2 T olive oil
Salt and pepper to taste
Fresh basil leaves



Cook pasta according to package directions; drain. Pour cooked pasta back into cooking pot and toss with the chopped tomatoes and cubed mozzarella cheese. Drizzle with balsamic vinegar and olive oil; stir and mix until coated. Season with salt and pepper, then garnish with chopped basil leaves.

NOTE: This is a versatile recipe. You may use any pasta of your liking. You may use the small fresh mozzarella balls instead of cubing a larger cheese ball. You may opt to saute the tomatoes in a bit of oil and fresh garlic before adding to the cooked pasta. And you may want to stretch the recipe by cooking the entire box of pasta and adding a peeled and chopped cucumber.

KOHLRABI & ZUCCHINI FRITTERS

FRITTERS

1 kohlrabi, peeled and grated (@ 1½ C)
1 small zucchini, grated (@ 1½ C)
2 eggs
¼ t each salt and pepper
½ t garlic powder
¼ t chili powder (optional)
½ C canola oil

SAUCE

3 T sour cream
1 T Sriracha Hot Sauce (or other hot sauce)



In a small bowl, stir together sour cream and sriracha until blended; set aside.

Hand squeeze grated kohlrabi and grated zucchini to remove any excess liquid. In a large bowl, mix together kohlrabi, zucchini, egg, and seasonings; combine well.

Heat oil in skillet over medium heat. Drop batter into hot oil by the spoonful. Fry patties in hot oil, a few at a time. Cook until golden brown on one side, flip and continue to cook until second side is also golden brown. Place fried fritters on paper towels to absorb excess oil. Serve warm with a dollop of sauce on top of each. Should yield about 8 to 10 patties. YUM!

NOTE: It doesn't matter the exact measurement of zucchini and kohlrabi, as long as there is no more than 3 C grated. You may add ½ C chopped green onion, or substitute 1 t fresh minced garlic instead of the powder.