



BLUE GOOSE NEWS

JULY 17 - 19, 2018 – WEEK 7

From the Farmer...

My daughter, Sarah, mentions in her piece below how busy we have been with the garlic and how much we actually have. In another week, our next big harvest will be pulling out all the candy onions. You are getting the early, freshly picked candy onions this week. They are not dry yet. They have no dry, flaky outer skin to help keep them. They should keep on your counter for a couple of weeks, which may help them dry out a bit more. But I think they may keep better in the refrigerator...if you don't mind the smell in there. Once we harvest all the onions, and let them dry in the sun for a couple of days, bring them in to store, they should keep until the end of the year. Make note that these onions are candy onions, so they are sweeter and not as strong to eat fresh. So why not add a few thin slices to your BLT!

You may notice the box is not as full this week because we are not as heavy on the greens as we have been lately, and we are "in between" – some crops are ending and others are just coming in. Still the same quantity; and more importantly, still the same quality!

Have a great week!
Scott & Chrissy Farabaugh

From the Farmer's Daughter (Sarah, 17)...

Hello! This has been such a fun, but busy, summer that this is the first week I have had the chance to write! I know you have been getting a lot of zucchini these past weeks, and I hope you are enjoying it. We all have a hand in picking them, but it is my job to see that they go into the boxes. Every time I load up a box, I think, "I hope this person likes zucchini!" We sure love it in our house. Every single meal for the past 3 weeks has had zucchini, whether it was the main dish or the dessert.

Last week, we spent hour-upon-hour and day-after-day harvesting the garlic. I think the other workers are tired of it, but I'm not. Even though Dad planted 10 rows, that's right 10 rows, of garlic, I love being out there in the sun, bunching the stalks, tying the bundles, and hanging them up to dry. We have a new system this year, my Dad decided to nail up the bundles by the twine on the walls on the backside of the barn under the overhang. The entire wall is completely full and it looks amazing. There is usually a breeze back there and that's good for ventilation to dry them out better. My hands smelled for days after that, but it was totally worth it!

Keep eating the seasons,
Sarah

IN THE BOX THIS WEEK

Basil
Broccoli OR Cucumber
Candy Onions
Garlic
Lettuce
Summer Squash
Tomatoes

NEXT WEEK'S BEST GUESSES

Green Beans
Lettuce
Scallions
Summer Squash
Tomatoes

Oodles
of
Candied
Onions



Tons
Of
Roma
Tomatoes



Wide Open Spaces

FOOD FOR THOUGHT



HOW TO CHOP TOMATOES

The key ingredient when cutting a tomato isn't the tomato, it's the knife! You want to use a serrated knife, such as a bread knife or steak knife, unless of course you have a knife specifically designed for tomatoes. A razor-sharp chef knife may also be used, but serrated is best. By using the proper knife, your odds of keeping the tomato firmer and in the intended shape are much higher and you will end up with pretty presentations each time.

Methods of Presentation



The chopped method is best for soups or casseroles.



The diced method (tinier version of chopped) is best for salsa or relish.

The sliced method is best for sandwiches or caprese salad. To get a perfectly intact slice, turn the tomato so the stem is to the side and cut against the core from the bottom toward the stem attempting to keep the same thickness in each slice.



Wedges are best for tomato salad, or any house salad. To get perfect wedges, halve the tomato through the center of the stem toward the bottom. Proceed to quarter each half into equal sizes. Voila!

~ HAPPY EATING ~

SUMMER SQUASH & CHICKPEA with CHICKEN

1 15 oz. can chickpeas, drained and dried
 1-1.5 lbs. boneless, skinless chicken breast, sliced
 5-6 summer squash/zucchini, sliced lengthwise then cut into 2-inch pieces
 1 C fresh basil, chopped
 1 C fresh cilantro, chopped
 3 T coconut oil
 cinnamon to taste
 salt & pepper to taste
 feta cheese, optional



Heat 1 T coconut oil in a large skillet. Sauté chickpeas until lightly browned. Sprinkle with cinnamon, salt, and pepper; set aside.

Heat 1 T coconut oil in now empty skillet. Sauté chicken until cooked. Sprinkle with cinnamon, salt, & pepper; set aside.

Heat remaining 1 T coconut oil in now empty pan. Sauté summer squash/zucchini over medium heat. Add garbanzo beans and chicken back to pan with zucchini; heat through. Remove from heat and add chopped basil and cilantro. Garnish with feta cheese if desired.

ROASTED TOMATO & MOZZARELLA SALAD

SALAD

4 tomatoes, slice into ½-inch rounds
 2 balls fresh mozzarella cheese, cut into 8-12 slices
 ½ head lettuce, chopped
 salt & pepper to taste
 tiny basil leaves for garnish

BASIL DRESSING

20-25 basil leaves
 4 T olive oil
 1-2 cloves garlic, crushed



Preheat oven to 400F. Lay out tomatoes in a single layer on a well-greased baking tray. Roast for 20 minutes or until tender. (They will shrink.)

Meanwhile, make basil dressing. Place basil leaves, olive oil, and garlic in food processor and blend until smooth. Transfer to a bowl and chill until ready to serve.

Stack sliced mozzarella and roasted tomatoes on a bed of lettuce on each plate. Drizzle with basil dressing and garnish with extra basil leaves.

NOTE: Try adding roasted thick slices of onion to the stacked salad.