



# BLUE GOOSE NEWS

JULY 24 - 26, 2018 – WEEK 8

## From the Farmer...

It has been awhile since I have said this, and it pains me now, but blight might strike. I recently read in my Vegetable Growers News that late blight has been spotted in eastern PA. The article did not go into much detail, but with this summer's weather of high humidity and lots of rain it makes perfect sense. Blight spreads in moisture and there definitely has been no shortage of that this year. We have kept up with dusting and spraying our tomatoes, and so far I have not seen any in my fields or high tunnels. I know many of you garden and have your own tomato plants, so please be diligent in checking because once it starts it is almost impossible to stop. There is nothing worse for a farmer, or a gardener, than to baby a crop all season only to lose it in a couple of days. So with more rain in our forecast all this week, let's keep our fingers crossed and say a few prayers.

On a good note, we finally have sweet corn. Perhaps some of you have been thinking, "when will the corn be in?" Honestly, the heat loving crops just haven't seen as much sun as an average summer would have. And finally, this week, we have tomatoes, corn, peppers, and green beans- all crops people think of when we hit the mid, hot weeks of summer. I am happy to finally have tomato sandwiches and corn on the cob for supper. Now's a good time to find your favorite salsa recipe, and look up how to make roasted green beans - you won't be disappointed!

We also have celery this week. The variety I grow is called Tango. To our new members, this celery is not the same as you would buy in the stores. The stalks are much thinner, the leaves are much larger, and more importantly, the flavor has an incredible punch - like no other celery you've eaten. We leave the leaves on because one, they hold much of the flavor. But by doing this, the stalks tend to wilt faster, so we recommend keeping the celery in a plastic bag as long as possible. However, you can quickly use up the leaves by chopping them up and adding to soups, casseroles, salads, even pesto.

Again, we share zucchini recipes this week. This is partly because we provide you with so much of it and you may begin to feel overwhelmed by it. This is our way of helping you use it, especially when we have a soup recipe that uses quite a bit of what's in the box this week. Our oldest son, Nathan, took it upon himself to get comfortable in the kitchen this weekend. Not only did he find recipes online that looked interesting to him, he actually made them. We appreciated his efforts and enjoyed the results (one in particular, the Cheesy Zucchini Tots from the Lil Luna site). If a 15 year old can find time to cook in the kitchen after an 8-hour day on the farm, what's our excuse?

Have a great week,  
Scott & Chrissy Farabaugh

## IN THE BOX THIS WEEK

Celery  
Corn  
Green Beans  
Green Onions  
Green Pepper  
Lettuce  
Summer Squash  
Tomatoes

## NEXT WEEK'S BEST GUESSES

Carrots  
Corn  
Onions  
Peppers  
Tomatoes



The Garlic Wall of Fame  
(A third of the wall is missing because a tractor was in the way.)

The  
tasty,  
tangible  
Tango  
Celery



Potatoes are the roots  
to very pretty plants.

## FOOD FOR THOUGHT

Now that we are in our eighth week of CSA, (if you haven't already) perhaps it is time to slow down and enjoy the physical act of cooking. Too often, we are consumed with the tasks of the day that the notion of having to cook a meal at the end of it all deems itself exhausting. But cooking offers us an opportunity to actually start and finish something where the result can be amazingly mouth-watering!

Cooking is a sensory experience. Immediately, we can smell the goodness of the fresh produce as we transfer it from box to tote bag. We get to feel the contour of our food as we wash and prepare it. We get to hear the percussive pleasure of chopping, grating, and anything that sizzles. We get to see each step of a recipe take place and how it all comes together in the end. And finally, we get to taste the glory of the effort put forth to make such a dish.

Cooking is also connecting. As you go through the motions of selecting a menu and preparing the food, take a moment to reflect on the ingredients. Consider the vegetables—each at a time. Reflect on how it was grown in a particular field. Reflect on your farm and your farmer's efforts: planting, weeding, watering, harvesting, packing, and delivering to you. Each vegetable grown ties us to the farmer and the farm and the land. Cooking is a moment in which we should slow down and enjoy these connections and the timeless art of nourishing our bodies. Cooking all of this glorious food should not be a chore. After all, we are immediately rewarded by our efforts. And isn't eating is one of life's pleasures!

HAPPY EATING!

## ~ HAPPY EATING ~

### ZUCCHINI SOUP

2 lb. mild Italian Sausage (or hot sausage)  
 2 C celery, chopped  
 zucchini, cubed (2 large or 4 small)\*  
 4 C tomatoes, chopped  
 1 (14 oz.) can tomato sauce  
 1 C onion, chopped  
 2 C green pepper, chopped  
 2 T sugar  
 1 t oregano  
 1 t Italian Seasoning  
 ½ t garlic salt



Cook sausage until browned, then add celery and cook 10 minutes. Drain off excess grease.

Meanwhile, add remaining ingredients to a large stock pot and begin cooking on medium heat. When meat and celery are cooked, add to the pot, stir, and continue to simmer for 1-1/2 to 2 hours.

*NOTE: \*You can use as much zucchini as you would like. It may look like a lot of zucchini, but it isn't. Vegetables shrink and consistency thickens like a chili as dish cooks.*

*Though we haven't tried this, we suspect you could prepare this in a slow cooker to have ready for supper. Be sure to precook the meat following the first step in the recipe before adding to slow cooker pot.*

### CHEESY ZUCCHINI TOTS (by Lil Luna)

1 medium zucchini, grated  
 2 eggs  
 ¼ C panko crumbs  
 ¼ C plain bread crumbs  
 1 t salt  
 ¼ t black pepper  
 ¾ t garlic powder  
 1 C cheddar cheese, grated  
 Marinara sauce for dipping



Preheat oven to 400F. Line a baking sheet with parchment or grease with cooking spray. Place grated zucchini in paper towels. Wrap up and squeeze to rid as much liquid as possible.

In a large bowl, stir together all the ingredients until well blended. Scoop by rounded spoonfuls onto prepared baking sheet. Bake 20-25 minutes until golden brown. Serve warm with marinara sauce.

*NOTE: If you like green onions, you could easily add one sliced to this recipe.*