



BLUE GOOSE NEWS

JULY 31 – AUGUST 2, 2018 – WEEK 9

From the Farmer...

In last week's newsletter, we included a picture of a portion of our garlic wall. There are over 10,000 bulbs hanging there! You will be getting garlic for the next few weeks. If kept in a small paper bag with a few holes punched in it, they will keep on your counter or in your pantry for a couple of months. The bulbs you'll be getting right now will be on the smaller side, and that is because we are trying to make sure we have enough of the larger garlic bulbs as "seed" to plant this fall for next year's harvest. This practice has been going on since the beginning of farming. Farmers keep back the bigger corn or better grains of wheat, in hopes that by planting the bigger, better "seeds" the next year's crop will be bigger and better. What we do with our garlic is no different. And fortunately we can see the difference with the garlic – it seems to be getting a bit better each year. Please know that the garlic you receive, even though they may have smaller heads, are still edible and very tasty, just smaller. To make up for this, we will give you 2 at a time.

I tried. I think this is becoming my mantra. I have said this to myself a lot this year. Things that I have done successfully in past years just did not work this year. I presume it is because of the incredible amount of rain we've received this year. Many of our early crops rotted in the ground. And a new way of transplanting radishes and turnips (something I saw on the internet over the winter) isn't working well because the ground is so saturated – with no break in sight. Last week, everyone got either radishes or cucumbers (not enough radishes to go around) and I admit, and am sorry to say, the radishes were not that attractive. Many radishes were misshapen and some didn't even form a bulb. The same thing happened to the turnips. I kept turnips off the list last week because I didn't know if I would have enough for everyone. And I didn't. This week, the turnips are a little better, but again many did not form a bulb. So I won't have enough for everyone. That is why this week you are getting either turnips or green onions. The transplant method did not work the way I had hoped it would. And with the way the summer is going, I just keep saying, "I tried". I know that doing something once should not be the final word as to whether or not something is successful, but I might wait some time before trying that again.

We are prewashing much of the produce this week to rid the mud (see carrot pics, right). When you get your produce home, you may want to pat dry your produce then re-bag it in a clean bag before storing it in your refrigerator. We don't mean to give you extra work, we just want to help you keep your produce fresh longer.

Have a great week,
Scott & Chrissy Farabaugh

IN THE BOX THIS WEEK

Carrots
Corn
Garlic
Head Lettuce OR Chard
Peppers
Summer Squash
Tomatoes
Turnips OR Onions

NEXT WEEK'S BEST GUESSES

Corn
Grape Tomatoes
Peppers
Onions
Tomatoes



Carrots...
Before
&
After
The Bath



Oh, what a muddy mess!

FOOD FOR THOUGHT



HOW TO CHOP BELL PEPPERS

The easiest way to cut into a bell pepper to avoid disturbing the seeds and getting them everywhere is to cut off each of the four sides.

Stand the pepper on the counter stem up. Slice through one of the four sides of the pepper. Proceed to slice off the remaining 3 sides. Set the core aside.



To cut strips:
Lengthwise, cut the 4 sides into long strips.



To dice:
Gather the strips together, cut cross-wise.



To slice rings:
Slice and remove stem top. Pull out seeded core and all white membrane. Turn pepper on its side and slice into whatever size ring you require.



To freeze peppers:

Cut into any shape you desire, lay out pieces on a cookie sheet, slide into freezer, and keep there until frozen through. Remove and store in freezer bags until ready to use.

~ HAPPY EATING ~

GRILLED CARROTS WITH CARROT TOP SALSA VERDE

- 1 bunch carrots, washed and pat dry
- 6 T olive oil
- 3 T carrot tops, chopped
- 2 T fresh parsley, chopped (or 1 T dried)
- 2 T fresh basil, chopped (or 1 T dried)
- 1 clove garlic, chopped
- 1 t lemon zest plus 1 t lemon juice
- 1 t red wine vinegar
- salt and pepper to season as desired



Preheat grill to high. Separate green tops from carrot base. Brush carrots with 1 T olive oil; coat well. Grill carrots, turning, until tender, about 10-15 minutes. Season with salt and pepper. In a food processor, add remaining 5 T oil, all chopped greens, garlic, lemon zest and juice, and vinegar; coarsely puree. Season with salt and pepper. Drizzle over grilled carrots and serve immediately.

NOTE: This recipe calls for fresh herbs and it does make the salsa verde stand out. You can substitute with dried herb, but the effect will alter slightly.

BRUSCHETTA (submitted by Gabbi Lechak, member)

- 1 crusty baguette, cut into slices and toasted
- 2 t minced garlic
- 3 T olive oil
- ¼ C Parmesan cheese, grated
- 1 ½ C chopped fresh tomatoes
- 1/3 C thinly sliced basil
- 2 T balsamic vinegar
- ½ t salt
- 1 t black pepper



Mix together all ingredients, except the bread. Let sit at room temperature and marinate for at least 30 minutes. When ready to serve, spoon tomato mixture onto toasted baguette slices.

CORN ON THE COB GARLIC BUTTER

- 1 stick butter, slightly softened
- 3-4 cloves garlic
- salt and pepper



In a food processor, combine all ingredients and process until blended and smooth. Spread on cooked corn while ears are still warm.

NOTE: For heat, add cayenne pepper to your liking. For fun flavors, add basil, dill, or rosemary; green onions or chives.