



BLUE GOOSE NEWS

From Our Hands to Your Table
SEPTEMBER 1 - 3, 2020 – WEEK 13

From the Farmer's Daughter...

Happy 13th week of CSA! We are all jumping for joy out here because we *finally* got some RAIN! Everything seemed to explode within minutes from the much-needed drink of water. Some of the small tomatoes literally did explode, so you may find a few that look close to splitting. They still taste delicious, just eat them quickly!

A new item you will see this week and each week for the rest of the season is winter squash! We grow three different kind: Spaghetti, Acorn, and Butternut. You will get spaghetti squash in your box this week. Our favorite way to eat it is just like spaghetti, topped with sauce and parmesan cheese. Better yet, use fresh chopped tomatoes (any kind) – simmered in a small pot with olive oil, garlic, salt, and pepper. Stir into squash with Parmesan and garnish with basil. To cook these hard shell squashes, just pierce with a knife and bake (you'll find many varied how-to's on the internet).

Harvesting the winter squash was quite a project! It took the better part of three days to complete. But it would have taken much longer if we had a different crew than ours! Hopefully you do not mind me bragging a little, but after many years of doing it, we have it down to a science. After cutting the squash off the vines and making piles of them along the rows, my dad slowly drives the skid loader with its big container as we all load it up with squash. I always tease him about sitting in there, driving along behind us, watching the work get done! Must be satisfying! I certainly would not want to be in charge of driving the skid loader, though, because it is a tricky job and takes a lot of practice to be as good as he is.

I hope you have a great week and enjoy the squash!

Thank you for eating the seasons with us,

Sarah Farabaugh 



Striped Spaghetti Squash



Cabbages & Kings!



The onslaught of winter squash!

This Week

Potatoes

Refrigerate -
Make French fries

Tomatoes

Keep in cool place -
Try Tomato Pie,
p.1 of recipes on website

Green Peppers

Refrigerate -
Try Stuffed Green Pepper Soup,
p.3 of recipes on website

Spaghetti Squash

Set on counter - Roast and top
with tomatoes, cheese, basil

Candy Onions

Set on counter -
Try Summer Onions Pie,
p.1 of recipes on website

Basil

Set on counter - use on
sandwich instead of lettuce

Small Tomatoes

Keep in cool place - slice and
add in an omelet

Kale

Refrigerate in bag - Remake a
dish from earlier this summer

Cabbage

Refrigerate - try fresh coleslaw
Surprise Item!

Next Week

(Our Best Guess)

Winter Squash

Peppers

Tomatoes

Onions

Garlic

Potatoes

Red Cabbage

