



BLUE GOOSE NEWS

From Our Hands to Your Table
SEPTEMBER 15 - 17, 2020 – WEEK 15

From the Farmer's Daughter...

Happy 15th week of CSA! I cannot believe how fast this year is going! All the vegetables you are getting means fall is on its way. I am amazed to compare the differences and variety of produce from spring, summer, and fall. That's what "eating the seasons" is all about! And I applaud all of you for being creative and daring to eat the seasons with us. It is much healthier and economical to eat produce that is in season (and local) instead of produce that is shipped from other states or countries that has been forced to ripen with chemicals sprayed on them.

The winter squash you will be getting this week is Butternut! There is no other recipe that reminds me more of fall than Roasted Butternut Squash Pasta (p. 3 of recipes on website). There are many cool nights my family sits around the table eating this delicious dish. Another favorite recipe is Butternut Squash Muffins (p. 1 of recipes on website). When I go back to college for the week my mom always sends me with baked goods we make for my roommates. My friends always wait for me when I come back to see what I brought them. They are always intrigued with what vegetable is hidden inside, and nothing has gone without their stamp of approval! This week I am going to take down Butternut Squash Muffins. I'll let you know how they like them. They certainly have my stamp of approval!

The tomatoes are coming to an end and they are really ripe, so eat them quickly! We are grateful for such an abundant harvest this year! I hope you enjoy this fresh box of fall coming your way!

Thank you for eating the seasons with us,
Sarah Farabaugh 🍷



Bountiful Butternut Squash



SWEET Italian Peppers

This Week

Potatoes

Keep in a cool/dry place –
Make a potato soup

Round and Roma Tomatoes

Keep in cool place –
Make tomato sandwiches or
BLTs one last time

Sweet Peppers

Refrigerate –
Slice and dip in Ranch

Butternut Squash

Set on counter –
Try the recipes mentioned

Candy Onions

Set on counter –
Use in Roasted Butternut
Squash Pasta (p. 3 of recipes)

Kale

Refrigerate in bag –
Add to soup or blanche and
freeze for a later use

Red Cabbage

Refrigerate –
Try Braised Red Cabbage
p. 1 of recipes on website

Garlic

Set out on counter – use in
Roasted Butternut Squash Pasta

Next Week

(Our Best Guess)

Spaghetti Squash

Chard

Garlic

Potatoes

Peppers