



BLUE GOOSE NEWS

From Our Hands to Your Table
JUNE 23 - 25, 2020 – WEEK 3

From the Farmer's Daughter...

Happy summer! Summer is my absolute favorite time of year because I get to be in the fields witnessing the food grow until it is ready to eat. I think my two littlest brothers are beginning to realize how exciting this is - to grow food and eat it. This year they decided to plant a garden with the extra plants dad cannot use because they are too small. My dad gave them a little spot for their garden at the far end of a field. They ride their bikes out with jugs of water to diligently take care of their plants. I noticed that their garden was not planted in nice neat rows, though. So I asked Michael why the zucchini seemed to surround all the other plants. He stated they were the “sacrifice plants”. I asked him what that meant. He explained, “Well, I don’t like zucchini so the rabbits can eat them.” That made me laugh so hard – especially because some of his favorite desserts are made with zucchini. (Those recipes will come when the zucchini does!)

Well, those “sacrifice plants” must have worked because this weekend they harvested bok choy. I selfishly made a bok choy salad because that is my favorite bok choy recipe; although, my dad thinks I made it for him on Father’s Day because he really likes that recipe, too. Don’t tell him otherwise!

We hope you’re enjoying summer like we are out here on the farm as we do the best we can to grow your food – leave it to my brothers to think up creative ways to ensure the plants thrive!

Check out our Facebook page for a picture of items with labels and a video of what to do with everything. Please contact us with questions, concerns, or comments and we will help in any way we can.

Thank you for eating the seasons with us,

Sarah Farabaugh 



Peas are popping up everywhere!



This boy loves his bok choy!

This Week

Bok Choy

Refrigerate in bag
make Bok Choy Salad on p. 4

Garlic Scapes

Refrigerator (keeps for weeks)
or store in freezer for later use -
substitute for garlic

Head Lettuce

Refrigerate in bag
Make a Taco Salad found on p. 2
of recipes on website

Green Onion

Refrigerate
Try Green Onion Gnocchi on p. 3
of recipes on website

Kale/Swiss Chard

Refrigerate
Steam; top on pizza and burgers

Radish

Refrigerate
Slice and toss in salad

Peas

Refrigerate in bag
Pods are edible so steam
and eat whole

Strawberries

Refrigerate – if you have any left
to do so! Yum!

Next Week (Our Best Guess)

Head Lettuce

Kale

Radishes

Garlic Scapes

Peas

Zucchini

