



BLUE GOOSE NEWS

From Our Hands to Your Table
JUNE 30 - JULY 2, 2020 – WEEK 4

From the Farmer's Daughter...

Happy 4th week of CSA! And Happy 4th of July! We couldn't have planned that any better! We finally got some nice weather – hot sun mixed with a few rain showers - so the plants are taking off! A new item in the box this week is kohlrabi. It looks strange but don't be scared, it can be used in simple ways. Gently peel off the skin and eat raw with salt, or bake in the oven as fries. Any recipe calling for turnips, use this instead. We mention a slaw recipe for bok choy – this grated could easily be added to that recipe and taste delicious.

Although it is sad (and I mean tearfully sad) the strawberries are done, zucchini is here! Zucchini is a garden's jack of all trades. It tastes good sautéed or grilled by itself or with other vegetables; added in soups or pasta dishes; hidden in burgers or desserts...the possibilities are endless. In our home, there are many zucchini desserts that we love, that's why my brother (pictured below) got so excited to see how big the zucchini plants were in back in April.

One day last week, my sister came up to the building where we were working to get zucchini out of the cooler. We all asked her what mom was making, but she would not tell us. So a few minutes later my brother, Daniel, went on a mission down to the house to “go to the bathroom.” But his mission failed! The process was just getting started and too early to decipher what Mom was up to. A little while later, I went down “for a snack” and found out there was Chocolate Chip Zucchini Bars in the oven (p.1 of website recipes). I did a little happy dance and ran out to relay the information to my brothers. Before going out on deliveries that afternoon, I pretended to take the whole pan with me, but my plan was thwarted by my siblings. I definitely enjoyed a huge piece when we got home after delivering all your boxes!

I hope you are enjoying the vegetables *almost* as much as we are (doing a happy dance for zucchini might be taking it a little too far, though!).

Thank you for eating the seasons with us,

Sarah Farabaugh 🐦



Crazy looking Kohlrabi!



How zucchini looked in April!

This Week

Zucchini

Refrigerate – sauté or grill it; add to soup, pasta, or a dessert

Garlic Scapes

Refrigerate or freeze for later mince and use like garlic bulbs

Head Lettuce

Refrigerate in bag

Chop and top with kohlrabi fries

Green Onion

Refrigerate in bag

Kale

Refrigerate

Try Kale and Mozzarella Egg Bake - p. 3 of recipes on website

Radish

Refrigerate – try pickling these

Peas

Refrigerate in bag

Pods are edible

Kohlrabi

Refrigerate – sub for turnips

Peel and slice, chop, or grate to add to recipes

Bok Choy

Refrigerate in bag

Try Bok Choy Apple Slaw - p. 3 of recipes on website

Surprise Item!

Next Week

(Our Best Guess)

Zucchini

Radish

Lettuce

Peas

Cucumber

Bok Choy

