



BLUE GOOSE NEWS

From Our Hands to Your Table
JULY 7 - 9, 2020 – WEEK 5

From the Farmer's Daughter...

Happy 5th week of CSA! Hope you had a nice weekend for the 4th of July! Certainly feels like we are already in the dog days of August with this heat. And although I hate to complain about this beautiful weather, the plants could use a good drink. It seems our farm has missed every rain shower that has come through the area. There's an old farmer's saying that the corn should be knee high by the 4th of July. It's true, that's how high out corn is! But if we do not get rain soon, it will not get much higher. So please pray for rain!

The zucchini is coming in full swing! That's one of the items I am in charge of putting in the boxes. Every time I load the zucchini I think, "I hope this person likes zucchini," because you'll be getting a lot of it this summer! My family loves zucchini, and one of our favorite recipes is Spaghetti with Zucchini and Basil. Last weekend, my mom was away for an evening, so my siblings and I took it upon ourselves to make supper. All of us agreed on Spaghetti with Zucchini and Basil (which was an impressive feat because getting 7 siblings to agree on anything is challenging!). We all worked to put together the dish. I had invited a few friends over, so we doubled the recipe, but it still was not enough. I had gone back for seconds and found the bowl empty. Good thing I made a Zucchini Chocolate Cake to make up for it! My friends even liked dinner so much that they bought zucchini to take home and made the recipe again themselves. And their parents loved it! We hope you will, too.

I'd like to say a quick "thanks" to those who have shared their family's delicious recipes with us. We like to try new things, too. Stay cool!

Thank you for eating the seasons with us,

Sarah Farabaugh 🍷



Mmm... the smell of basil!



Knee high by the 4th of July!

This Week

Zucchini

Refrigerate

Try Spaghetti with Zucchini and Basil - p.1 of recipes on website

Cucumbers

Refrigerate

Slice up and dip in dressing

Basil

Set out on counter

Cut up to add flavor to anything

Garlic Scapes

Store in refrigerator or put in freezer for later use

Head Lettuce

Refrigerate in bag

Make a grilled chicken salad

Green Onion

Refrigerate – use as onion

Kale

Refrigerate

A delicious crockpot recipe: Easy Kale, Beef, & White Bean Stew
p. 2 of recipes on website

Radish

Refrigerate

Make radish chips in oven

Peas

Refrigerate in bag

Edible pods – a quick, tasty snack

Next Week

(Our Best Guess)

Zucchini

Lettuce

Cucumber

Swiss Chard

Bok Choy

Scallions

