



BLUE GOOSE NEWS

From Our Hands to Your Table
JULY 21 - 23, 2020 – WEEK 7

From the Farmer's Daughter...

Happy 7th week of CSA! I hope everyone is enjoying this hot weather, I know I am! On Saturday, when it was 87 degrees in the shade, my dad and I were out all afternoon picking zucchini. I said, "These are the days I dream about while I'm sitting in school watching the snow." He just laughed and wiped the sweat from his forehead. I think he thought I was joking, but I'm not. I love working to fill your box every week, and we have another full one for you!

You'll find beets in the box this week! Beets have a lot of natural sugar so deer love them, but we are happy to say the fence kept them out this year so that you can enjoy them! Simply roast in the oven or boil in a pot until you can stick a fork in them - the skin will peel right off and they are ready to eat. You can eat them raw by peeling and shredding onto a salad.

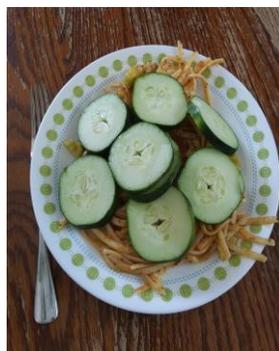
You will find a lot of cucumbers in the box again this week. We are thrilled to have so many this year! To help keep cool these days, try a refreshing drink called Cucumber Limeade. Or if you like them as much as my brother, David, does, you can eat them with breakfast, lunch, and dinner! The picture below is of his lunch. He topped a Tomatoes and Cucumber Linguini Salad with even more cucumbers. He is also the brother that eats tomatoes like apples ever since he was a toddler. We all love tomatoes here on the farm and are happy to share this delicious taste of summer with you!

Thank you for eating the seasons with us,

Sarah Farabaugh 



Look what Megan found!



David's Delish Dish!



Beautiful Beets!

This Week

Tomatoes

Set on the counter lying stem-side down

Zucchini

Refrigerate

Try a Zucchini Lasagna

Cucumbers

Refrigerate

Refresh with a Cucumber Limeade

Basil

Set out on counter

Garnish pasta with tomatoes

Scallions

Refrigerate

Milder flavor than an onion

Head Lettuce

Refrigerate in bag

Make a salad with tomatoes, cucumbers, and feta cheese

Swiss Chard

Refrigerate

Try Swiss Chard Quiche (p.1 of recipes on website)

Beets

Refrigerate

Peel and grate over a salad

Bell Pepper

Refrigerate

Eat plain or on salad

Next Week

(Our Best Guess)

Zucchini

Cucumber

Candy Onions

Tomatoes

Kale

Scallions

