



Greetings!

It's all about timing! Farming, sports, cooking, work, CSA deliveries – good timing is taken for granted, bad timing is noticed and penalized. Farmers can't get a crop planted early enough, frost occurs, crops are killed, farmers go into more debt or go bankrupt (crop insurance only pays so much). A receiver goes out for a pass, the quarterback throws the ball, the defender reacts and hits the receiver a quarter-second before the ball gets to the receiver – Foul! The referee penalizes the defending team 15 yards. The recipe calls for something to be 20 minutes in the oven, you get a phone call, get sucked into a YouTube video or TV program, have to placate a child; 30 minutes later you have charcoal instead of cookies. One day there is an accident that delays traffic, a few days later new road construction appears on your normal route, a few later, you can't get out of the driveway because the plow filled in your driveway; your boss notices you've been late recently and gives the promotion to the guy who walks to work. This last week, I had to help my brother's family move into their new home in Woodbury for two days, one worker has a mini-family reunion to attend over the weekend, another is away for last minute get-together with friends; frost is imminent; we scramble to get the vulnerable crops picked and packaged; boxes are filled; the email service decides to prohibit the timing of delivery notice; I am late and you are unaware. That's how it goes sometimes. With practice, we'll get better at it.

Here's what's in your box (in no particular order):

- Edamame
- Beans
- Carrots
- Cucumbers, slicers
- Onions
- Cauliflower or Napa cabbage
- Peppers: bells, bananas and jalapeños
- Tomatoes
- Basil, sage and rosemary
- Melon(s)

Notes on the contents:

The 1800 or so tomato plants have us scrambling to collect them. We made our best effort to package them to minimize damage. In general, the heirlooms are much softer than the hybrids so we put the former on top of the latter in the bag. We divvied out over 1200 pounds of tomatoes to you this week! There will be at least two more weeks of tomatoes, weather and workers permitting.

The edamame harvest was quite an effort. It took two of us the better part of two days to strip the plants of their pods. Below is a recipe that you can use them in, or you can eat them the traditional (Japanese) way: steam or boil the pods for 3-5 minutes (boiling takes lesser time), drain and rinse under cold water, (sea) salt the pods and strip the pods of their seeds with your teeth – fun for the whole family!

The cauliflower was either a yellow ('Cheddar') or white ('Quasar') variety. Many heads were a bit over mature, I admit – the purple tinge is an indication of that. Also, when you cut the heads up, be aware that there may be cabbage butterfly larvae hiding out inside. One way I know of to rid the head of these pests is to soak it in salt water for about 10 minutes. Otherwise, as you cut the head up into florets, inspect them: the bright green caterpillars stand out. (Every year we'll have some of these



and other brassica-eating 'worm' pests. This year, the level was fairly low so I did not bother treating for them. I would have used *Bt* (the bacterium *Bacillus thuringiensis*), one of the pillars of organic insect control – one whose stability is threatened by the widespread use genetically engineered crops like *Bt* corn that will likely result in *Bt* resistant pests. Please support GE labeling efforts and buy organic corn, grain and other ag products, as organic certification prohibits the use of GE'd crops.)

Again, the Napa cabbage may have damage from insects; simply lay the head on a board and chop off about an inch or so of the base, then put the leaves (now loose) in a bag and refrigerate.

Oh, the corn! What a disaster it was this year! At least 75% was taken by the raccoons. I share the sentiment of Charlie Brown trying to kick the football: Aaaaaarrrrgghh!!! I will see to it that the electric fence will be up next year.

This week saw the last of the cucumbers (I think) and the basil (definitely). The two crops produced better than I expected. (One of the benefits of pessimism is being pleasantly surprised when things go well.) I hope you enjoyed them! Fridge pickles, anyone?

Other items that may be more or less done are summer squash, melons (at least one more week, though) and beans to name a few. Cold temperatures and rapidly decreasing daylight mean the end is nigh. As the trees let go of their leaves, we too must let go of our seasonal ambitions.

Next week, there will be more beets (absent from this week because there was not time to get them), carrots, onions, tomatoes, peppers, chard, tomatillos, and brassicas. I plan on pulling up some leeks and begin to collect the winter squash. If not leeks, then we'll try getting some green onions picked and cleaned up. I'm thinking thyme, chives, marjoram, summer savory and/or parsley will get included next week. Bear in mind that the anticipated soggy weather and time constraints may prevent us from getting one or more of the items above in the box next time. The soggy it is, the more time it takes to clean those crops that we pull from the ground. The lettuces are looking good but are undersized so I'll likely hold off on them until a couple weeks. Still on the horizon are kale, collards, Brussels' sprouts and parsnips. I'll try to track down some pumpkins and organic potatoes for the last delivery; we're still harvesting raspberries (that we freeze) also for the last drop.

This time of year, any help harvesting is greatly appreciated!

Farm News

Growing/ weather

I'm getting a bit concerned about the rain this fall. Is this going to be another monsoon-like fall like last year was? The reason we had terrible flooding this spring was just that: the ground was completely saturated going into winter. If this is going to be the norm they might as well build another Farrgodome just to keep filled sandbags at the ready; I might as well sell the farm to some sucker, pack up the cats and move to some slope in Anywhere, World. Ahh, who am I kidding? I won't let a little runoff scare me away – something that could be remedied with a comprehensive, watershed-focused plan. (Maybe that will be my part of my platform in a run for office. Does anybody know if I can start taking contributions now for a run in 2020?)

Housekeeping

Great job on picking up and returning your boxes! For those of you at the Mosaic drop site who were waiting patiently when I arrived, I would have liked to individually thank you for your help in unloading or at least for calmly waiting for the boxes to get unloaded; alas, I had other drops to get to. Timing is so critical! Thanks to everyone for your understanding.

Keep looking for signage and/or instructions on the checklist stating what to grab in extra bins.

If you have not sent your final payment yet, please do so now.



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Community news, etc.

For those of you in Grand Forks this Saturday, visit my stand at the Town Square market and receive a 20% discount on items purchased there (we're under a blue pop-up canopy).

Recipe site

- Visit http://recipes.lovetoknow.com/wiki/Category:Tomato_Recipes for an actionable list of dozens of tomato recipes. One that caught my eye: Beet, Apple And Tomato Salad.
- Visit <http://www.epicurious.com/articlesguides/healthy/nutritiousdishes/healthytomatorecipes> for information and recipes on the healthful properties of tomatoes and many great ways to use them.

I hope this letter finds you all happy, healthy, and enjoying good food!

~ *Thor*



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Recipes and Info

- If you have trouble dealing with the tomatoes, the easiest way to kick the can down the road is to freeze them whole. They will be mushy when you take them out (cut them up when still partially frozen) out but at least they won't rot in the meantime. If you have never tried drying tomatoes, perhaps now would be a good time to try. I use food dehydrators to do this but it is possible to use an oven. After looking at a dozen or so websites, here is a procedure that I would try:
<http://www.cooksrecipes.com/sauce/oven-dried-tomatoes-recipe.html>
- Peppers, too, can be frozen whole without any fuss. I recommend at least quartering them, removing the seeds and pith, and freezing them in sealable freezer bags. I have one of those vacuum sealer devices that I use on occasion, but here's a simple low budget trick I've used: before you completely seal the bag, stick a straw in the unsealed corner, exhale and start sucking the air out of the bag with the straw and seal or clamp the remainder of the bag; pull out the straw quickly when the bag has 'sucked in'. Freeze. (Don't be surprised if the bag doesn't stay 'vacuum packed'.)

Tomatoes and Onion with Parsley Vinaigrette (4 servings)

This is especially good when tomatoes are at their peak. The seasonings are simple. If you don't have a red onion, use a mild onion of your choice. You can replace the parsley with basil or another herb of your choice.

2 large ripe tomatoes (about 1 pound)

1 medium red onion

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

1 tablespoon red wine vinegar

3 tablespoons extra virgin olive oil

2 tablespoons chopped fresh flat-leaf parsley or other savory herb

Cut the tomatoes into ¼ inch slices and arrange on a platter.

Peel the onion, cut it into very thin slices and arrange the slices on top of the tomato.

Sprinkle with the salt, pepper, vinegar and oil.

Sprinkle with the parsley and serve.

Broccoli Piquant (4 servings)

The broccoli is steamed briefly so that it keeps all of its nutrients and its deep green color. Flavored with lemon juice, olive oil and Tabasco sauce, this can be served as a first course.

Lemon Sauce

1 ½ tablespoons lemon juice

2 tablespoons virgin olive oil

¼ teaspoon Tabasco hot pepper sauce

¼ teaspoon salt

1 ½ pounds broccoli, cleaned

Combine the lemon juice, olive oil, Tabasco and salt in a bowl. Mix well and set aside.

Separate the broccoli florets from the stems. If the exterior is tough, peel the stems and cut them into slices about ½ inch thick by 2 inches long.

Prepare a pot for steaming (about inch of water and a steamer basket or another set up) and bring to a boil. Place broccoli in the steamer and steam, covered, for 2-4 minutes.

Toss gently with the sauce and serve.

Pasta and Zucchini (4 servings)



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This creates a rich colorful pasta sauce that is not too high in calories.

- 10 cups water
- 6 ounces farfalle (bow tie pasta)
- 2 small zucchini
- 3 tablespoons virgin olive oil
- 8 cloves garlic, peeled and thinly sliced
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons grated parmesan cheese

Bring water to a boil in a large saucepan. Add the pasta, bring back to a boil and boil (according to pasta directions) until done as desired.

Meanwhile, wash and trim the zucchini, cut them in half crosswise and cut them lengthwise into ¼ inch slices. Stack the slices and cut them lengthwise into ¼ inch sticks (2 to 3 inches long, about 2 cups worth).

Heat oil in a skillet. When hot, sauté the zucchini sticks over high heat for 3-4 minutes until lightly browned and cooked through. Add the garlic and sauté for 30 seconds longer.

When the pasta is cooked, remove 1/3 cup of the cooking liquid and place it in a bowl large enough to hold the pasta. Drain the pasta through a colander and add it to the bowl. Add the zucchini, salt and pepper; toss to combine.

Serve with grated cheese.

Melon in Port Wine (4 servings)

This is often served in France as a first course. Use the melon of your choice – cantaloupe will work well.

- 1 ripe melon
- ¼ cup port wine
- A few leaves of sage, coarsely chopped (optional)
- Freshly ground black pepper (optional)

Cut the melon in half crosswise. Spoon out seeds and discard (or save for your garden next year).

Scoop out the melon with a melon baller. Go layer by layer until all the melon has been removed. Set aside the melon shells. Put the melon balls in a bowl.

Add the port to the bowl with the melon balls and mix. Cover and refrigerate for 1 or 2 hours.

Using a sharp paring knife, cut the edge of each shell into decorative pointed “teeth”.

At serving time, fill the shells with the melon balls and sprinkle with chopped sage (optional).

At the table, spoon the melon balls onto individual dessert plates and serve cold with freshly ground pepper sprinkled on top (optional).

Grilled Eggplant on Greens (4 servings)

The smaller eggplants are ideal for this dish. If they are not available, use the standard Italian (globe) variety.

The eggplant works very well served on a variety of greens (chard, arugula, spinach, etc.).

- 2 small firm eggplants, preferably the long, narrow Japanese variety (about 1 pound total)
- 1 tablespoon canola oil
- ½ tablespoon salt
- 2 tablespoons virgin olive oil
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 3 cups (loose) greens, thoroughly washed and dried

Cut off and discard the top and bottom ends of the eggplant and cut them lengthwise into ½ inch slices (about eight slices). Rub the slices on both sides with the canola oil and sprinkle with salt.

Heat a grill until very hot. Place the eggplant slices on the grill and cook for 3 minutes on each side.



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Meanwhile, combine the olive oil, soy sauce and vinegar in a small bowl.

Arrange the salad greens on a platter and place the grilled eggplant slices on top. Pour the sauce over both. Serve immediately.

Steamed Cauliflower with Chives (4 servings)

- 1 firm cauliflower trimmed of all green leaves
- 3 cups water
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- 1 tablespoon peanut oil
- ¼ cup minced fresh chives

Divide the cauliflower into 12 to 16 florets of approximately equal size and rinse in cold water.

Bring the water to a boil in the base of a steamer or pot. Place a steamer basket in the pot, add the cauliflower florets, cover and cook over medium to high heat for about 5 minutes or until the florets are fork tender.

Transfer the cauliflower to a serving bowl, add the salt, pepper, butter, peanut oil and chives; toss briefly to mix. Serve immediately.

Adapted from "Jacques Pepin's Table" by Jacques Pepin

Farmer's Market Tomato and Sweet Onion Soup (4 servings)

When you use real tomatoes, this soup has a great, sun-warmed flavor.

- ¼ cup extra-virgin olive oil
- 2 cups diced onion
- 3 tablespoons coarsely chopped basil
- 1 large garlic clove, minced
- 5-6 large vine-ripened tomatoes, peeled, seeded (or not) and coarsely chopped
- 3 cups water
- 3 teaspoons kosher salt
- ¾ teaspoon freshly ground black pepper
- 2 tablespoons freshly grated Parmesan cheese rind plus 4 tablespoons for topping
- Extra-virgin olive oil for topping
- Rustic bread, sliced and toasted for topping

In a large pot, heat the olive oil over medium heat. Add the onion and cook until translucent, about 4 minutes.

Add the basil and garlic and sauté for 2 to 3 minutes. Add the tomatoes and water. Bring to a boil, turn the heat to medium-low and simmer for 30 minutes.

Add the salt, pepper and the 2 tablespoons cheese or the cheese rind and simmer for another 10 minutes or so. If using the rind, lift it out with tongs. In a blender or food processor, puree the soup until smooth. Check the seasonings, adding more salt and pepper if needed.

Ladle the soup into four serving bowls, giving each bowl a light drizzle of olive oil, and top with a slice of toasted bread and a dusting of the remaining cheese.

Adapted from "Cooking from THE HIP" by Cat Cora

Summer Melon with Feta, Basil, and Cucumber

Melons vary wildly in size, so adjust the ingredients up or down, depending on what you have. The ratio for this recipe is 1 pound of melon to ½ of a cucumber.

- 1-1pound melon cut into chunks ½ by 2 to 3 inches.
- 8 basil leaves cut into strips
- half of a slicing cucumber, peel if skin is tough, cut lengthwise and sliced into ½ inch pieces
- ¼ teaspoon salt



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¾ cup feta cheese
2 tablespoons extra virgin olive oil
¼ teaspoon coarse ground black pepper
Optional: ½ teaspoon crushed red pepper flakes or harissa

Combine the melon and basil in a bowl and refrigerate for at least 10 minutes.

Combine the cucumber slices and salt and refrigerate until they are very cold.

Arrange the melon on a platter and lay the cucumber over the top. Sprinkle on the feta cheese, pour on the olive oil and crack the black pepper on top. Serve immediately.

Alternative: You can give this a bit of heat and spice by whisking crushed red pepper flakes or harissa with the olive oil before drizzling.

Adapted from "Urban Italian" by Andrew Carmellini.

Edamame and Summer Bean Salad (8 servings)

This dish is loaded with texture and flavor. It's easy to make ahead of time.

¾ pound wax beans
2 cups shelled edamame
2 green onions
2 tomatoes seeded and diced
1 tablespoon chopped fresh basil
1 tablespoon rice vinegar
1 tablespoon fresh lime juice
1 teaspoon honey
1 teaspoon Dijon mustard
2 teaspoons olive oil
½ teaspoon salt
¼ teaspoon freshly ground pepper

Trim the beans and cut into thirds. In a large pot fitted with a steamer basket, bring 1 inch water to a boil. Add the wax beans and edamame; cover and steam until both are tender-crisp, about 4-5 minutes. Drain into colander, rinse with cold water and drain again.

Trim the green onions then thinly slice on the diagonal, including the tender green tops.

In a large bowl, combine the steamed edamame and beans, green onions, tomatoes and basil. Toss to mix evenly.

In a small bowl, combine the vinegar, lime juice, honey and mustard. Whisk in the olive oil. Add the dressing to the vegetables and toss to coat. Season with salt and pepper. Serve chilled or at room temperature.

Curried Carrot Soup (6 servings)

A splash of lime juice and a blend of spices transform this soup into a wonderful indulgence. Serve it with a salad and crusty bread for a complete meal.

1 tablespoon olive oil
1 teaspoon mustard seed
½ yellow onion, chopped
1 lb carrots, scrubbed and cut into ½ inch pieces
1 tablespoon plus 1 teaspoon peeled and chopped fresh ginger
½ - 1 jalapeño, seeded
2 teaspoons curry powder
5 cups vegetable stock or broth (or other stock or broth if you prefer)
¼ cup chopped fresh cilantro plus leaves for garnish
2 tablespoons fresh lime juice
½ teaspoon salt (optional)
3 tablespoons sour cream or plain yogurt



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Grated zest of 1 lime

In a large saucepan, heat the olive oil over medium heat. Add the mustard seed. When the seeds just start to pop, after about 1 minute, add the onion and sauté until soft and translucent, about 4 minutes. Add the carrots, ginger, jalapeno and curry powder and sauté until the seasonings are fragrant, about 3 minutes.

Add 3 cups of the stock, raise the heat to high and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, until the carrots are tender, about 6 minutes.

In a blender or food processor, puree the soup in batches until smooth and return to the saucepan. Stir in the remaining two cups of stock or broth. Return the soup to medium heat and reheat gently. Just before serving, stir in the chopped cilantro and lime juice. Season with salt if desired.

Ladle into warmed individual bowls. Garnish with a drizzle of sour cream or yogurt, a sprinkle of lime zest and cilantro leaves.

Sichuan Broccoli and Cauliflower (6 servings)

You can substitute equal measures of other favorite vegetables. This is a quick and easy recipe and very tasty. The oyster sauce is optional. (You can substitute vegetarian mushroom based "oyster sauce" found in health food stores and Asian markets/sections. Read labels to avoid MSG and high fructose corn syrup. This sauce is great with vegetables, poultry, etc.)

3 cups cauliflower florets

3 cups broccoli florets

3 tablespoons oyster sauce (optional)

1 tablespoon water

¼ teaspoon chili paste or red pepper flakes

1 tablespoon high temperature oil (canola, soybean, peanut, corn)

1 tablespoon peeled and minced fresh ginger

3 cloves garlic, minced

1 carrot, scrubbed and thinly sliced on the diagonal

1 green onion, green top only, thinly sliced on the diagonal

Blanch the cauliflower and broccoli in a large pot of boiling water for two minutes. Drain the vegetables and then plunge them into a bowl of ice-cold water to stop the cooking. (Tip: for efficiency, put vegetables in a strainer basket insert that can be lifted out quickly.) Allow veggies to cool in water for a few minutes. Drain and set aside.

In a small bowl, stir together the oyster sauce, water and chili paste; set aside.

In a large, heavy frying pan, heat the oil over medium-high heat. Add the ginger and garlic and sauté for 30 seconds; do not let the garlic brown. Add the carrot and sauté for 1 minute. Add the cauliflower and broccoli and toss/stir until just tender, about 2 minutes. Add the oyster sauce mixture and toss/stir until the sauce is evenly distributed and the mixture is heated through, about 1 minute.

Transfer to a warmed serving dish and garnish with the green onion. Serve immediately.

Adapted from "The New Mayo Clinic Cookbook"

Cabbage and Chickpea Soup (8 servings)

Careful cooking can make the most humble ingredients taste exceptionally good. You can vary this soup in several ways with a quick hunt through your refrigerator and pantry. Try leftover cooked chickpeas or other beans; substitute Savoy cabbage, spinach, kale, escarole or other greens. (Adjust cooking times as necessary depending on the ingredients.) Add a pinch of harissa or chili, or try grating a good cheese over the top.

Note: If using dried chickpeas you need to soak them the night before.

Flavor tip: Simmering the minced garlic in a bit of water before adding the remaining ingredients softens its flavor.

1½ cups dried chickpeas

4 garlic cloves, 2 unpeeled, 2 minced

1 fresh rosemary sprig



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6-7 cups water
2 tablespoons extra virgin olive oil
1-2 to 3 pound green cabbage, cored and thinly sliced (about 10 cups)
1 teaspoon medium coarse sea salt, to taste
Coarsely ground black pepper

Rinse chickpeas well and remove any stones. Place in a large bowl with 2 whole garlic cloves and rosemary, cover with 2 ½ cups cold water and soak overnight.

Pour soaked chickpeas and their liquid, garlic and rosemary into a medium saucepan; add 2 cups water. Bring to a gentle simmer and cook until chickpeas are tender. Adding water in 1/ 2 cup increments as necessary to keep chickpeas just submerged, about 2 hours. Remove from heat (do not drain).

Remove garlic cloves and let cool slightly, then squeeze pulp from skin and stir into chickpeas. Discard rosemary sprig.

Heat oil in a large Dutch oven or other heavy pot over medium heat. Add minced garlic and cook, stirring, for 1 minute. Add ¼ cup water, bring to a simmer, and cook for 4 minutes. Add cabbage and cook, stirring, just until it starts to wilt, about 1 minute. Add 1 cup water and salt, bring to a simmer and cook until cabbage starts to become tender, about 10 minutes.

Add chickpeas and their liquid and simmer until cabbage is tender and flavors are blended, about 20 minutes more. Adjust salt as necessary. Finish with freshly ground pepper.

Adapted from “Olives and Oranges” by Sara Jenkins and Mindy Fox



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