

McDougal's Farm LLC

What's Growing On !

Aug.17th, 2017

Farm News

First of all, **A+** on the **box return** this week!!!...and a big thank you for collapsing the boxes. It makes transport so much easier...can't believe it took us this long to figure that out:)

Had another busy week as we tipped the scale to the last half of the growing season....the best part:) As quick as we plowed under exhausted beans, broccoli and cauliflower plants, new seedlings were being planted in the greenhouse. We never know for sure if these last little seedlings will have the time (or weather) to mature, but it always feels good to pull a rabbit out of the hat when nobody is expecting it. That late season broccoli last year for the winter shares was amazing!...in all honesty, it surprised us too. It's always fun pushing the limits a bit and gambling on the season. Sometimes it works, sometimes it doesn't. But one sure thing, if we think we have it all figured out, Mother Nature *is* going to switch it up the next year. The tomatoes have all been tied up, exposing a pretty good crop. The rain this week will help plump them up. The garlic has all been pulled and is curing and the cucumbers look like they are ready to throw in the towel for the season. If you get any more, they *will* be ugly. The sweet corn is beginning to tassel with only a few cobs to be seen so far, so again, "think sweet corn". Let's make this happen....we are so close.

Every once in a while, someone will ask us how we are doing? They sometimes seem concerned. Not sure if it's the muddy boots, dirty pants, un-kept hair or lack of:) But we are doing good....more than good....we are happy!... and love what we do. We are grateful every day we get to walk out our back door and go to work. To a place that can be as quiet as we want it to be or as bustling and busy as we choose. We are still awed every day. It might be recognizing the great cosmic swirl in every plant we grow or pulling a 2 foot Daikon radish out of the ground...what a rush. Every day is something new and we feel incredibly

grateful to be your farmers...**thank you** for supporting our little farm, so we can continue doing what we love.

What's in the Box

She is chucked full of goodness this week! This week you will find the last of the **cauliflower** for the season. There is a Cheesy Cheddar Cauliflower soup recipe at mcdouglasfarm.com. You will also find "**Packer**" beans (yellow and green), **celery** (can chop and put directly into freezer for later soups), **tomatoes**, **Daikon radish** (long white root, great in stir fries and soups), **onions**, **garlic**, **Kossak** (huge kohlrabi), a bag of **kale** and a small bag of **leaf lettuce**. You will also get **sweet bell peppers and zucchini**.....hope this all fits!

The following recipe was a grand slam at our family reunion this weekend. My sister, Glenda sat back proudly as all our nieces, nephews and their little ones devoured an armful of her kale...disguised as fudgy, moist brownies. A+ sister!! Like they say, "Kale smoothies taste so much better when they are brownies":)

Kale Brownies by Jeanne Fratello

1 large bunch kale
1¼ cup flour
2 T. cocoa powder
1 tsp. salt
1 cup semi-sweet chocolate chips
3 ounces dark chocolate
1 cup (8 ounces) unsalted butter
1½ cups granulated sugar
½ cup packed brown sugar
4 eggs at room temperature, beaten
1½ tsp. vanilla extract

Wash the kale and pat it dry. Gently tear the leafy portion away from the thick stems. Place the kale leaves in a steamer and steam for 5 minutes or until wilted. Place the wilted kale in a food processor and puree the kale. Drain any excess liquid and set aside the kale. You should have about 1 cup of kale.

Meanwhile, in a small mixing bowl, combine the flour, cocoa powder, and salt. Mix until thoroughly combined.

In the top of a large double boiler, melt the butter, the chocolate chips, and the dark chocolate together, stirring until evenly melted and smooth. Remove from heat and let it sit until it cools to room temperature. Add the eggs, kale, sugars, and vanilla and mix with the chocolate mixture until combined. Gently fold in the flour mixture until just barely combined, taking care not to over-mix.

Prepare a 13"x 9" pan by greasing it with butter and then lining it with parchment paper. Carefully pour the brownie batter into the pan. Bake at 350 degrees for 35 minutes, or until a toothpick comes out clean. Yield: 24 brownies.

Note: As soon as possible after they come out of the oven, carefully lift the brownies up (by holding on to the parchment paper) and out of the pan (if they sit in the hot pan they may continue to "cook" and may get dry). Allow the brownies to cool while sitting on the parchment paper before cutting them.

This recipe is from my sister Glenda as well....she's on a roll! This would make wonderful moist muffins as well...enjoy

Lemony Raspberry Zucchini Bread with a Lemony Glaze

Makes one 9" loaf

For the Bread

2 cups unbleached all-purpose flour

2 teaspoon baking powder

1/2 tsp salt

2 eggs

1/2 cup vegetable oil

2/3 cup sugar

1/2 cup milk

1/4 cup fresh lemon juice

Zest of 1 lemon

1 cup grated zucchini

1 cup of raspberries

For the Glaze

1 cup powdered sugar

2 Tablespoons fresh lemon juice

1. Preheat oven to 350 °F. Grease and flour a 9×5" loaf pan, set aside.
2. In large bowl, blend flour, baking powder, and salt.
3. In the mixer bowl of a stand mixer/medium-sized bowl, beat 2 eggs well. Then add oil and sugar, and beat on low until well combined. Add the milk, lemon juice, and lemon zest; blend everything well.
4. Gently mix in the zucchini until just evenly distributed in mixture.
5. Add dry ingredients and fold everything together, but don't over mix.
6. Fold in the raspberries.
7. Pour the batter into the loaf pan. Bake for 45 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes then remove to a wire rack and cool completely.
8. While the loaf is cooling, in small bowl, mix the powdered sugar and lemon juice until well blended. Spoon the glaze over the cooled loaf. Let the glaze set prior to slicing and serving.

Zuppa Toscana

{Creamy Potato & Kale Soup with Italian Sausage}

Creamy, spicy potato and kale soup with Italian sausage. Similar to Olive Garden's

- 1 tablespoon olive oil
- 1 pound Italian sausage
- ¼ teaspoon red pepper flakes (or to taste)
- 3 cloves garlic, minced
- 1 onion, diced
- 4 cups chicken broth
- 3 small russet potatoes, thinly sliced
- 2 cups kale, finely chopped
- 1 cup heavy cream
- salt and pepper to taste

To a large pot over medium heat, add the olive oil. Brown the sausage until no longer pink. Add the red pepper flakes, garlic, and onion and cook, stirring often, until the onions are translucent and the garlic is fragrant, about 4 minutes. Add the chicken broth, potatoes, and kale. Bring the broth to a simmer, reduce the heat to medium-low, and cook until the potatoes are tender, about 10 minutes. Remove the soup from the heat, stir in the cream, and season with salt and pepper to taste. Ladle into soup bowls and serve