

McDougal's Farm LLC

What's Growing On!

Aug. 30th, 2017

Farm News

With a few tinged leaves already, we head into the sweet season. That growing period when cool nights trigger the crops to finish up and their natural sugar content climbs. This is something most people miss that shop conventional and probably the number one reason vegetables get a bad wrap...they lack that sweetness. Food needs to be fresh and picked ripe, not half ripe so they endure the 1500 mile trip (example). - green rock hard tomatoes travel better than vine ripened ones). Time and time again we hear stories of little CSA box gobblers that don't normally enjoy their veggies but are eating the beans or peas right out of the box before they get to the table. Way to go kids!! They will for sure enjoy this week's beans. Slenderettes are our favorite green bean because of their sweetness. Now you need to convince them the purple Kale in this week's box is grape flavored. You may get a mouthful in them before they realize, it is not:)

With only six weeks remaining, we already have begun to pull some of our fencing down and can't wait to get the rest of the laid plastic pulled up, so we can get a late cover crop in. The carrots and late broccoli are coming in strong, along with an incredible crop of sweet peppers.... the sweet corn, maybe next week!! We are so excited we only talk about it in whispers so we don't jinks it or let any eaves dropping raccoons hear. However we are pretty sure they are keeping a close eye on it as well. Their destruction is usually our first green flag that the corn has reached perfection.

So as the season continues and you embrace the abundance, take a little time to appreciate that this is not the "Norm" everywhere. We truly live in the land of Milk and honey...and glorious vegetables....which reminds us. Our bees are doing well with new young in big numbers. We will be checking the hives this week to see if they will have any extra honey they might want to share this Fall. Actually they are

not big on sharing...but we will see what we can do and let you know.... just in time for the "Sweet" Season.

Yoga at 5pm on Thursdays in the big greenhouse...bring a mat and a smile.

Enjoy your box of goodness.

What's in the Box

This week in your box you will find **beets, green beans, garlic, golden flesh potatoes, a bouquet of Thyme** (less is more, great on roast. We dry ours and use it all winter), **kohlrabi, leaf lettuce, Sweet Bell peppers, tomatoes and Redbor Kale**. If you find anything else.....shhhh.

Thyme and Yukon Gold Potato Gratin

2 -1/2 cups heavy whipping cream

2 tablespoons unsalted butter

1 teaspoon minced garlic

3 pounds gold potatoes

1- 1/2 cups shredded Gruyere cheese (a hard yellow cheese named after a town in Switzerland. Can use Swiss as a substitute)

2 Tablespoons minced fresh thyme

1 teaspoon coarse or kosher salt

1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees. Butter a 9x13 baking dish.

Combine the cream, butter and garlic in a medium saucepan and bring to barely a simmer over medium heat. Remove from the heat.

While the mixture is heating, peel the potatoes and slice them very thinly.

Combine the cheese, thyme, salt, and pepper in a small bowl. Spread half of the potatoes in the prepared baking dish. Sprinkle with half of the cheese mixture. Repeat with the remaining potatoes and then the remaining cheese mixture. Pour the cream mixture over the potatoes, and press down on the potatoes to make sure they are mostly submerged in the liquid. Bake on a lower rack in the oven for about 60- 65 minutes, until the top is golden brown and the potatoes have absorbed most of the cream and are very tender, a knife should slide in easily. Let stand for 10-15 minutes before serving.

Roasted Beets from the Foodnetwork

- 12 beets
- 3 tablespoons good olive oil
- 1- 1/2 teaspoons fresh thyme leaves, minced
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons raspberry vinegar
- Juice of 1 large orange

Preheat the oven to 400 degrees.

Remove the tops and the roots of the beets and peel each one with a vegetable peeler. Cut the beets in 1 1/2-inch chunks. (Small beets can be halved, medium ones cut in quarters, and large beets cut in eighths.) Place the cut beets on a baking sheet and toss with the olive oil, thyme leaves, salt, and pepper. Roast for 35 to 40 minutes, turning once or twice with a spatula, until the beets are tender. Remove from the oven and immediately toss with the vinegar and orange juice. Sprinkle with salt and pepper and serve warm.