

# McDougal's Farm LLC

What's Growing On!

Sept. 21st, 2017

## Farm News

Please return your boxes, we are running short...

The big event on the farm this week was defiantly **potato digging**. We usually have to hand fork about an acre and a half of potatoes. A very back breaking, time consuming process. This year a friend of ours borrowed us his 112 year old potato digger that the previous owner used as a lawn ornament. After 60 years of not getting her feet dirty, we put the old gal back to work. She ran like a charm! We giggled, laughed and hooted for the whole first 4 beds....this was so easy!! No electric or gas, no dust plumes or exhaust. Just some cleverly placed gears.....amazing! The laughing soon quieted down when we looked behind us to see how many potatoes were laying all over the ground...a record crop. So many it was almost disturbing....we reminded ourselves to be grateful for the bounty and then got to picking them up....over two ton! Whew!

The other thing that stands out this week was our **amazing crew**. Muddy to the chin, soaked to their britches and pooped by noon....and still smiling. We pulled, pushed and drug all morning...and we all looked like it:) Tear down season can be tough, dirty and hard on the muscles, but thanks to Betsy, Sarah and Renee we crushed *two* big dirty jobs in one morning. Thank you girls...you're the best!

This week we are going to try to get more tomatoes in your box. They are usually the last thing that goes in, so when we run out of room, the tomatoes get slighted...and we have *plenty*. Our goal this week is to try to get enough tomatoes in each box for a little salsa, but with another round of sweet corn this week and peppers that keep multiplying, we are afraid it's going to be another challenge this week.

The crops did good this year and it looks like we will be able to offer **winter shares** again this Fall. We don't have all the details just yet but just wanted to give you all the heads up. The limited shares will be filled on a first come, first serve bases like previous years and we are hoping to offer two sizes again.

The trees are really getting colorful now. Be sure to take some time to enjoy our Wisconsin. **Have a great weekend.**

## What's in the Box

This week in your box you will find **White Pearl sweet corn**. The sooner you eat it, the sweeter it will be...Yum! You will also find a head of **broccoli**, a bag of gold**potatoes, tomatoes, sweet banana peppers, a few hot jalapeno peppers (in bag), onions, garlic and cilantro** (maybe, looks iffy) The large shares will also get a head of **cauliflower**.

**Peeling Garlic Tip:** steaming the whole garlic bulb first will make the skins pop right off. A few seconds in the microwave will do the same.

### May's Garden Fresh Black Bean Salsa

- 1 can (15 oz.) black beans
- 2 small green onions chopped (greens and all) or ½ cup chopped onion
- 2-4 cloves garlic, crushed
- 2-3 large ripe tomatoes, diced
- 2 jalapeno peppers, remove seeds and finely chop
- 1 teaspoon of ground cumin
- ½ teaspoon celery seed or chopped fresh celery tops
- ½ teaspoon chili powder
- ¼ cup cilantro, chopped
- ¼ cup flat leaf parsley, chopped
- 1 Tablespoon lemon juice
- ½ teaspoon salt
- 4 oz of crumbled feta cheese

Mix all together and serve with tortilla chips

### Corny tomato dumpling soup from Prize winning soups, by Jackie Ferris Tiverton

- 1 pound ground beef
- 3 cups fresh sweet corn
- 1- 28 oz. can of tomatoes undrained or fresh
- 2 cans of beef broth (14-1/2 oz each)
- 1 cup chopped onion
- 1 garlic clove minced
- 1-1/2 teaspoon dried basil
- 1 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary crushed
- salt and pepper to taste

#### **Corn dumplings:**

- 1 cup flour
- 1/2 cornmeal
- 2 1/2 teaspoon baking powder

1/2 teaspoon salt  
1 egg  
2/3 cup milk  
1 cup fresh corn  
1/2 cup shredded cheddar cheese  
1 tablespoon minced fresh parsley

In a large saucepan or Dutch oven over medium heat cook beef until no longer pink, drain. Stir in corn, tomatoes, broth, onions, garlic, and seasoning. Bring to a boil. Reduce heat; cover saucepan and let simmer for 30-45 minutes.

**For dumplings**, combine flour, cornmeal, baking powder and salt in a bowl. In another bowl, beat eggs; stir in milk, corn, cheese and parsley. Stir into the dry ingredients just enough until moistened. Drop dough by the tablespoonfuls on the simmering soup. Cover and simmer for 15 minutes or until a toothpick inserted in a dumpling comes out clean (**do not lift cover while simmering**)