

McDougal's Farm LLC

What's Growing On !

Sept.28th, 2017

Farm News

We took the color from the trees this week and put them all in your box. Red, orange, yellow and green....a very picture worthy box:). We also usually have a recipe in mind when we put the boxes together. This week it is all the ingredients for fajitas (a Mexican veggie wrap) or kimchi (a spicy Korean fermented veggie side dish that aids in digestion and is packed with probiotics). It's interesting that even the spell check on this computer doesn't recognize the word *probiotics*. We live in a society where everyone knows what **antibiotics** (anti-life) are, but fewer know about **probiotics** (for-life). We feel probiotics are the secret to a vibrant, healthy life or good gut flora anyway:) Learn about them....now back to the farm.

The crops are coming in from the fields faster than the boxes are going out...a very nice problem to have, but it is getting very congested in the packing shed and cooler. Twice now we have had to run to town to buy towers of tubs,... and the carrot and beet harvest still looms over our heads. This unseasonal heat may mimic July and may even give us the false notion that we have plenty of time but a quick reality check of past Wisconsin weather tells us to keep moving forward and get those crops in as soon as we can. Your veggies AND your farmers are not enjoying this bazaar heat this late in the season.

Tear down continues this week as we clean out the hoop houses...but they still don't get to rest, and that means we don't get to either. They have one more round to go as we plant them with romaine transplants and spinach. We are hoping to make these greens a nice addition to our winter shares and our late season Pick-n-Choose Daze. Some of the fences will also come down this week so the tractor can get in and finish up some of the field work. The deer always appreciate the fences coming down. No more ZAP! anxiety...the turkeys don't seem to mind either way. They have been jumping fence all summer.

Enjoy the last few cobs of sweet corn this week. Can't believe we are to this point already with only two weeks to go after this week. October 12th will be our last delivery this season. It has been another abundant, beautiful season.....feeling grateful... a little achy, but stronger and wiser than this spring:) Life is good.

What's in the Box

This week in your box you will find the last few ears of **sweet corn** for the season. Plenty for Cowboy Caviar or Turkey chowder. You will also find **Napa cabbage**. Napa cabbage is lighter and less chewy than regular cabbage so it can be made into fresh salads, great for kimchi or added to soups and stir fries. You will also get a generous portion of **carrots**. They are huge, sweet and crispy this year! You will also find an array of beautiful **peppers** (all sweet, all colors), **onions, garlic, celery, romaine** and **tomatoes**.

We added cooled cubed grilled chicken breast to the following as well...yum!

Indian Summer Pasta salad

8 oz. medium shell pasta

1 large onion

2 cups of chopped broccoli

2 cups of chopped multicolored peppers

2 tomatoes chopped

1 can black pitted olives, sliced or chopped

1 cup Colby cheese, cubed

Dressing:

1/2 cup olive oil

1/2 tsp. salt

1/4 tsp ground black pepper

2 Tbsp. Dijon Mustard

1/2 tsp. minced garlic (we use more)

3 Tbsp lemon juice or juice from half a lemon

1/2 tsp. Worcestershire Sauce

4 Tbsp. Grated Parmesan Cheese

Cook medium shells according to package directions, rinse with cold water and drain. In large bowl stir together all the salad ingredients except the cheese. Gently stir in pasta and cheese. In medium bowl, combine all the dressing ingredients except the parmesan cheese. Pour dressing over salad. Toss to coat. Sprinkle with parmesan cheese.

This one is always a winner

Carrot Pineapple Cake

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 3/4 cups white sugar
- 1 cup vegetable oil
- 3 eggs
- 1 teaspoon vanilla extract
- 2 cups shredded carrots
- 1 cup flaked coconut
- 1 cup chopped walnuts
- 1 (8 ounce) can crushed pineapple, drained
- 1 (8 ounce) package cream cheese

- 1/4 cup butter, softened
- 2 cups confectioners' sugar

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
2. Mix flour, baking soda, baking powder, salt and cinnamon. Make a well in the center and add sugar, oil, eggs and vanilla. Mix with wooden spoon until smooth. Stir in carrots, coconut, walnuts and pineapple.
3. Pour into 9x13 inch pan. Bake at 350 degrees for about 45 minutes. Don't panic, the center will sink a little. Allow to cool.
4. To make the frosting: Cream the butter and cream cheese until smooth. Add the confectioners' sugar and beat until creamy

Kimchi can be made many ways. You can add or subtract from this following recipe. Add chopped colored peppers, shredded carrots or sesame seeds if you like. Make it spicier or not so much. We like ours with cashews and dried cranberries added at serving time. Have fun with it.

KIMCHI

- 1/2 cup kosher salt, divided
 - 2 3/4 pounds Napa (Chinese) cabbage, quartered lengthwise
 - 2 cups thinly sliced green onions (onions are fine)
 - 2 cups finely grated peeled daikon radish (about 1 medium)
 - 1 1/2 cups water
 - 1/2 cup rice vinegar
 - 2 tablespoons sugar
 - 2 tablespoons minced fresh garlic
 - 1 1/2 tablespoons grated peeled fresh ginger
 - 3 tablespoons sambal oelek (ground fresh chili paste)
1. Reserve 1/2 teaspoon salt; set aside. Place cabbage in a large bowl; sprinkle remaining salt over cabbage, sprinkling between leaves. Weigh down cabbage with a smaller bowl filled with cans. Let stand at room temperature for 2 hours; drain. Rinse cabbage thoroughly under cold water; drain. Remove cabbage leaves from core; discard core.
 2. Combine reserved 1/2 teaspoon salt, onions, and remaining ingredients in a medium bowl. Spread radish mixture onto cabbage leaves; arrange leaves in layers in a 1-quart airtight container, pressing leaves to compress mixture. Top leaves with any remaining radish mixture. Cover and refrigerate 1 week. Store in an airtight container in refrigerator up to 2 weeks