

McDougal's Farm LLC

What's Growing On!

Aug.10th, 2017

Farm News

Urgent news: Please return your boxes weekly. We ordered plenty for each of you for the whole season but had to scramble to find enough to finish this week's delivery....and we are only half way through the season! Tomato season is coming and I don't think you are going to want them smashed into feed sacks.

We are officially, "Full of Beans!" The tubs are full, the cooler is full, our bellies are full. Earlier this Spring it didn't look so promising. So what a nice surprise to have ample for everybody AND a few deer as well. This week you have a good measure of Royal Burgundy beans in your box, beautiful, deep purple!.....taste the same, they just pack more antioxidants than the green beans. Hope your family appreciates a little something different on their plate this week.

If the beans don't catch their attention, the beets will. You may notice you have several varieties mixed in your beet bag. Deep dark red, bright yellow, bright red...some cylinder in shape, some round....again, going for something you may not get to experience from the store. If you don't like beets, you owe it to yourself to give them a try one more time. Fresh beets don't taste like store bought. McDougal's Farm proudly takes the blame for many beet converts out there.... and not ashamed to admit, we are Beet Pushers. What they do for tired blood is amazing and it's shameful for them to sit shriveling up in your refrigerator drawer. If you are dealing with someone who absolutely won't eat them, serve them incognito. Baked them into a chocolate cake! Recipe at mcdougalsfarm.com

What a beautiful full moon this week....and a powerful one at that. We have read books on how the moon affects plant growth, but this week we saw it with our own eyes. In a nutshell, as the moon swells, the top leafy part of the plant will grow more rapidly from the pull of the moon. As the moon wanes, more growing energy is transferred to the roots, pushing the roots down and outward. So keep that full moon *pull* in mind as you check out a few pictures we took from the field this week. The vegetables seriously look like they are being pulled right out of the ground...the Dakon radish and Cylindra beet still holding on to the dirt for dear life....the hefty Purpletop turnip sitting *on top* of the ground. Hope the moon wanes before our pumpkins take flight.

What's in your Box

This week in your box you will find a bag of **beets** (boil or roast till tender with skins on. Skins will slip right off when cooled), **romaine**, **cilantro**, **colorful Swiss chard** (sorry, little dirty this week. Going to need a good rinsing. Recipes for chard at mcdougalsfarm.com), **Royal Burgundy beans**, **cauliflower**, **broccoli** and **Hakerei turnips** (white, look like radishes and can be eaten like radishes but sweet and crispy).

Roasted Beet Salad with crumbled Feta

1 bunch red beets

1 bunch golden beets

¼ cup crumbled [feta cheese](#)

1 cup chopped romaine, baby greens or cilantro- rinsed and dried

½ cup [extra virgin olive oil](#)

1 lemon

Kosher salt, to taste

Preheat oven to 400°F.

Tear or cut the beet tops from the beets, then wash and thoroughly dry the beets.

Place beets in a roasting pan or on a flat baking pan. Drizzle with a bit of extra virgin olive oil and sprinkle with [salt](#). Roast for 30-45 minutes, depending on size and the desired doneness. Test for doneness after about 30 minutes of cooking by piercing the largest beet with a knife. If the knife easily enters the beet with only a small amount of resistance, it's done. And the smaller ones will be, too.

Remove from oven and let cool for 20 minutes or so. Slip the skins off the beets by hand. They should slip off easily, but you can use a paring knife or a peeler on any stubborn spots. Just be careful not to cut away too much beet.

Cut the beets into ½-inch dice and toss in a [stainless steel mixing bowl](#) with enough olive oil to coat them. Cut the lemon in half and squeeze the juice of about half of it in to the bowl, gently stirring to combine and checking the flavor as you go. Season to taste with Kosher salt.

Whisk together 3 Tbsp olive oil and 1 Tbsp lemon juice and toss the greens in this dressing in a separate bowl. Spoon the beet mixture onto the center of a salad plate and top each portion with about 1 Tbsp of crumbled feta cheese and about ¼ cup of the dressed greens. Serve right away.

The following recipe comes with a two thumbs up from Dawn W. Dawn says, "It's quick and delicious!....just make sure you squeeze out the water." Thanks for sharing, Dawn!

3- Carb!! Cauliflower Breadsticks with garlic butter from wholesome Yum

1 head of cauliflower (rice using a grater or food processor)

1/2 cup hemp seed

2 large eggs

3/4 tsp. sea salt

1/2 tsp. black pepper

3 Tbls. butter

1 Tbls. fresh parsley

2 cloves garlic, minced

Place the riced cauliflower in a microwave safe bowl. Microwave on high for 10 minutes (or steam on the stove), until softened. Set aside.

Preheat oven to 425 degrees. Line a baking sheet with parchment paper

While the cauliflower is cooling combine the butter, garlic and parsley in a small bowl. Heat in the microwave or on stove until melted. Stir to combine. When the cauliflower is cool enough to handle, transfer it to a tea towel and squeeze tightly several times to drain as much water as possible. **Important step or bread sticks will be soggy.** You should get close to a cup of moisture out. Combine the drained riced cauliflower, hemp seeds, eggs, sea salt, and black pepper in a large bowl. Mix well. Transfer dough onto the lined baking sheet. Press into a rectangle about 1/3 inch thick (12"x 8" with a big head of cauliflower). Gently brush the top with the garlic butter mixture. Bake for about 25 minutes, until golden. Cool slightly, then cut into breadstick shaped rectangles.

Sautéed Swiss Chard (Don't be afraid) from Food.com

1 ½ tablespoons butter

1 ½ tablespoons olive oil

2 garlic cloves, minced

1 pinch dry crushed red pepper

2 bunches [S](#)wiss chard, stems trimmed, leaves cut into 1/2-inch-wide pieces

½ lemon, juice of

salt

1. Melt butter and oil in heavy large pan over medium-low heat. Add garlic and crushed red pepper.
2. Sauté until fragrant, about 1 minute.
3. Add Swiss chard; stir to coat.
4. Cover and cook until tender (stirring occasionally) about 8 minutes.
5. Squeeze juice from 1/2 lemon onto chard.
6. Season to taste with salt.
7. Enjoy!