

# McDougal's Farm LLC

What's Growing On!

Aug. 3rd, 2017

## Farm News

As we were bagging beans this week, Sarah reminisced about days spent snapping beans with her grandmother. You could tell it was a warm, dreamy fuzzy memory for her. It made me think of a time when our kids were small and bean snapping wasn't such a warm dreamy memory...but it could have been. I worked a 40 hour week, Jerry worked 60. When we got home there was laundry, homework, baths, house work, cooking, shopping AND a big garden with freezing and canning to do. No matter how busy we were, we always put up almost all our own food. I was sitting on the front porch snapping beans at a crazy rate...I mean like, *too much caffeine*, rate. Totally stressed out, wound tight and crying in my beans. Snapping beans pushed me over the edge. Trying to do it all, was too much.....then the light bulb went on....my AH-HA moment. We surely are not the only ones that feel this way? We are not the only busy family trying to hold it all together, get bills paid.... AND wants a garden to eat and teach our kids out of? There had to be more families out there like us. So why don't we garden for them:)))! Why don't we help them put good food on their tables for their kiddos? For them? This idea was the first seed planted on "McDougal's Farm".

So when you are snapping your beans this week you can choose the "Grandma approach"-warm, dreamy and probably more nurturing or you can go with the stressful "Snapathon method" were you pour bad energy all over your beans. Either way green beans seem to be the vegetable with the most memories attached. We would love to hear yours.

Enjoy the abundance this week! The beans came in heavy this week (384#), the cabbages huge and we can't wait to show you the beets next week! When we get a haul, YOU get a haul. There is a pretty hefty portion of green beans in your box this week. We added freezing instructions just in case you wanted to give that a whirl. The new baby red potatoes are out of this world yummy this year...enjoy the abundance and heft of the season this week.

### What's in the Box

This week in your box you will get **green cabbage, green beans, young Zucchini, cucumbers, Broccoli, Cauliflower, new potatoes** (refrigerate...no need to peel), **onions** and the beginning of the **tomatoes**:)

**No Yoga this week, back to schedule Aug. 10th at 5pm in the greenhouse**

### How to Freeze green beans:

Rinse with cool water, drain. Cut the ends off the beans and then cut into whatever length you prefer. Put the snipped beans into rapidly boiling water, cover and blanch for 3 minutes. Remove the beans from the hot water (hot water can be reused for another batch) with a slotted spoon and immediately plunge them into ice cold water. Let them cool for at least 3 minutes in the water and then drain well. They now can go into Ziploc freezer bags...make sure you squeeze all the air out of each bag and label and date. Put into your freezer.

### How to freeze broccoli or cauliflower:

Cut heads up into pieces (not too small) and soak in salt water for 10-15 minutes. This will get rid of any hitchhikers. Meanwhile get your water boiling on the stove. Immerse your broccoli or cauliflower (but not together, broccoli can turn your cauliflower green) pieces into the boiling water. Cover and blanch for 3-5

minutes. Remove from hot water and immerse into ice cold water. After chilled down, remove from water, drain and pack into freezer bags....remember to remove all the air and label and date. Put into freezer.

### **How to freeze zucchini for zucchini bread later:**

If zucchini is young there is no need to peel...grate the whole thing up and pack into freezer bags. No blanching necessary. We like to pack 2 cups per bag because that is what our zucchini recipe calls for. If your zucchini is large and mature (Peeling will be firm and tough (later season)....you can't hardly put a fingernail into it.), you may want to peel it, slice it lengthwise and then remove the seeds before grating, bagging and freezing.

*Before my Mother passed away, my sister had the good sense to gather all my Moms recipe into one book and give us each a copy. The title of this sweet little cook book is "What Floyd's Been Eatin'" Floyd of coarse would be my Dad. He had the pleasure of eating my Moms good cooking for 62 years. They also had eleven children so I apologize for this recipe that makes 3 loaves at one time but it does freeze up nicely.*

### **My Moms Apple Zucchini Bread recipe**

4 cups flour  
1 tablespoon baking soda  
1- 1/2 teaspoon cinnamon  
1/2 tsp. nutmeg  
1 tsp. salt  
5 eggs  
1 -1/2 cup vegetable oil  
2 cups sugar  
1 cup brown sugar  
1 tablespoon vanilla  
2 cups shredded zucchini  
1 cup shredded peeled apples  
1-1/2 cup pecans

In large bowl combine flour, baking soda, cinnamon, nutmeg, and salt. In another bowl beat eggs, add oil, sugars, and vanilla. Pour over dry ingredients-mix well. Stir in zucchini, apples and pecans. Spoon into three greased loaf pans. Bake 50-60 minutes at 350\* or until done. Cool in pans 10 minutes. Remove from loaf pans to rack to finish cooling.

*Our absolute favorite coleslaw recipe!! LOVE this easy recipe. Shared it before and we are sharing it again.*

### **Cabbage Coleslaw (KFC knock-off)**

1/4 cup buttermilk  
1/2 cup mayonnaise  
1-1/2 T. vinegar  
2T. lemon juice  
1/3 cup(or less) sugar  
1/2 tsp salt  
1/8 tsp. black pepper  
1/2 tsp celery salt

1 head of green cabbage, shredded

Mix together first 8 ingredients and then pour over shredded cabbage. Can also add shredded carrots or kohlrabi

*Your goal for this next recipe is to have a little pasta with ALOT of veggies. So the monster portion of this recipe should be beautiful, colorful veggies. This make a huge mix-n-fix bowl so you can reduce amounts for a smaller batch...cut your pasta in half.*

## **Summer Pasta Salad**

1 lb. box of corkscrew or bow tie pasta

Dressing:

¼ cup olive oil

¼ cup apple cider raw vinegar

2 Tablespoons honey

Mix well, and then add:

½ cup Ranch salad dressing

1 teaspoon garlic powder

½ teaspoon dry mustard

½ teaspoon celery salt

Blend all the above well and set aside

Cook, drain and cool a one pound box of cork screw or bow tie pasta, set aside

Chop up all your veggies, include whatever you have...

Red onion, radishes, green peppers, Green onions, Celery, red peppers, Carrots, Broccoli, cauliflower, Spinach leaves, Cucumbers, Cherry tomatoes

We also add:

Sliced black olives

8 oz. Crumbled feta cheese

Toss all the above together in a large bowl, this stores well