

McDougal's Farm LLC

What's Growing On!

Sept. 7th, 2017

Farm News

These sporadic little frost showers this week are a sure sign of things to come....a killing frost! We missed a frost this last week by 4 degrees! Little too close and a quick way to engage your two farmers into over-drive. This is an extra gear that most farmers and all runners have embedded right into their DNA. They may be tired, sore and their feet hurt, but don't stand in front of them when they can see the finish line:) Yesterday we pulled 500 tomato plants off the field, tore down their trellises and pulled up their plastic. Bringing in trailer loads of tomatoes. Should have extras for canning if anybody is interested. We also rescued 1000 peppers and have them safe in the packing shed. They will be going into this week's box with a stuffed pepper recipe. The remaining peppers in the field, (thousands!...huge and beautiful this year) have a pretty good leaf canopy on them and can maybe take one night of frost, but not two. The tomato and pepper plants are the most frost tender in the field, so they are the first ones we jump on.

Frost isn't the only thing that can put a tired farmer into over drive. One evening after a long day, we noticed our solar powered fencer wasn't working, so we brought it into the house to check on the battery. Once inside and sitting on our warm cupboard, hornets began swarming out, invading our home....it was a Trojan Horse set up. It was GO time...again! Had a little more energy in our reserve tank then we thought!

Our work crew is a little slimmer these days as our teacher friends leave us to turn their focus back to school...as it should be. But as the loads get heavier, we certainly would welcome any volunteer help on Tuesday and Wednesday mornings. Let us know if you are interested.

Keep those boxes coming back and thank you for collapsing them...a big thumbs up from our drivers and transporters.

Enjoy your box this week....perfect for the grill.

What's in the Box

This week in the box you will find big **sweet bell peppers!** You can chop them up and put them in the freezer to add to chili or top a pizza this winter or you can stuff them (recipe below) or brush them with BBQ sauce on the grill...maybe wedge up your **red cabbage** as well brushed with olive oil and a few fun seasoning and put that on the grill with it. Grilling brings the sugars out in red cabbage....Yum! You could also slice up your **potatoes** with some **onions** and oil, wrapped in foil pockets and put them on the grill as well. The potatoes in the box this week are russets. They make good bakers...twice bakes are another good idea. Remember you don't have to peel any of our potatoes...no chemicals and they are fresh. Makes for easy preparation. You will also find **celery, a small bag of fresh oregano, parsley, tomatoes and a Spaghetti squash..small this year:(Sweet corn next week!!!**

"Stuffed with well seasoned ground beef and rice, then topped with cheese, tomatoes & parsley"

Stuffed green bell peppers by Philly Jay Cooking

6 Large Green Bell Peppers

1.50 Lbs Ground Beef

16oz Sweet Italian Sausage

1 Large Onion, chopped

Success 10 Minute White Rice

5oz Shredded Parmesan Cheese

1/2 Cup Beef Broth

30oz Canned Stewed Tomatoes (or fresh tomatoes)

6oz Tomato Paste

2Tbs Worcestershire Sauce

2Tbs Ketchup

2Tbs Minced Garlic

2Tbs Brown Sugar

1-1/2 Tbs Celery Salt (or fresh chopped celery leaves)

1Tbs Oregano (2 Tbs. if fresh)

1Tbs Parsley Flakes

1Tsp Crushed Red Pepper Flakes

1Tsp Black Pepper

1. Chop half of onion into small pieces and the other half into long thin slices.
2. Add stewed tomatoes, tomato paste, brown sugar, oregano, and crushed red peppers to a bowl, then stir in well.
3. Place a skillet over high heat.
4. Add ground beef, sweet Italian sausage meat, and onions to the skillet. Chop and break meat up with a wooden or plastic spoon, while it's cooking. Once meat has browned, add minced garlic, celery salt, garlic powder, and pepper, then stir in well then. Cook meat for 15 to 20 minutes.
5. Place a small pot of water over high heat. Once water comes to a boil, add rice. Boil for 10 minutes, then drain water.
6. Add meat, Worcestershire sauce, ketchup, 1/3 of stewed tomato sauce mixture, 2/3rds of shredded parmesan cheese, and cooked rice to a big mixing bowl, then stir in well.
7. Place a big pot of water over high heat.
8. Chop off the top of the peppers. Remove and discard the seeds and interior.
9. Add beef broth, 1/2 of the remaining stewed tomato sauce, and the long onions to a baking pan.
10. Once big pot of water comes to a boil, add 2 peppers at a time and blanch for 5 minutes. Afterwards, place each pepper in the baking pan over the onions and sauce.
11. Allow peppers to cool for 10 minutes.
12. Preheat oven to 350 degrees.
13. Stuff the bell peppers with the filling.
14. Top with remaining stewed tomato sauce mixture.
15. Top with remaining shredded parmesan cheese and parsley flakes .
16. Place in oven and bake for 30 minutes.