

McDougal's Farm LLC

What's Growing On !

Oct. 5th, 2017

Farm News

We have become like mad scientist since we started this whole farming endeavor. We didn't realize how much experimenting and research we have done until we had a visitor who noticed the peanut butter on the electric fence, the poky metal brackets at the entrance of the bee hives, the smell of seaweed in the greenhouse and the cucumber fence that appeared to be put up crooked. To an outsider I suppose these things may look odd, but we found the peanut butter keeps the deer out, the skunks don't like walking on the sharp metal points, so they stay out of the hives, liquid seaweed grows healthy plants and the 45 degree angle on the cucumber fence, makes picking cucumbers much easier. Our big breakthrough this year was something no visitor could see...the self-treated sweet corn seed. Hoot, Hoot, the Corn Seed Maggot doesn't like spicy hot sweet corn seed!! This week we continue to experiment with imprinting our spinach seed with the smell of other pungent herbs so the underworld leaves them alone and we continue to push the season to see if we really can pull broccoli out of our hat in November or December if planted in the hoop houses. Will they bolt from this unseasonal heat or not have enough time to mature before the deep freeze? Or will they be awesome, dark green and perfect by winter share time? Will the 400 romaine planted this week in the kitchen garden with no cover but row cover, make it in time for the winter shares? People always assume we know what we are doing, but really... and humbly, it is a lot of research, experimenting, record keeping, observation and a fascination of plants and the underground that never ends. The more we learn the more it blows our minds. Planet Earth is amazing!!

We celebrate the season of abundance with more peppers than we have room for and an abundance of late cabbage waiting to be transformed into probiotic rich sauerkraut. If you are interested in acquiring any extra of these, let us know and we will be more than happy to hook you up. The **cabbages are \$2. a head** and the **peppers are \$10. a half bushel**. Next week Oct. 12th will be our last delivery and the last week our drivers make the trip. So if you are interested and want them delivered to Rhinelander or Wausau **let us know by next week Tuesday**.

As we wrap up the season next week, **please return ALL veggie boxes** back to your pick up sites. **We will keep you posted with any winter share, Pick and Chose Daze, fresh raw honey or 2018 sign up information** as it becomes available.

Enjoy your roots this week!

What's in the Box

Hoot, hoot for roots!! This week we have a box full of colorful root crops. We have **beets (red and golden)**, **golden potatoes**, **carrots** and **rutabaga** (they are huge this year so you may only get one because that is all we could fit into the box). You will also get a head of **cabbage**, a sweet **Kaboocha type squash** (either Sunshine, orange or a Winter Sweet, blue-grey). Both store well in a cool dark place. You will also get a bouquet of **thyme** and **parsley** in case you want to make roasted veggies this weekend. A great box for Boiled Dinner (mcdougalsfarm.com) as well.

Roasted Veggie Roots

preheat oven to 425 degrees

Beets (can boil ahead of time until you can pierce with a fork and then put into cold water to remove the skins or you can peel with knife or carrot peeler)

potatoes, peeled and chunked

carrots, peeled and chunked

rutabaga, peeled and chunked

onion, peeled and chunked

olive oil

Thyme

parsley

salt and pepper to taste

Prepare all your veggies by peeling (optional- besides the beets. You want to peel the beets), and chop into chunks. Put in large bowl, mix and coat well with olive oil. Sprinkle on salt, pepper, Thyme and parsley and mix again. Spread on oiled cookie sheet. If doing a large amount, use two pans. **Hint: You will get better results if your veggies are not crowded.** Bake until you can pierce veggie roots with a fork.

You can substitute hamburger for bacon, add grated carrots, onion or a few fresh tomatoes....all is good. Make this your own. You will be surprised how much flavor this simple recipe has.

Cabbage Bacon Casserole

1 small cabbage head thinly sliced/chopped

½ pound bacon cut into small pieces

1 pint of fresh mushrooms sliced

2 Tablespoons dried onion or 4 T. finely chopped fresh

½ teaspoon Accent seasoning

½ teaspoon pepper

½ teaspoon salt or to taste

¾ cup water

Brown chopped bacon and set aside, reserving the bacon grease. Sauté sliced mushrooms, onions and seasonings in bacon grease. In large kettle put ¾ of a cup of water; add all of the ingredients, cover and cook till cabbage is tender. Mix well.