

McDougal's Farm LLC

What's Growing On!

August 16th, 2018

Farm News

We have no idea how things continue to grow out in the fields. No rain, extreme heat, it's really hard for us to stay out there ourselves. Can't imagine being rooted down with no legs and no option to leave for shade or water. With temperatures staying in the mid eighties week after week, we were forced to put in baby transplants this week. Waiting for a cooler day isn't an option this summer. There are none! Even watered in and covered with protective row cover, the young plants laid on the ground and withered as fast as we put them in. Think rain folks! We really need it. The soil is too hot! The root crops and tomatoes really need to plump up and your farmers need to cool down....getting crabby.

The lush greens have left the field and are replaced with colorful little tell tale signs of late summer. Yellows and golds are found on lower leaves of veggie plants, as they focus all their sugary energies towards the fruit instead. The overlooked flowers by the gate that have watched us make a thousand trips in and out of the backfield without a single glance, have suddenly become hard to pass without noticing. Out of nowhere popped purples, yellows, reds and oranges. It makes you wonder how a little black seed could cause such an explosion of color...where does it all come from? As we pulled out the Yaya carrots this week, we marveled at the deep oranges. In the hoop-houses, the cherry tomatoes hang like a wall of candy. It's the vibrant season...the season that usually goes along with bonfires. Not this year.. maybe a cool shower or better yet, a dance in the rain.

Think soaking RAIN

Have a good week folks, enjoy your hefty box:)

Jerry and Maydene

What's in the Box

This week you will have three different herbs in your box; **basil** (in the bag), **oregano** (with a red rubber band) and **dill weed** (in a zip seal baggie **Dill Dip recipe at mcdougalsfarm.com**). If cooking with fresh herbs is new to you, here's a few hints, 1) Always use 3x the fresh herbs as you would as if they were dry. 2)Be fearless! Smell it...What does it remind you of? Spaghetti? Pizza? A beef roast maybe? Chop it up and try it! You will also get **broccoli**, **cauliflower**, **Tendersweet cabbage** (the flat head kind, good for cabbage rolls), **potatoes**, **onions**, **tomatoes**, **cucumbers and carrots!!!** Enjoy!!!

A recommendation came with the following recipe. Boil the rice first for ten minutes before adding to the mixture and also add shredded carrots. Have fun with it.

Old Fashion Cabbage Rolls From Taste of Home

- 1 medium head cabbage (3 pounds)
- 1/2 pound uncooked ground beef
- 1/2 pound uncooked ground pork
- 1 can (15 ounces) tomato sauce, divided
- 1 small onion, chopped
- 1/2 cup uncooked long grain rice
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon snipped fresh dill or dill weed
- 1/8 teaspoon cayenne pepper
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 teaspoon sugar

1. Cook cabbage in boiling water just until outer leaves pull away easily from head. Set aside 12 large leaves for rolls. In a small bowl, combine the beef, pork, 1/2 cup tomato sauce, onion, rice, parsley, salt, dill and cayenne; mix well.

2. Cut out the thick vein from the bottom of each leaf, making a V-shaped cut. Place about 1/4 cup meat mixture on a cabbage leaf; overlap cut ends of leaf. Fold in sides. Beginning from the cut end, roll up. Repeat.

3. Slice the remaining cabbage; place in an ovenproof Dutch oven. Arrange the cabbage rolls seam side down over sliced cabbage. Combine the tomatoes, sugar and remaining tomato sauce; pour over the rolls. Cover and bake at 350° for 1-1/2 hours or until cabbage rolls are tender.

*The following recipe comes from Sarah. She also **added basil and oregano** to the mix and then topped it off with mozzarella cheese...sounds like a winner...thanks Sarah!*

Low Carb Cabbage with Chicken

- 2 tbsp olive oil divided
- 1 lb boneless skinless chicken thighs cut into small pieces
- 1 carrot large
- 6 cups cabbage shredded
- 1/4 cup tomato sauce
- 1 tsp salt or more to taste
- 1/4 tsp pepper or more to taste
- 1/2 tsp garlic powder
- 1 bay leaf
- 1 cup water or chicken stock
- 1 tsp paprika

Heat olive oil in a skillet. Add chicken, season with salt and pepper and cook for 2 minutes per side, until lightly browned, and no longer pink. Transfer to a plate.

Add the remaining olive oil, then add cabbage, carrots, tomato sauce, salt and pepper and garlic powder. Sauté for 5 minutes. Then add water (or chicken stock) and bay leaf. Cook for 10-15

minutes, stirring frequently, until the cabbage is tender and cooked.
Add paprika and chicken. Cook for 5 more minutes, until the chicken is fully cooked. Serve.

Another chance to use your basil and oregano...on pizza!!

The Secret To Perfect Cauliflower Pizza Crust from Detoxinista.com

- 2 pounds cauliflower florets, riced
- 1 egg , beaten
- 1/3 cup soft goat cheese (chevre)
- 1 teaspoon dried oregano
- pinch of salt

1. Preheat the oven to 400°F. If using fresh cauliflower, fill a large pot over medium heat with an inch of water. Fit a steamer basket into the pot, then pour the raw cauliflower into the steamer basket. Bring the water to a boil and cover the pot, steaming the cauliflower until it is very tender and can be pierced with a fork.

2. Pour freshly steamed, cauliflower into a large food processor fitted with an "S" blade. (You may have to do this in batches if you have a smaller food processor.) Process until a rice-like texture is created. Transfer the "rice" to a clean, thin dishtowel. Wrap up the steamed rice in the dishtowel, twist it up, then SQUEEZE all the excess moisture out! (Be careful if your cauliflower is still hot-- you may want to let it cool before handling.) A lot of extra liquid will be released, which will leave you with a nice and dry pizza crust.

3. In a large bowl, mix up the squeezed-out rice, egg, goat cheese, and spices. (Don't be afraid to use your hands! You want it very well mixed.) It won't be like any pizza dough you've ever worked with, but don't worry-- it'll hold together!

4. Press the dough out onto a baking sheet lined with parchment paper. (It's important that it's lined with parchment paper, or it will stick.) Keep the dough about 1/4" to 1/2" thick, and make the edges a little higher for a "crust" effect, if you like.

5. Bake for 30-35 minutes at 400F, until dry and golden. Use the parchment paper to flip the crust over, and bake again until the other side is nice and dry, about 10 to 15 more minutes.

6. Add your favorite pizza toppings to the crust, such as sauce and cheese, then return the pizza to the 400F oven. Bake an additional 5-10 minutes, just until the cheese is hot and bubbly. Slice and serve warm