

# McDougal's Farm LLC

What's Growing On!

August 30th, 2018

## Farm News

A wonderful weekend! **The Sustainable Farm tours went well and it rained!** Thank goodness not in that order. The fields were beginning to look pretty fried and wilted after no significant rain in 6 weeks. We both wondered if we had made a mistake inviting people in to see the farm...this year of all years. But, the day before the tour, a gentle 1 inch of rain fell!! Perking up all the little droopy heads in the field. And what didn't perk up, we made an example of and used it as a learning tool. Regardless of the general dry appearance of the fields, our harvests continue to be sizable. This is both baffling and amazing to us. Jerry and I were both stunned when he reached in under the plastic mulch and pulled out a sizable sweet potato. The tour group cheered as if we just gave birth to a real baby. We both stood there as proud as new sweet potato parents could be. There are more vegetable nerds out there than you think...we felt accepted and loved. We were with our people.

The big tour is behind us, it has rained and these two farmers need to have some fun! Mark your calendars! **Saturday, September 15th, McDougal's Farm is having their Zucchini Hunt/Bonfire Night!** The zucchini hunt is similar to an Easter egg hunt but we hide zucchinis instead...about 200ish! This is for ALL ages, even very little ones. They play an important part of the game. If you are interested in participating in the zucchini hunt, meet under the green tent at 6:30pm... pre-snoopers will forfeit their chance to play....there will be zucchini police on the grounds. The bonfire will follow. Bring your own choice of beverage, snack, chair... and your magic. One of our favorite sayings goes...

*"Do the universe a favor, don't hide your magic"*

We ALL have a "thing" that makes us shine...our magic! Bring it with!! Your farmers need to have some fun and we all need to laugh and enjoy each other more. Tom Moore will be sharing some of his magic on guitar, that means Mary will be dancing. That's her magic. Hoping Jeremy will share his magic on guitar or banjo as well. Think beautiful fall evening with just enough chill in the air to enjoy the fire with great company. Looking forward to one of our favorite nights of the year.

We have a few **"Who's your Farmer? Found mine at McDougal's Farm"** T-shirts left. The tanks are \$18. and the T-shirts are \$20. If there is enough interest we can also put in another order. We attached a photo. The tanks are heather and the T's are gray. We have a few mediums and larges available. If we need to order more, all orders need to be in by September 12th.

Take a deep breath, enjoy your weekend.

*Jerry and Maydene*

## What's in the Box

**Sweet corn!!!!** Our raccoon gauge says it's ready!!! They may be small from lack of rain but it's ALL goodness. Organic, non GMO sweet corn...a rarity these days. You will also get **carrots, beets, new potatoes, a bouquet of thyme, cucumber, onion** and **Swiss Chard**. The large shares will get the last of the **green beans** for the season.

## Savory Roasted Root Vegetable

[allrecipe.com](http://allrecipe.com)

- 1 cup diced, raw beet with skin removed
- 4 carrots, diced
- 1 onion, diced
- 2 cups diced potatoes
- 4 cloves garlic, minced
- 1/4 cup canned garbanzo beans (chickpeas), drained
- 2 tablespoons olive oil
- 1 tablespoon dried thyme leaves (2-3 T. fresh)
- salt and pepper to taste
- 1/3 cup dry white wine
- 1 cup torn beet or Swiss chard greens

1. Preheat an oven to 400 degrees F (200 degrees C).

2. Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.

3. Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

## Swiss Chard with Bacon and Apple from Whole Food Market

- 3 slices bacon, diced
- 1 small yellow onion, halved and thinly sliced
- 1 Gala apple, cored and diced
- 1 bunch (about 3/4 pound) Swiss chard, well rinsed
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper

Place a large, heavy skillet over medium heat. Add bacon and cook, stirring frequently, until lightly browned, about 7 minutes. Remove bacon from pan with a slotted spoon and set aside.

Add onion to the pan and cook until softened, about 5 minutes. Stir in apple.

Meanwhile, cut off the stems of the chard and slice them thinly. Chop the leaves. Stir stems and leaves into the skillet along with the bacon, salt and pepper. Pour in 2 tablespoons water; cover the skillet and cook, stirring frequently, until chard is tender, about 8 more minutes.