

McDougal's Farm LLC

What's Growing On !

September 20th, 2018

Farm News

There is an old wives tale, that one can tell how severe the winter cold will be, by how much fur is on a woolly worm...this week we found a bare-naked woolly worm! With just enough fur around its neck to make it recognizable. No need to pack your bags for Florida this winter, seems like Wisconsin will be the place to vacation. Leave your skis and pack a swimsuit:)

The Zucchini hunt went well Saturday evening with a whopping 184 zucchinis found! Leaving Mother Nature to digest the remaining 17. If any of you would like some extra zucchinis for your freezer let us know, otherwise the pigs will be eating themselves into a zucchini coma. We couldn't have picked a better evening for a bonfire. Good weather, great company, good food, a lot of laughs and Tom Moore's zucchini hunt song was the icing on the cake. Hope all who came enjoyed it as much as we did.

With the rumor of rain on its way, Jerry and I made a mighty push this week to get all the potatoes out, the last of the onions pulled and as many of the green cover crops planted as possible. The tomato fences have all been tore down and rolled up...way ahead of schedule, and the complete crop of squash and pumpkins sit safely in storage. The rutabagas that looked like death during the sustainable farm tour are all green again and the once empty beds are now covered in lush dark green cover crops ready for winter. If we knew that woolly worm was right, we may consider planting some tomatoes.

Enjoy your weekend folks,
Jerry and Maydene

What's in the Box

This week in your box you will find late season **broccoli, butternut squash, sweet bell peppers (bigger blocky peppers)** and **hot jalapeno peppers** (small more slender). You will also get the last surviving leafy greens, **Napa Cabbage** and **Swiss chard**, also **onions, garlic, cilantro** and probably the last of the seasons **tomatoes**. Not the biggest or prettiest but still full of goodness. The large shares will also get a Delicata squash.

Spicy Butternut Squash Soup with Black Beans, Red Bell Pepper, and Cilantro

recipe from KalynsKitchen.com

1 large butternut squash (about 1.5 lbs.)

salt and fresh ground black pepper, for seasoning squash

2 tsp. olive oil

2 cups finely chopped onion

2 cups finely chopped celery
6 cloves of garlic, finely minced (about 1 T minced garlic)
6 cups vegetable stock or canned vegetable broth (or slightly more, if you'd like a thinner soup)
2 tsp. ground cumin (or more)
1 can (15 oz.) black beans
1 medium red bell pepper, chopped small
1/2 cup chopped cilantro (plus more to garnish soup if desired)
1-2 T Green Tabasco Sauce (or finely chopped jalapeno)
low-fat sour cream or plain Greek yogurt to garnish soup (if desired)
crushed tortilla chips to sprinkle in the soup if desired

Preheat oven or toaster oven to 400F/200C. Cut butternut squash in half and scoop out seeds. Place squash on a baking sheet and season with salt and fresh ground black pepper. Roast squash until it is soft enough to pierce easily with a fork, and starting to slightly brown, about 50-60 minutes. Let squash cool enough to handle.

While squash is roasting, chop onion and celery and mince the garlic. Heat olive oil in large non-stick soup pot and sauté onions and celery until they're soft, about 7 minutes. Add minced garlic and cook 2-3 minutes more. Add 2 cups of vegetable broth and simmer the mixture about 10 minutes.

As soon as the squash has cooled enough to handle, scrape the flesh away with the skin and mix it with the other 4 cups of broth and the ground cumin. Add this mixture to the soup pot and simmer about 20 minutes; then use an Immersion blender, blender, or food processor to puree the soup. While the soup simmers, rinse the black beans well with cold water and let them drain in a colander. Chop the cilantro and red bell pepper. After you've pureed the soup add the beans, red bell pepper, and cilantro and simmer about 15-20 minutes more, adding a little more vegetable stock if you'd like a thinner soup. Stir in the Green Tabasco Sauce to taste and serve hot, garnished with low-fat sour cream or plain Greek yogurt if desired and tortilla chips if desired.

Broccoli Salad (with Apples, Walnuts, and Cranberries) from bowlsofdelicious.com

- 1 cup mayonnaise
- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- salt and pepper, to taste
- 4 cups fresh broccoli florets, cut into small pieces
- 1/2 cup dried cranberries
- 1 apple, unpeeled and diced
- 1 cup walnuts, coarsely chopped
- 1/2 cup diced red onion
- 1/4 cup chopped fresh parsley

In the bottom of a large mixing bowl, whisk together mayonnaise, honey, apple cider vinegar, and salt and pepper. Add the remaining ingredients; stir well to coat.