

McDougal's Farm LLC

What's Growing On !

September 27th, 2018

Farm News

In an effort to streamline our lives, we are always adding and subtracting things from our lives. Keeps us learning and pleasantly uncomfortable. This year we added two learning experiences; raising turkeys and growing sweet potatoes. Both came to harvest this week. This is what we learned:

- Sweet potatoes aren't sweet at all when you first dig them. They need to cure at room temperature for at least two weeks....kinda blew our surprise this week but kind of need the "sweet" in sweet potatoes.
- Sweet potatoes don't dig like regular potatoes. They grow in an 18" to 24" spread (x 500 feet)!! They are a pitchforker's dream.
- A 40 pound pumpkin is cool! A 40 pound turkey is not!!
- A male turkey in full strut can be calmed with a gentle hand to his back. He will instantly lay all his feathers flat and drop down all his tail feathers, becoming half his size, an elegant peaceful creature....until you try lifting him
- A 40 pound turkey can kick your 140 pound ass and whip the clothes off you faster than a wringer washer!

If anything our adventures this week will make for some good campfire stories. Yes, we will be doing both again. Only we will be smarter next time.

So what did we subtract from our lives just this week alone?

- Fretting over mismatched socks....once you put your boots on, nobody knows and on the grander scheme of things, nobody cares. Funnel your energy to world peace.
- Shaving the dog. The outcome is worse than tackling a 40 # turkey and it's traumatic for all parties, particularly the one with the bad haircut which resembles mange. Add on: hire a professional
- Worry. It serves no purpose.....still working on this one. And it is easier to say on *this* end of the season.... 3 more weeks to go and we have ample veggies to fill the boxes and plenty for a limited number of WINTER SHARES!!
- Shucking Brussels Sprouts. We figured 100 people could do one stalk so *much* faster than 1 person could do a hundred.

We had our first frost here on the farm this week. We were ready...sooo ready. Enjoying the cooler campfire weather. Have a nice week folks,

Jerry and Maydene

What's in the Box

This week n the box you will get **Brussels Sprouts, carrots** (excellent served together, recipe at mcdougalsfarm.com), **Acorn Squash** (Stuffed Acorn squash recipe at mcdougalsfarm.com), **onions, kale** (smoothie or kale chips recipe at mcdougalsfarm.com), **sweet bell peppers, broccoli and kohlrabi**.

Box Alert: We are running short again.
Please return them this week.

Shout out for Newspapers: Could use a few more newspapers to line the bottom of the boxes. Thank you in advance:)

Stuffed Peppers Soup from Delish

This soup is perfect as is but if you like your peppers even MORE stuffed add beans or sweet potatoes and make this one extra hardy soup.

1 tbsp. extra-virgin olive oil
1 lb. ground beef
1 red bell pepper, chopped
1 green bell pepper, chopped
1 yellow bell pepper, chopped
1 onion, chopped
2 cloves garlic, minced
Kosher salt
Freshly ground black pepper
2 tsp. dried oregano
1 c. un-cooked white rice
6 c. low-sodium beef broth
1 (28-oz.) can crushed tomatoes
1 (14-oz.) can fire-roasted diced tomato
Shredded white cheddar, for serving
Freshly chopped parsley, for serving

1. In a dutch oven over medium heat, heat olive oil. Add bell peppers and onion and cook until soft, 7 minutes. Add garlic and cook until fragrant, 1 minute. Add ground beef and season with salt and pepper. Cook until no longer pink, 7 minutes. Drain fat and return to heat.

2. Add broth, crushed tomatoes, diced tomatoes, and oregano. Bring to a boil then reduce heat to a simmer. Add rice and simmer, covered, until rice is tender, 40 minutes. Add more broth or water as necessary.
3. Garnish with cheddar and parsley to serve.

Parmesan Roasted Brussels Sprouts from I wash you dry

- 1 1/2 pounds fresh Brussels sprouts, trimmed and halved
 - 2 tbsp olive oil
 - 1/4 cup breadcrumbs
 - 1/2 cup shredded parmesan cheese
 - 1 tsp garlic powder
 - 1/2 tsp salt
 - 1/4 tsp black pepper
1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with non-stick spray and set aside.
 2. Combine Brussels sprouts and olive oil in a large zip close bag and shake to coat. Add the breadcrumbs, parmesan cheese, garlic powder, salt and pepper to the bag and shake to coat.
 3. Spread in an even layer on the baking sheet and bake for 15 to 17 minutes until the cheese is melted and the Brussels sprouts are lightly browned.