

# McDougal's Farm LLC

What's Growing On!

September 6th, 2018

## Farm News

### Farm Party September 15th

Wet pants, soaked work boots....still smiling! A beautiful 4.25" of rain fell and not a puddle to be found. The ground just soaked it up like a sponge. Even the produce didn't seem to mind the extra "wet" this week. Everything seems to be smiling and turning green again. The flowers are prime...never had a year with so many bumble bees and butterflies. The rain has certainly been a positive mood changer.

Something else made us smile this week... may have been a shriek:) In our driveway was parked an early 1900's potato digger with a big red bow on it!!! Was more excited than if it was a Corvette! If you have ever dug an acre and a half of potatoes with a pitch fork, you'll understand our joy. Thank you Jonathan and Nancy for the generous gift, all the work you put into it and for a few extra free days spent on something else besides digging potatoes. When it rains, it pours:))

The canopy of squash leaves that hid all the squash and pumpkins all summer are starting to go down. They are much easier to spot now. Looks like we will be in good shape for the zucchini hunt come September 15th...there has to be 200 out there waiting for their big day. The pumpkins are already turning orange! They will make perfect party prizes. Things seem to be wrapping up quickly this year...even saw geese flying this week. The tomatoes agree and we are OK with that too.

Enjoy your wonderfully wet week folks,  
*Jerry and Maydene*

### What's in the Box

This week in your box you will find a **red cabbage, sweet bell peppers, parsley, a buttercup squash, tomatoes** (small this year from lack of rain but tasty), **a bouquet of sweet basil, Alisia Craig heirloom onions, Garlic and kale**

### Farm Party!

**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 and a chair...** Tom Moore will be here with his guitar. You play too? Bring it along.

## Few reminders:

- **Please** return your boxes weekly
- Pick up your box on **Thursday** as a courtesy to your drop site host

*I wish this beautiful, yummy salad had a better name. "Detox" conjures up negative thoughts in my brain and "kale" could use a more positive word buddy. I'm thinking **Confetti salad**....*

*Maydene*

## **Detox Kale Salad Recipe** from foodfantatic

### **For the dressing:**

- 1/3 cup Grapeseed Oil
- 1/2 cup Lemon Juice, Fresh
- 1 tablespoon Fresh Ginger, Peeled and grated
- 2 teaspoons Whole Grain Mustard
- 2 teaspoons Pure Maple Syrup, Optional
- 1/4 teaspoon Salt, Or to taste

### **For the salad:**

- 2 cups Kale, Tightly packed and thinly sliced
  - 2 cups Red Cabbage, Thinly sliced
  - 2 cups Broccoli Florets
  - 2 large Carrots, Peeled and grated
  - 1 Red Bell Pepper, Sliced into matchsticks
  - 2 Avocados, Peeled and diced
  - 1/2 cup Fresh Parsley, Chopped
  - 1 cup Walnuts
  - 1 tablespoon Sesame Seeds
1. Whisk together all ingredients for the dressing (or put everything in a small blender and blend) and set aside until ready to use.
  2. Add the kale, cabbage, broccoli, bell pepper, and carrots to a large serving bowl.
  3. Pour desired amount of dressing over the salad and toss until everything is coated.
  4. Add the parsley, diced avocado, sesame seeds and walnuts and toss again.
  5. Serve as an entrée salad or as a side salad to your favorite meal.

## **Sweet Basil Pesto with pasta and tomatoes**

1- 1# box of cooked Cellentani Pasta (Barilla)

- 2 - cups fresh basil leaves, washed and patted dry
- 4 - good sized garlic cloves, peeled and chopped
- 1 - cup shelled walnuts
- 1 - cup best grade olive oil
- 1 - cup freshly grated Parmesan

1 - cup freshly grated Romano  
Salt and freshly ground pepper to taste

2-3 diced tomatoes or 1 pint cherry tomatoes

1. Combine the basil, garlic and walnuts in the bowl of a food processor or halve the recipe and use your blender and chop
2. Leave the motor running (blender/processor, that is) and add the olive oil in a slow, steady stream.
3. Shut the motor off; add the cheese, a big pinch of salt and a liberal grinding of pepper. Process briefly to combine, than scrape out into a bowl and cover until ready to use. Pour over pasta and blend. Carefully roll in your diced tomatoes. Garnish with more parmesan.