

# McDougal's Farm LLC

What's Growing On!

October 11th, 2018

## Farm News

What a soggy week! Both of us remove three layers of wet clothes, twice a day. What a laundry pile! Suppose the smart thing would have been to just stay indoors...but not an option with more rain on the way and the "S----" word by the weekend. The remaining undug carrots were beyond pulling out this week. They were like vacuumed stuck in the mud....so back to pitch forking and getting right in the muck with our hands. Makes for some heavy boots and fat fingers, but the dirty deed is done...halleluia! The garlic planting went in this week. Garlic is planted in the Fall, it over winters, and then pops up early Spring and is ready to harvest by July. So as of this week, we can say the 2019 growing season has begun:)

This week's delivery will be the **last for the Buddy Boxes (the alternating week share)**. For **the rest of you, next week October 18th will be the last delivery**. For you receiving the alternating Buddy Box; *this week* you will understand our madness when it comes to vegetable scheduling. If we wouldn't have done the double skip in July (think heavy to greens), you would have missed this week's box (with SWEET POTATOES, pie pumpkins, sweet bell peppers, carrots etc.). We have your back when it comes to veggies...we are like your personal veggie Santa Clauses:)

**We are having a box crisis!** We had 1 brown box left after we packed the boxes this week....1!! and we ordered plenty. So please, please return all boxes this week (drivers too please) so we can maybe slip under the fence with this last upcoming week. **Suggestion to Buddy Box people:** This week bring a bag with you for your last pick up to empty your veggies into. This will save you a trip back and it will help us out by leaving your box on site.

The trees out shined the soggy britches and box crisis this week, making it a beautiful week to be a farmer. The colors are stunning this year. They wrap around the farm like wrapping paper making it a pretty little package. It's a sweet place to work. Thank you for that.

Enjoy your weekend,  
*Jerry and Maydene*

## What's in the Box

This week in your box you will get **SWEET POTATOES!** It's our first go at it so we have short ones, fat ones, skinny ones, you name it. Enjoy them. Now that we know we can grow them we will grow more next year. You will also get **Napa cabbage**. For all you of you who like to ferment, this is the kind of cabbage they make Kimchi out of. If not, we have a good recipe below. Stir fries and soups welcome it also. Also a **pie pumpkin**. Bake like a squash, let cool

and then use an emulsion blender or a food processor to whip it to cut up the fibers. Then you make it into pies or you can pre-measure for a pie and freeze it. You can later use it to make pies, muffins, dessert breads, lattes, you name it. You will also get **onions, yellow and orange carrots, Redbor kale, sweet peppers and celery leaf**. This type of celery seems to wilt quickly. We chop ours up (leaves and all) and throw it into the freezer. All ready for soups and chicken and biscuits this winter.

## **Coconut Curried Kale and Sweet Potato** from Cookie and Kate

- 3 tablespoons extra-virgin olive oil, divided
- 1 onion, chopped
- 2 pounds sweet potato or butternut squash, peeled and sliced into ½-inch cubes
- 5 garlic cloves, pressed or minced
- 2 teaspoons grated fresh ginger
- 1 teaspoon curry powder
- 2 large bunches of kale (about 2 pounds), stemmed and chopped
- 1 cup vegetable broth
- 1 (14-ounce) can full-fat coconut milk
- 1 tablespoon lime juice
- ½ cup pepitas (green pumpkin seeds)
- Salt, to taste
- Freshly ground black pepper, to taste
- Red pepper flakes (optional), to taste

### **Rice**

- 1 ½ cups brown basmati rice, rinsed
  - Salt, to taste
1. To cook the rice, bring a large pot of water to boil. Add the rinsed rice and cook for 30 minutes, reducing heat as necessary to prevent overflow but keep the water boiling. Turn off the heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve.
  2. Meanwhile, warm 2 tablespoons olive oil in a Dutch oven over medium heat until shimmering. Add onion and cook, stirring frequently, until softened, about 5 minutes. Add sweet potato or squash, cover and cook, stirring occasionally, until the sweet potato is bright orange (or until the butternut is just beginning to brown), about 5 minutes. Transfer the mixture to a bowl for now.
  3. Add 1 tablespoon olive oil to the pot and raise the heat to medium-high. Add garlic, ginger and curry powder and cook, stirring constantly, until fragrant, about 30 seconds. Add half of the kale and stir until it's beginning to wilt, about 1 minute. Stir in remaining greens, broth, all but ½ cup coconut milk and ½ teaspoon salt.
  4. Cover pot, reduce heat to medium low, and cook, stirring occasionally, until kale is wilted, about 12 to 15 minutes. Pour in sweet potato or squash mixture, cover and continue to cook until kale and sweet potato or squash are tender, 10 to 20 minutes.
  5. Meanwhile, toast the pepitas in a medium skillet over medium-low heat, stirring frequently, until they're fragrant and making little popping noises, about 3 to 5 minutes. Transfer to a bowl to cool.

6. Once the kale and sweet potato/squash are tender, uncover the pot and increase heat to medium-high. Cook, stirring occasionally, until most of the liquid has evaporated and sauce has thickened, 2 to 5 minutes.
7. Remove from heat and stir in the remaining coconut milk. Add the lime juice and season with salt, pepper and optional red pepper flakes, to taste. Divide rice into bowls, then top with kale mixture and a generous sprinkling of pepitas before serving.

## **Sweet and Spicy Pork and Napa Cabbage Stir-Fry with Spicy Noodles** Recipe By: [thriftybob](#) from [Allrecipes.com](#)

"The Thai sweet chili sauce gives this dish a sweet and spicy flavor that my kids love. You can adjust the heat level by adding more or less of the sauce or adding additional red pepper flakes, if you like it really hot."

- 12 ounces dry Chinese noodles
  - 3 tablespoons soy sauce
  - 3/4 cup sweet chili sauce
  - 1/2 teaspoon garlic powder
  - 1/4 teaspoon ground ginger
  - 3 tablespoons sesame oil
  - 1/2 cup soy sauce
  - 1/2 teaspoon garlic powder
  - 1 (1 pound) pork loin, cut into 2-inch strips
  - 2 tablespoons cooking oil
  - 2 onions, cut into bite-size pieces
  - 1/8 teaspoon crushed red pepper flakes (or fresh jalapeno)
  - 3 tablespoons sweet chili sauce
  - 3 cups chopped napa cabbage
  - 3/4 cup sliced celery
  - 1 cup sliced carrots
  - 3 red bell peppers, chopped
  - 2 teaspoons cornstarch
  - 1/4 cup cold water
1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the Chinese noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink.
  2. Whisk together the 3 tablespoons soy sauce, 3/4 cup sweet chili sauce, 1/2 teaspoon garlic powder, the ground ginger, and the sesame oil in a large bowl; add the drained Chinese noodles and toss to coat; set aside
  3. Whisk together the 1/2 cup soy sauce and 1/2 teaspoon garlic powder in a large bowl; add the pork and stir to coat. Allow to marinate 5 minutes.
  4. Heat the cooking oil in a wok or a large, deep skillet over medium-high heat. Add the pork, onions, and red pepper flakes to the oil; cook until the pork is browned completely. Stir in 3 tablespoons sweet chili sauce, the napa cabbage, celery, carrots, and bell peppers; cook and stir until vegetables are completely heated, about 5 minutes. Whisk

together the cornstarch and water and add to the stir fry, stirring until the mixture thickens. Serve the stir-fry over the noodles.

## Honey Pumpkin Pie

- 1 pie pumpkin

Cut pumpkin in half, scoop out the seeds and bake face down on a cookie sheet at 350 degrees until a fork penetrates easily. Remove from oven and let cool enough to handle. Scoop out the meat of the pumpkin and discard any peelings.

The following recipe is for one pie, however you may have enough pumpkin to make two pies. If so you will have to double the following.

- 16 ounces of pumpkin
- 3/4 cup honey
- 1 teaspoon ground cinnamon
- 1/2 teaspoon of salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 3 eggs
- 5- 1/3 ounce can (2/3 cup) evaporated milk
- 1/2 cup milk
- prepared but unbaked 9 inch deep dish pie crust

1. In a large mixing bowl or blender beat or puree baked pumpkin meat to break up fibers. A hand held immersion blender works well for this. Then stir in honey, cinnamon, salt, ginger, nutmeg and cloves.

2. Add eggs

3. Beat eggs into pumpkin mixture

4. Stir in evaporated milk and milk; mix well.

5. Prepare your 9" deep dish pie crust. Fluke the edges, forming a high rim to hold the filling. Do not prick the shell. Place pie shell on oven rack; pour in filling.

6. Bake in 375 degree oven for 55-60 minutes or till the pie is set....meaning until you can insert a butter knife near the center of the pie and it comes out clean. Cool before