

McDougal's Farm LLC

What's Growing On!

October 18th, 2018

Farm News

This is the last box delivery for the season

Please return all boxes to their pick up sites by next Friday-thank you

We love growing, being your farmers, working outside and the close relationship our job allows us to have with nature... but we have to admit, we are happy to be on this side of the 2018 growing season. This season will go down in our record books as *the most* bazaar growing season so far. In the last ten years we have had drought, pestilence, flooding, been buried under 21 inches of snow! but NEVER all in ONE YEAR! Made for some pretty fancy foot work:)...and no camping or fishing this summer. Glad this wasn't our first year. I'm pretty sure we wouldn't have ducked all the punches.

With the season being what it has been so far, we weren't even fazed by the 2 inches of snow on Monday....why not? Jerry and I just turned our focus towards cleaning out the hoop houses. After removing trailer loads of tomato and pepper plants, we threw in some lettuce and spinach seed, watered and shut the doors. We usually forget about it until February. It's about that time of year, we have had our fill of store greens and are willing to dig through the snow banks to get to the good stuff. Almost thought that was going to be the case for harvesting this week, but by Tuesday morning the snow was gone. Wednesday morning the crew showed up for the last time this season. We finished the harvest feeling proud, grateful, happy and sad, all at the same time.

With all the surprises Mother Nature threw at us this summer, we were happy that 'famine', wasn't one of them. All the boxes were packed each week, and miraculously, we may be able to extend one of the nicest Winter Share packages offered so far. If we can just get a little more warm weather, we may be able to add mixed greens *and* cauliflower, maybe even broccoli to the usual winter storing veggie mix...we'll see....it's an "anything goes" kind of growing season. *(For those of you who are unfamiliar with Winter shares, it is a onetime pick up from the farm with bulk quantities of veggies usually around the second week in November. The bulk of Winter Shares are varieties that store well like squash, potatoes, carrots, beets, onions, etc.).* We will get you the details on the upcoming winter shares as soon as we know what the details are:)

We hope you enjoyed your CSA experience with us...the fresh flavors, the recipes, the newsletters, the whole concept of eating in season while being environmentally

kind and knowing the face of your farmer.... Thank you for letting us be that face. We will stay in touch.

Jerry and Maydene

What's in the Box

This week in your box you will find everything for a big pot of veggie soup or for most of the yummy recipes below. You will find **carrots, potatoes, onions, green cabbage, rutabaga, snack peppers** (green but will turn red, yellow or orange) and **parsley**. You will also find **beets** and a **squash**....The large shares will get **brussel sprouts** as well.

Yummy Rutabaga hint: Peel, cut up and throw in with your potatoes when making mashed potatoes.

Cabbage Sausage Supper from Taste of Home

Everyone is surprised at how this flavorful combination of cabbage and sausage calls for just a few ingredients. I complete the meal with a no-bake fruit dessert. —Ruby Williams, Bogalusa, Louisiana

TOTAL TIME: Prep: 10 min. Cook: 40 min. **YIELD:** 12 servings.

- 2 pounds Fully Cooked Smoked Sausage Rope, halved and cut into 3/4-inch slices
- 1 large onion, cut into eighths
- 1 medium head cabbage, chopped
- 1/2 cup water
- 1 pound carrots, cut into 1/2-inch slices
- 5 medium potatoes, peeled and cut into 3/4-inch cubes

1. In a Dutch oven or soup kettle, cook sausage and onion over medium heat until sausage is lightly browned and onion is tender; drain. Add the cabbage and water. Cover and cook on low for 10 minutes. Stir in the carrots and potatoes. Cover and cook for 25-30 minutes or until the vegetables are tender.

Winter Stew of Braised Rutabagas with Carrots, Potatoes and Parsley Sauce from Full Belly Farm

1 tablespoon butter

1 tablespoon sunflower seed oil

1 onion, cut into 1-inch dice

Generous 1-pound rutabaga, thickly peeled and quartered

8 ounces yellow-fleshed potatoes, scrubbed and cut into neat wedges

2 hefty carrots, scrubbed, cut into 1 1/2-inch lengths, and wider ends quartered lengthwise

Pinch of dried thyme, or 1 thyme sprig

2 bay leaves

sea salt

1 cup water or vegetable or chicken stock

2 to 3 teaspoons mustard

freshly ground pepper
Parsley Sauce, or chopped parsley

Heat the butter and oil in a wide sauté pan with a lid over medium heat. Add the onion, rutabagas, potatoes, carrots, thyme and bay leaves, turn to coat, and season with 1 teaspoon salt. Cook over medium heat for 10 minutes, turning occasionally. Add the water, cover, turn the heat to medium-low, and cook for 20 minutes. Check to see how tender the vegetables are and how much liquid is left. When the vegetables are nearly tender, stir in the mustard and then continue cooking without the lid to reduce the cooking liquid.

Remove and discard the bay and thyme (if used). Taste for salt and season with pepper. Finish each serving with a spoonful of minced parsley.

Ethiopian Cabbage

Author: AfricanBites

- ½ cup olive or canola oil
- 2- cups carrots sliced about 4 medium carrots
- 1- medium onion chopped
- 2-3 teaspoons minced garlic
- 1 teaspoon curry powder or turmeric
- 1- teaspoon cumin
- 1 1/2 - teaspoon smoked paprika
- 1 large tomato diced
- 1- pound potatoes cut in chunks
- 1 bell pepper chopped
- 8 cups chopped cabbage about ½ cabbage head
- ½ teaspoon cayenne pepper or more to taste optional
- salt and pepper to taste

Instructions

1. • In a large saucepan or Dutch oven, heat oil over medium heat.
2. • Add onions, give it a minute or two then add, carrots, potatoes and tomatoes.
3. • Stir in all the spices; garlic, cumin, smoked paprika, curry, white pepper, cayenne pepper, and salt.
4. • Simmer for about 5 minutes, stirring occasionally to prevent burns.
5. • Pour in about 1 cup water to the saucepan , you may have to add more if needed. Continue to simmer for about 10-15minutes until the potatoes is almost tender.
6. • Finally add cabbage and green pepper, stir Continue cooking for about 5 minutes.
7. • Adjust for seasonings. Serve warm