

McDougal's Farm LLC

What's Growing On !

October 4th, 2018

Farm News

Not sure where the deep seeded thrill comes from, but I know it began years ago with us. We were just starting out and we both lost our jobs. I remember looking at our plates piled high with chicken, mashed potatoes, gravy and broccoli, and proudly declaring "This meal cost us .59 each!" We made a game out of it. We don't break it down to cents any more, but we still enjoy knowing we raise or gather about 90-95% of our food. If we made our own cheese, grew our own grain and knew how to grow junk food, we may be able to ace this thing. Our Thanksgiving meal will hit 100% this year with *our own* roast turkey, sweet potatoes, pumpkin pie and all the fixings'...including the wine. It's our quirky fetish. *Your* sweet potatoes should be in next week's box:) ...which will be the **last Buddy Box (Oct. 11th)**. For the rest of you, **October 18th will be the last box of the season.....and** our anniversary:)

In between showers and wind gust this week we continued to bring in the harvest. The rutabagas enjoyed two light frost, making them prime to pull this week. We also dug a mountain of beets and 2 mountains of carrots...Bless our worker share help:)), brought in the rest of the peppers and pulled up all the plastic mulch. We have been planting oats behind us as we complete a bed, so now the field is covered in lush green stripes....the deer are not waiting for us to drop the fence this year. Matter of fact, one dropped it for us this week:(

We also dove into the honeybee hives this week to check out the honey situation. It was somewhat disappointing. The bees look healthy and are doing fine, with good numbers to make winter in one hive but not the other. We believe the second hive may have swarmed leaving only half the bee population that was there just a month ago. These guys will have a little harder time of it this winter. It's always good to have plenty of snuggling buddies. Swarms are usually caused from overcrowding (or inattentive beekeepers...guilty). The colony grows another queen and when she is ready to take over, the old queen leaves with half the bees to go find a new home. But before they make the trip, they engorge themselves with honey making them very docile...think Thanksgiving:) So swarms reduces the amount of honey in the remaining hive. If the swarm happens early in the season, the honey bees left behind can rebuild their numbers and winter supply but when it happens later it doesn't always end well. We left them everything. The second hive we were able to pull some from. Our honey supply will be a little short this year. In all fairness, Jerry and I considered swarming ourselves this season. Not due to overcrowding, but overheating.

Enjoying the cooler temperatures. Our flowers may be black but the trees are stunning!
Have a nice weekend folks,
Jerry and Maydene

What's in the Box

This week in your box you will find **beets**, a **Carnival** (orange green and white) or a **Hearts of Gold (green and white) squash**. Both are very similar to Acorn and can be baked or stuffed. You will also find a **red cabbage**, **onions**, **garlic**, **parsley**, **Summer Sweet peppers** (will turn Yellow, thick walled and perfect for stuffed peppers) , and a **bag of salad greens** (fancy gourmet mix leaf lettuce with Koji greens). If this was my box I'd cook the beets up, slip the skins off and let them cool. Then I would add them to my lettuce salad with some crumbled feta cheese and a light dressing.....yum! The large shares will also get a **spaghetti squash** also.

Red cabbage with Bacon and Apples from the Spruce Eats

- 2 tablespoons olive oil
- 1 large red onion, chopped
- 1 clove garlic, minced
- 2 pounds shredded red cabbage (food processor works great!)
- 3 tablespoons cider vinegar
- 2 teaspoons granulated sugar
- 1/8 teaspoon ground black pepper
- 2 large Granny Smith apples, peeled, cored, and chopped
- 3 to 4 slices cooked bacon, diced
- 1/2 cup red wine, such as pinot noir or a cabernet
- 1/2 cup beef stock, unsalted or low sodium
- caraway seeds, about 2 teaspoons, optional
- kosher salt, to taste

In a large saucepan or Dutch oven, heat oil over medium heat. Add onions and saute until softened, about 3 minutes. Add the garlic and cabbage, the vinegar, sugar, pepper, chopped apples, bacon, wine, and beef broth. Bring to a simmer, reduce heat, cover, and continue cooking for 30 to 45 minutes, until cabbage is tender. Taste and add caraway seeds and salt, as desired.

Sneaky Beet Brownies from Fit Foodie Finds

This paleo-friendly coconut flour brownie recipe is fudgy and made with wholesome ingredients that are all gluten-free! There's no oil involved thanks to the secret ingredient of beet puree. That's how this recipe got its name of Sneaky Beet Brownies

- 1/2 cup beet puree (about 2 medium beets*)
- 1/3 cup pure maple syrup
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup dark chocolate chips, melted
- 1/4 cup dark chocolate chips (for topping)
- 1 cup almond flour
- 2 tablespoons coconut flour
- 1/3 cup unsweetened cocoa powder

- 1/4 teaspoon salt
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon baking powder
1. Preheat oven to 350°F and spray an 8×8-inch pan with cooking spray OR line with parchment paper. Set aside.
 2. Mix all dry ingredients (except for chocolate chips) in a medium-sized bowl and set aside. The 1/4 cup of chocolate chips will be used on top.
 3. Prepare beet puree by placing 2 cooked beets into a food processor for 2-3 minutes or until you've formed a puree.
 4. In a separate bowl, mix together all wet ingredients except for 1/2 cup of chocolate chips (you be melting these for later). Add dry ingredients to wet ingredients and mix.
 5. Place 1/2 cup of chocolate chips into a small, microwave-safe bowl and heat on high for 1 minute and 30 seconds, stirring every 30 seconds. When chocolate chips are melted, fold them into brownie batter.
 6. Pour brownie batter into pan and spread evenly with a spatula. Top with chocolate chips.
 7. Bake for 18-21 minutes (depending on how gooey you want them).

Notes* To make beet puree with uncooked beets, preheat oven to 400°F. Wrap beets in tin foil and bake for 45-60 minutes. Remove from oven, let cool, and remove skin. Place beets in a food processor for 2-3 minutes until pureed