

McDougal's Farm LLC

What's Growing On!

Aug. 15th, 2019

Farm News

It's been a week of inspirations and excitement, and enough "still" gaps between to appreciate them both. Friday, a small group came in for a tour. When the doors opened up and all the excitement rolled out of the vehicle, I could only imagine it had to be like a little popcorn popper inside the whole trip to the farm. When the kids saw the chickens and pigs, we lost them completely. They came from a bigger city, so the *norm* for us, was something new and exciting for them....it was fun to re-see our farm through their eyes. They were surprised to see how cauliflower and brussel sprouts grew, tried every color of cherry tomatoes and took a trailer ride. Then they wanted to pet a chicken,... so after 10 minutes and a few lunges I proudly caught one just in time to notice the six year old reaching down and gently picking one up in a graceful 2 second movement...What?! Did I mention this little girl was a double leg amputee? I only say this as an afterthought because nobody else seem to notice, including her... the most inspirational part of our whole day.

The first Farm to Fork (at the Grandview Orchard) is being held this weekend to benefit the Langlade County Boys and Girls Club. Farm to Fork Dinners have always been a fascinating thought to us. The whole idea of pulling something out of the ground, preparing it and serving it not too far from that very spot, on sprawled out lined tables, adorned with field flowers and evening candles in mason jars,... sounds perfectly fun and the way it should be....but then we think about it some more and all the extra work it would involve... and we pass. That is why it is exciting to be part of this one that is being all set up by somebody else!

What else happened that was exciting? Caught the biggest fish of my life! 29 inches...small fry to the locals in the north, but this was my realization; A lot more people are willing to help you pull in a big fish then to pick green beans. But not surprised. That was a lot of fun and out of the *norm* for us.

Have a wonderful weekend and remember when you look into your box and see broccoli again, CSA's can be as unpredictable as the growing season. Sometimes crops fail and sometimes they thrive!! We/You have been graced with abundance and that is a good thing:)

Jerry and Maydene

What's in the Box

We have another loaded box this week...a bottom holder:) In your box you will find **Broccoli, Cauliflower, Heirloom Sweet Onions, a head of green cabbage, Kale, new potatoes, Green Beans, Romaine, Garlic and cucumbers.**

The following recipe is a popular repeat from previous years..absolute 5 star!

Zuppa Toscana ***** 5 star!

Creamy Potato & Kale Soup with Italian Sausage

Creamy, spicy potato and kale soup with Italian sausage. Similar to Olive Garden's

- 1 tablespoon olive oil
- 1 pound Italian sausage
- ¼ teaspoon red pepper flakes (or to taste)
- 3 cloves garlic, minced
- 1 onion, diced
- 4 cups chicken broth
- 3 small russet potatoes, thinly sliced
- 2 cups kale, finely chopped
- 1 cup heavy cream
- salt and pepper to taste

To a large pot over medium heat, add the olive oil. Brown the sausage until no longer pink. Add the red pepper flakes, garlic, and onion and cook, stirring often, until the onions are translucent and the garlic is fragrant, about 4 minutes. Add the chicken broth, potatoes, and kale. Bring the broth to a simmer, reduce the heat to medium-low, and cook until the potatoes are tender, about 10 minutes. Remove the soup from the heat, stir in the cream, and season with salt and pepper to taste. Ladle into soup bowls and serve

The next recipe gets a big thumbs up from Linda W...thanks for sharing Linda!

SOUTHERN BACON-FRIED CABBAGE

- 6 slices bacon, chopped**
- 1 cup onion, chopped**
- 3 cloves garlic, minced**
- 1 large head cabbage, cored and chopped**
- 2 tsp. seasoned salt**
- 1/2 tsp. ground black pepper**
- 1/2 tsp. onion powder**
- 1/2 tsp. garlic powder**

Cook the bacon in a jumbo cooker over medium-high heat until crisp. Remove the bacon to a paper towel-lined plate. Reserve 2 tbsp. of the bacon grease and discard the rest.

In the same jumbo cooker, return the 2 tbsp. bacon grease. Over medium-high heat, cook the onion until it is soft, about 4 minutes. Add the garlic and continue to cook for an additional 1 minute. Stir in the cabbage and continue to cook and stir for 4-5 minutes. Add the seasoned salt, pepper, onion powder and garlic powder. Mix well. Reduce heat to low, cover, and allow to simmer, stirring occasionally, for about 30 minutes.

Just before serving, mix the bacon into the cooked cabbage. Serve immediately.

Cauliflower Broccoli Salad Recipe

from Valentina's Corner

- 3 cups raw cauliflower, small florets
- 3 cups raw broccoli, small florets
- 1/2 medium red onion, finely chopped
- 1 cup mild cheddar, grated
- 1/2 pack bacon, chopped & cooked (8 oz)
- 1/4 cup sunflower seeds
- 1/3 cup raisins (dried cranberries)

Dressing-

- 1 cup mayonnaise
 - 1/3 cup granulated sugar
 - 1/4 cup white vinegar
1. Cook bacon pieces, set onto a paper towel to cool.
 2. Cut broccoli and cauliflower into small florets. Finely chop onion.
 3. Prepare the homemade salad dressing. Combine the mayo, sugar, and vinegar.
 4. In a bowl add the broccoli, cauliflower, cheese, sunflower seeds, cranberries, bacon and red onion. Add dressing. Combine well and enjoy!

Buttery Garlic Green Beans Recipe by Lookswatscooking from Allrecipes

1 pound fresh green beans, trimmed and snapped in half

3 tablespoons butter

3 cloves garlic, minced

2 pinches lemon pepper

salt to taste

Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water. Add butter to green beans; cook and stir until butter is melted, 2 to 3 minutes.

Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.