

McDougal's Farm LLC

What's Growing On!

Aug. 22nd, 2019

Farm News

It's the red, yellow, fat frog, tomato part of the season. The Zinnias, Bee Balm, Sunflowers and Black-Eyed-Susans have all taken a front row seat. Almost enough to steal your attention away from all of the weeds.... the frogs however are loving the weed canopy. Never have we seen so many humongous, almost obese looking frogs. Happy as heck, just waiting to terrorize any un-expecting onion-pickers. Another little guest we have an abundance of this year, is the native Bumble Bee. Every year we bring in honey bees and every year we see less and less of them working in the field...the number in the hives are still good, but what we are seeing is the native Bumbles picking up the slack and working double time....carrying pollen in ways we have never seen before. Passionate little creatures who are not ready to drop the ball...they have our respect.

The tomatoes are beginning to come in now and you will find them for the first time in this week's box! When we think *summer*, cherry tomatoes and BLT's with big slicer tomatoes are two sunny thoughts that come to mind. Red tomatoes fresh off the vine, just screams, "Summer!" In the next few weeks you will be getting all different kinds of tomatoes...some of them may not be pretty...try them any way. Many of our varieties are heirloom...meaning; these varieties have been around for more then 50-100 years. Untouched. Un-hybridized. They may have thin skins, they may have cracks or blemishes but ALL the flavor is still there. When seeds are altered, it comes at a cost....and flavor is usually the first to go. We still grow a few hybrid types (never GMO), some people still want "pretty".? You can't taste *pretty*, but to each their own tomato.

Pizza night is coming up, September 7th!! We did this one other time and it was such a great evening...one of our favorites.

Let McDougal's Farm crew cook for you! Come for a relaxing evening, have a glass of complementary wine, and watch while we use all the farms bounty and freshness to put together a variety of different pizzas and show you how easy it is to cook with fresh herbs and veggies. Cost is \$15. per person or make it date night! \$25. per couple. Space is limited so please call 715-627-4418 ahead or email to reserve your seats.

This has been another bountiful year and we know the boxes have been bursting! We apologize for any smushed romaine. When we plan a box, we are only guessing as to how it will fit and we may have over shot last week's box:)

Have a great weekend!

Jerry and Maydene

What's in the Box

This week in your box you will find **carrots, onions, red cabbage, cilantro, garlic** and a **green (no red yet) bell pepper** for the recipe below. You will also get **broccoli, cauliflower, a cucumber, tomatoes and beets**. **If the boxes don't close, the broccoli will be the first to go.**

Why is my Cauliflower pink? Good question...perfectly good to eat but like your farmers, they are sporting a little tan:) from the sun.

The following recipe is an absolutely beautiful dish! and Renee W. gives it the thumbs up...thanks for sharing Renee! I am making it this weekend!!

Thai Noodle Salad with Peanut Sauce from Simply recipes

For the salad:

- 1 small head (about 2 cups) romaine lettuce
- 1/4 head (about 2 cups) red cabbage
- 1 large red bell pepper
- 1 large carrot (about 1/2 cup), shredded
- 1 mango
- 1/4 cup cilantro leaves, plus more for garnish
- 1/4 cup green onions, plus more for garnish
- 1/4 cup roasted peanuts, roughly chopped, plus more for garnish
- 8 ounces (227 grams) pad Thai rice noodles

For the peanut dressing (makes 3/4 cup):

- 1/3 cup creamy peanut butter
- 3 tablespoons lime juice
- 3 tablespoons water
- 3 tablespoons brown sugar
- 4 teaspoons rice wine vinegar
- 4 teaspoons soy sauce
- 1 teaspoon sesame oil
- 1/4 teaspoon fish sauce
- 1/2 teaspoon sracha, or chili paste
- 1/2 teaspoon minced ginger
- 1/2 teaspoon minced garlic

METHOD

1 Cook the rice noodles: Bring 3 quarts of water to a boil in a large pot. Add rice noodles, stirring occasionally, and cook until tender, about 5 minutes.

2 Drain and cool the noodles: Transfer to a colander, drain, and rinse with cool water until noodles are cold. Allow to drain well until ready to add to the salad. If noodles stick together, rinse them in cool water to separate.

3 Slice the ingredients: While the water is coming to a boil, and while the noodles cook and cool, prepare the vegetables.

Put a large serving bowl nearby and add each element to the bowl as you slice or chop it.

- Cut the romaine lettuce into 1/4-inch thin strips the short way.
- Cut the cabbage into 1/4-inch thin strips.
- Thinly slice the bell pepper.
- Shred the carrot. You want about 1/2 cup of shredded carrot.
- Peel the mango and cut it into slices an 1/8-inch thick.
- Chop the cilantro. Thinly slice the green onions.
- Roughly chop the roasted peanuts.

4 Make the peanut dressing: In a small bowl, whisk together peanut butter, lime juice, water, brown sugar, rice wine vinegar, soy sauce, sesame oil, fish sauce, siracha, ginger, and garlic until smooth.

5 Combine the salad: Add the rice noodles to the bowl with the vegetables, herbs, and peanuts. Pour half of the dressing over the salad.

6 Serve: Garnish salad with additional cilantro leaves, green onions, and chopped peanuts. Serve the remaining dressing on the side.

Beet Salad with Feta and Cilantro

salad greens, chopped

2-3 large beets – roasted or boiled and the skins removed, cooled and cut into cubes

½ cup of cilantro chopped

2 green spring onions – finely sliced

2/3 cup goat feta crumbled (cheese)

dressing:

2-3 tbsp olive oil

1-1/2 tbsp balsamic vinegar

1 tsp maple syrup

Mix all ingredients in bowl and toss with dressing.