

# McDougal's Farm LLC

What's Growing On!

Aug. 29th, 2019

## Farm News

Some weeks are frustrating...the tractor has a flat, the lawn mower won't start, the deer are in the fence again, etc....but this week was *not* one of them. We decided it felt like a "soup" week and made out our harvest list accordingly. Monday we pulled and cleaned 300 onions, picked 200 cauliflower, bundled a 150 Thyme bouquets and carefully jostled in a few hundred pounds of ripe tomatoes *and* had enough time left over to make a nice supper with an apple crisp...fabulous! Tuesday went even better. Sarah P., Matt, Kimmy and Sarah M.(with warm bread:) rolled in before 7:30am and by noon we had over 360# of potatoes picked, washed, weighed and bagged; 200# of carrots forked by hand, washed, weighed and bagged; 165 stalks of celery cut and the boxes were pre-set for Thursday's packing. We would say this crew works together like a well oiled machine... *however*, that would mean they work quietly *like a well oiled machine*...and that is not the case:)) Lots of belly laughs and good energy. Love these guys! At noon they rolled out, we went in to have lunch and it began to rain! YES!! ...then it hailed:( OH, NO! our tomatoes!...may have been the only hick-up to the perfect harvest week. Wednesday morning, Elyse and Holly showed up to help us knock out the rest of the box. Went so well, we jumped on a weed patch and found 400 late broccoli and 200 young cauliflower plants lost in the weeds! We did lose Elyse once or twice, but when noon rolled around and we counted up, it was McDougal's Farm- 4, Weeds-0! For 18 weeks these hard hitters come in and help us make these boxes happen in quick order. We are so grateful for their *upbeat* "Get er done!" attitude. McDougal's Farm team rocks!! Come meet them next Saturday.

**Farm PIZZA NIGHT is coming up September 7th** and we still have room! The McDougal Farm crew will be making pizzas starting at 5 pm with all the farm's goodness. Come relax, have a glass of complimentary wine while we PIZZAZ you! Come hungry! Space is limited so **please call ahead to reserve your seat/s**. Cost is \$15. per person or \$25. a couple.

It's hard to believe it's the soup season already. Nights and mornings are chilly and sometimes it's still dark when we get started but it's not all bad. It's the kind of weather that makes you want to sit in front of a campfire...put down the phone...unplug...put your feet up...enjoy conversation with a real live people. I think gatherings around a campfire must fill some deep primal longing for us. We should make more time for them and enjoy the season.

Have a great weekend,  
your Farmers,

*Jerry and Madyene*

## What's in the Box

This week's box is packed with "soup" goodness, so get your biggest kettle out. This week in your box you will find **Cauliflower, a red onion, an Alisia Craig green onion, a bundle of sweet Thyme, red potatoes, carrots, celery, collards, a sweet bell pepper, a sweet banana pepper and slicing tomatoes.**

**Collards:** Collards are high in nutrition, packed with vitamins and minerals but can seem tough eaten raw. We recommend steaming or cooking them (with bacon:)). First remove the stem and spine like you would with kale. The rest of the leafy green can be steamed whole or chopped and added to soup.

*We make soup often but we don't measure anything so bear with us on the following recipe... which is more like a list...you may have to fill in the blanks.*

### Beef or Venison Vegetable Dumpling Soup

**In large heavy bottom kettle:**

- Add oil or 3 Tablespoons of lard, heat

**Brown 1 to 1-1/2 pounds of beef or venison** that has been cut up into 1 inch cubes or smaller (can use hamburger)

- Salt and pepper

*Make sure you brown it well, this adds a lot of flavor to your soup*

When meat has been browned add

- **1 large chopped onion and**
- **3 cloves of garlic, minced**

*Onions add a lot of flavor so don't skimp*

**Add 4 cups of water** and let simmer covered till meat gets tender while you are preparing the following veggies:

- 6-8 carrots- peeled and chopped
- 3 stalks of celery, including some of the leaves, chopped fine
- 4 medium potatoes, chopped (you can leave the peel on)
- 1 pepper chopped
- 1/4 of a green cabbage, cut in thin slices
- 1/2 teaspoon fresh sweet Thyme...the rosemary fell out of the cupboard and landed in my soup, that was pretty good too, but go lightly on both.
- 2 Tomatoes chopped, we leave the skins on
- Collards or kale, (remove stem and spine and cut up remaining collard leaf)

Once your meat is tender, start adding all your veggies starting with the "firmest" of them...carrots, celery, etc..ending with your collards.

You may need to add more water now, just don't overdo it. As the veggies cook, it get's juicier. Bring this all to a simmer and continue to simmer until your firmest veggies are tender.

**Taste the broth..do you need to add beef bouillon?** If you added enough onions, probably not:)

#### **Drop Dumplings**

While your veggies and meat are simmering,.... in a separate bowl, mix together the following (How much do you like dumplings? Make a skinny batch or the fatter one)

1 or 1- 1/2 cups of flour

1 or 2 eggs

pinch of salt

Mix together then add:

Enough hot broth from soup kettle to make a very soft, almost sloppy mixture. It should still mound on a spoon.

While soup is simmering drop this mixture by **small** spoonfuls into the soup. They will float when they are done.

## Boiled Dinner

Ham bone with some meat on it

Cabbage

Carrots

Potatoes

Onion

Celery

Cover hambone with some water and boil for several hours. The longer you cook it, the better the taste. Chop vegetables into large chunks. Add vegetables to ham and water, placing the cabbage wedges on top and cover. Cook about ½ hour or until veggies are tender. Season with salt and pepper as needed. I always add a little chicken bouillon.

Shared by Renee W.! This sounds tasty with BACON!!

## Loaded Cauliflower Casserole

 from the Food Network Kitchen

6 slices bacon, cut 1/2-inch thick

2 medium heads cauliflower, cut into bite-size florets (3 to 4 pounds total)

Kosher salt and freshly ground black pepper

6 ounces cream cheese, at room temperature

2 cups shredded Cheddar

4 scallions (onions), white and light green parts only, thinly sliced

2/3 cup sour cream

Preheat oven to 425 degrees F. Cook the bacon in a medium nonstick skillet over medium heat, stirring occasionally, until brown and crispy, 6 to 7 minutes. Transfer to a paper towel-lined plate. Reserve 2 tablespoons of the bacon drippings. Put the cauliflower florets in a 3-quart casserole dish. Toss with the reserved 2 tablespoons bacon drippings, 3/4 teaspoon salt and 1/2 teaspoon pepper. Roast until the florets are soft and begin to brown, about 30 minutes.

Meanwhile, mix together the cream cheese and 1 cup of the Cheddar in a medium bowl until well combined. Dollop over the cauliflower, then sprinkle with the remaining 1 cup Cheddar and bake until the cauliflower is tender when poked with a knife and the Cheddar is melted and bubbly, 5 to 7 minutes more. Dollop the sour cream evenly over the casserole and sprinkle with the scallions and reserved bacon pieces