

McDougal's Farm LLC

What's Growing On!

Aug. 8th, 2019

Farm News

With the Sustainable Farm Tour behind us, it's time to take a weed-whacker break. We weren't shooting for perfection in the fields, just wanted our visiting guest to be able to *see* the crops and I think we pulled it off:).carved them right out. Jerry and I were pleased to see so many of you make it. It was a fun day of sharing and learning...from both sides. Special thanks to Ashlyn, Holly and Sarah for coming in on their day off to give us a hand. You guys rocked it!

The mid-night worries as to, "What's going to go in the box this week?" are also behind us. We had a slow, cold start, but since then, the weather has been pretty vegetable friendly:) Now there are so many choices, the only thing that limits us, is the size of the box....a wonderful problem to have. The fields are really beautiful right now. As vegetable nerds, we may be guilty of admiring a plate size squash blossom or the girth of a beet a little longer than most, but I think even a blind non-vegetable nerd could appreciate the fields right now. Early mornings, before the heat wilts the squash blossoms, the bees are roaring! It's something to hear. It's a good time to be a farmer.

B+ on the box return this week. Keep up the good work!

Have a great weekend,

Jerry and Maydene

PS we have cauliflower coming up soon, any great recipes out there?

What's in the Box

Another delicious hefty one! In your box you will get **broccoli, romaine, green beans, young carrots, dill weed for dip, cucumbers, zucchini, turnips, garlic and large heirloom onions.**

Broccoli: Good raw or cooked and found in many recipes. Always best eaten fresh and as soon as possible but if you would like to **freeze it, it does need to be blanched first. Wash, cut into florets and drop into boiling water for 3-4 minutes. Chill down in ice water, drain and put into freezer bags releasing all the air out. Be sure to label and date.**

Green Beans: Wash, snap the ends off and snap in half and boil until tender (poke with a fork), drain hot water and top with a pat of butter and a pinch of sea salt. If you want to **freeze them, wash and snap. Drop into boiling water for 3 minutes then remove the beans and put them in ice cold water. Once they are cool, you can put them in a strainer to drain and then pack into freezer bags. Don't forget to remove the air from the freezer bag, label and date. Put into freezer.**

Dill Weed: Remove any heavy stems and chop up fine. Dill weed can be used fresh in dill dip or in a creamy cucumber salad for an extra summery taste. Fresh Dill weed can also be frozen without being blanched like most herbs...chop, put in a bag and freeze for later.

Zucchini: When zucchinis are young there is no need to peel, just chop and add to stir fries or grate up for zucchini bread. If the Zucchinis are larger, you may want to peel them first and remove the seeds. The larger ones are what we usually freeze for zucchini bread for the winter...makes a great Christmas gift. Peel first and then grate it. We pre-measure the amount our recipe will use and put that amount in each freezer bag...usually 2 cups. Date and label.

Turnips: Peel and eat raw with a sprinkle of sea salt, great on a vegetable tray with dill dip or can be chunked and roasted or put in soups. Try them cooked, blended in mashed potatoes.

Creamy Dilled Cucumber Salad from Taste of Home

- 2 English cucumbers, thinly sliced
- 1 teaspoon salt
- 1-1/2 cups sour cream
- 1/4 cup thinly sliced red onion
- 1/4 cup snipped fresh dill
- 2 tablespoons white wine vinegar
- 2 garlic cloves, minced
- 1 teaspoon sugar
- 1 teaspoon coarsely ground pepper

1. Place cucumbers in a colander over a bowl; sprinkle with salt and toss. Let stand 15 minutes. Squeeze and blot dry with paper towels.

2. In a large bowl, combine the remaining ingredients; stir in cucumbers. Refrigerate, covered, at least 1 hour.

Easy Broccoli Cheese Soup from Cafe Delites

- 1/3 cup butter
- 1 yellow onion, chopped
- 4 cloves garlic, finely chopped or minced
- 1/3 cup all purpose flour (or plain flour)
- 2 cups good-quality low sodium chicken stock
- 3 cups half-and-half, (or evaporated milk or regular milk)
- 3/4 teaspoon salt, or more to your taste
- 1/2 teaspoon cracked black pepper, or more to your taste
- 1 teaspoon vegetable stock powder (or chicken bouillon powder)
- 1 teaspoon mustard powder
- 1 teaspoon garlic powder
- 1 pound (500 grams) broccoli florets, cut into small pieces
- 2 large carrots, peeled and grated
- 2 cups low fat sharp cheddar cheese

Melt the butter in a large pot or Dutch oven over medium heat. Fry the onion until fragrant (about 2 minutes). Add in the garlic and cook for a further minute. Whisk in the flour and cook for a few minutes or until golden brown. Reduce heat to medium-low and slowly pour in the chicken stock and half-and-half, stirring well to combine and dissolve the flour into the liquid. Season with salt and pepper, stock powder, mustard powder and garlic powder. Give it a good mix and allow to cook and thicken for about 5 minutes, while stirring occasionally. Add in the broccoli and carrots and gently simmer for another 20 minutes, until broccoli is completely tender. Mix in cheese and stir until just combined. Taste test and add in extra salt and/or pepper, if desired. Serve with bread rolls!

Notes: For an even thicker consistency, mix 1-2 tablespoons of cornstarch with 3 tablespoons of water or milk, and add to the soup when it's simmering. Mix through well and allow to thicken.

Zucchini Bread with Pineapple from Simply recipes

The original recipe called for 2 cups of zucchini, but I like to make it with 3, just because I have so much zucchini that needs to be used up. More zucchini yields a moister loaf.

3 cups all purpose flour
1 teaspoons baking soda
1 teaspoon salt
1 teaspoon baking powder
2 teaspoons cinnamon
3/4 teaspoon nutmeg
3 eggs
1 3/4 cups sugar
1 cup olive oil
2 teaspoons vanilla
2 to 3 cups coarsely grated zucchini
1 can (8oz) crushed pineapple, drained
1 cup chopped walnuts (optional)
1 cup golden raisins (optional)

Preheat oven to 350°F (175°C). Prepare 2 buttered 5 by 9 inch loaf pans. Whisk together dry ingredients: In a medium sized bowl, vigorously whisk together the flour, baking soda, baking powder, salt, cinnamon, and nutmeg. Mix wet ingredients and sugar: In a mixer, beat eggs on medium speed for one minute. Add the sugar and beat for one more minute. Add the oil and vanilla; continue beating mixture until thick and foamy. Stir in grated zucchini and pineapple: Remove the bowl from the mixer and with a spoon, stir in the zucchini and pineapple. Combine dry ingredients with wet: A third at a time, add dry ingredients into wet and gently stir (by hand) after each addition. Add the walnuts and raisins, blend gently. Bake: Divide the batter equally between the two loaf pans. Bake at 350°F for 55 minutes or until a wooden pick inserted in to the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

Lemon Dill Zucchini & Chickpea Rice from the Full Helping and Renee! Thanks for sharing Renee:)

1 lb zucchini (about two medium/large), diced
1 tablespoon neutral-tasting vegetable cooking oil (such as grapeseed or refined avocado)
1 cup short grain brown rice or 3 cups cooked brown rice
2 teaspoons olive oil or a few tablespoons vegetable broth
1 shallot, chopped
3 cloves garlic, minced
1 1/2 cups cooked chickpeas (or 1 can, drained and rinsed)
2 tablespoons fresh, chopped dill
2 tablespoons fresh, chopped parsley or chives
1-2 tablespoons freshly squeezed lemon juice, or to taste
salt and pepper to taste

Instructions

1. Preheat your oven to 400F and line a baking sheet with parchment or foil. Toss the zucchini with the vegetable oil and transfer to the sheet. Roast for 35 minutes, or until the zucchini is tender and browning.
2. If using dry rice, cook rice according to package instructions while zucchini roasts.
3. Heat the olive oil or broth in a roomy skillet over medium heat. Add the shallot. Cook for 2-3 minutes, or until the shallot is clear and soft. Reduce the heat to medium low and add the garlic. Cook for 1 minute, stirring often. Stir in the cooked rice, chickpeas, and roasted zucchini. Add the lemon juice, dill, and parsley; stir well. When everything is warmed through, taste and add salt and pepper to your preference. Serve.