

McDougal's Farm LLC

What's Growing On!

September 12th, 2019

Farm News

What a fun weekend! The Pizza Party went incredibly well...great people, great food, great weather...and the clean up was minimal. That's the perfect recipe for a fun party! We come up with these ideas in the middle of winter when we are feeling all ambitious, but when the time rolls around and the boxes have to be filled, delivered and the broccoli and tomatoes still need to get picked, we wonder, "What were we thinking?". We couldn't have pulled it off without family and friends for sure! Our son, Gyler helped with all the running, set up and kept the bonfire stoked all night. Sarah M., (our Wednesday farm helper, owner of the Wholesome Spoon and bread magician), handmade ALL the pizza crust! Our son, Jerry and his wife Mel, along with Kimmy G. (also family friend and farm helper) were the head chefs for the evening. They came up with combos like...Spiced chicken, mushroom, sweet red pepper with Maple Butternut Sauce,.. Brussel sprouts, cherry tomatoes with farm raised Bacon,...Beet, feta and cilantro and many more....no two were alike. All were topped with Antigo's worldwide famous cheese from Sartori's! The combos were as delicious to look at, as they were to eat. When the pizzas were ready, they were baked in an apple wood smoker by our nephew Floyd and his wife Bridgette, adding an incredible flavor! The last pizzas off the cooker were an open face Apple Rosemary pie!!....and our guest that evening were the icing on the cake (or the cheese on the pizza:)...incredible bunch...*they* were serving *us*!! It was a fun night to remember... a conglomeration of a lot of good energy that overflowed our little greenhouse.

Good news! We have sweet corn! Not a lot and the cobs are small but..it...is...delicious! We thought we were going to be writing a dear John letter this week regarding the corn, but the short little stalks pulled it off and everyone will get a few...better than zip! Enjoy every morsel.

Another sweet little note: We have a limited amount of my brother's just harvested **honeycomb** for sale! We served samples this weekend with a Strawberry Mint leaf....delish! The whole comb is edible. It's fascinating to see how honey is preserved by the honeybees...pure and untouched. The pieces of comb are much larger/thicker than what you find in the store, weighing between 8-12 oz.! The honey comb is a \$1.00 an ounce! Packages range from \$8-\$12 Best pricing we have seen. If you are interested in purchasing a container let us know and we can set up a connection. We can also make it available in our farm "veggie pick up area" on Thursdays. If you are located in the Wausau or Rhinelander area, prepaid orders can be sent with our drivers to the pick-up sites. They will include your name.

Love the sweetness of the season....trying to embrace all the rain this week.

Have a sweet weekend

Jerry and Maydene

What's in the Box

This week in your box you will find **sweet corn, tomatoes, red onion, cilantro, sweet peppers (green bell and Lipstick), jalapeno peppers (dark green, hot and in Ziploc), romaine, broccoli, carrots and fresh oregano.**

Freezing Peppers: Peppers are always best used fresh, like in Fajita!! but if you have too many, peppers are easy to freeze, no blanching necessary. Just chop or slice, then pack into freezer bags. Remove the air and seal tightly. Be sure to label and date. Freeze for later.

To use your fresh sweet corn in the following recipe. Remove husk, boil corn cobs for 10 min., cool, then carefully cut corn kernels of the cob...all ready to continue

Cowboy Caviar from spendwithpennies.com

- 3 Roma tomatoes *seeds removed, diced*
- 2 ripe avocados *diced*
- 1/3 cup red onion *diced*
- 1 15 oz can black beans *rinsed and drained*
- 1 15 oz can black eyed peas *rinsed and drained*
- 1 1/2 cups frozen sweet corn *thawed*
- 1 bell pepper *diced (I used half a green and half a red, but color doesn't matter)*
- 1 jalapeno pepper *seeds removed, diced into very small pieces*
- 1/3 cup Cilantro *finely chopped*

DRESSING

- 1/3 cup olive oil
- 2 Tablespoons lime juice *fresh preferred*
- 2 Tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- Tortilla chips *for serving*

Instructions

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir/toss very well.
4. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

Flavorful Chicken Fajitas from Taste of Home

4 tablespoons canola oil, divided

2 tablespoons lemon juice

1-1/2 teaspoons seasoned salt

1-1/2 teaspoons dried oregano (double if using fresh)
1-1/2 teaspoons ground cumin
1 teaspoon garlic powder
1/2 teaspoon chili powder
1/2 teaspoon paprika
1/2 teaspoon crushed red pepper flakes, optional
1-1/2 pounds boneless skinless chicken breast, cut into thin strips
1/2 medium sweet red pepper, julienned
1/2 medium green pepper, julienned
4 green onions, thinly sliced
1/2 cup chopped onion
6 flour tortillas (8 inches), warmed
Optional: Shredded cheddar cheese, taco sauce, salsa, guacamole and sour cream

1. In a large bowl, combine 2 tablespoons oil, lemon juice and seasonings; add the chicken. Turn to coat; cover. Refrigerate for 1-4 hours.
2. In a large cast-iron or other heavy skillet, sauté peppers and onions in remaining oil until crisp-tender. Remove and keep warm.
3. Drain chicken, discarding marinade. In the same skillet, cook chicken over medium-high heat until no longer pink, 5-6 minutes. Return pepper mixture to pan; heat through.
4. Spoon filling down the center of tortillas; fold in half. If desired, serve with toppings.

Stuffed Peppers from Allrecipes

1 pound ground beef
1/2 cup uncooked long grain white rice
1 cup water
6 green bell peppers
2 (8 ounce) cans tomato sauce
1 tablespoon Worcestershire sauce
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
salt and pepper to taste
1 teaspoon Italian seasoning

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook the beef until evenly browned.
3. Remove and discard the tops, seeds, and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)
4. In a bowl, mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
5. Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.