

McDougal's Farm LLC

What's Growing On!

September 19th, 2019

Farm News

This is one of those, "Is the glass half empty or half full?" kind of weeks. We could complain about the field conditions caused by 5 inches of rain in the past two weeks OR direct all our attention to this unbelievably nice weather we've been having!! This week the weather has been unseasonably warm, making it possible to do one of our favorite *summer* things... start the day with coffee on the front porch. It's dark this time of year but that just makes the coffee taste better...like eating chocolate cake blind folded:) Mornings are balmy and humid in the field, causing fog to drape over the ponds. The spider webs hang so heavy with dew, the first breeze sends their masterworks to the ground. Perfect weather to be a mushroom. This week feels like summer, but smells like fall!

We have been taking advantage of the nice weather and getting some big projects done. The last of the tomatoes and a field full of squash came in this week. Both crops, the tomatoes and squash, are planted on plastic mulch. This plastic all needs to get pulled up and removed from the field...which was accomplished on Tuesday! Huge job done and one of the dirtiest...SO wanted a group picture!! We were a hot mess! An extra thank you to Sarah, Matt, Sarah and Elise this week.

Let the squash season begin!! Every week now you will get a different kind of squash. Varieties like Spaghetti, Acorn, Sunshine, Carnival, Butternut, Buttercup and Delicata. Our squash crop wasn't abundant this year but plenty for the boxes and hopefully some winter shares. The squash plants themselves looked great this summer. They had a lot of blossoms, maybe even excessive. But oddly enough, the large majority of the blossoms were male..? The female blossoms are the ones that fruit. Is our environment that out of balance or does Mother Nature have something up her sleeve? We always correlate plant/seed health, with the environment health and ultimately human health. It will be interesting to see the 2019-20 baby boy/girl ratio.

Speaking of "making babies", that's all our honey bees did this year! Bees, bees and more bees with babies filling the bee nurseries. All wonderful news for a planet that is losing its bee population....however; somebody should be making food to feed this mob and all those babies to get them through the winter! In their defense, they are bees from the south. They don't even know what Winter is. Maybe that's the problem, regardless their honey stores were minimal this year. Shouldn't be surprised, all summer we noticed the lack of pollen being gathered by these little gals (the females are the workers). They are either 1) getting smarter and hiding it somewhere else..not probable, 2) Decided it was time *we* fed *them*....seems fair, or 3) They are just good old Hippie bees, all about the *love* and not so much about the work.

Have a good week!

Jerry and Maydene

We have fresh honey comb for sale

\$1. an oz.

Packages are 9-11 ounces

What's in the Box

It's a heavy one...come prepared and hold the bottom. This week in your box you will get a **Spaghetti squash, Russet potatoes, parsley, Little Sweetie red snack Peppers, onions, garlic, kale, cherry tomatoes and broccoli.** The standard shares will get the last of the **sweet corn** and the large shares will get a **small watermelon.**

Spaghetti Squash: Can be baked but we always boil ours. Wash it, throw it into a large pot and boil it until it pops or you can easily poke it with a fork. This method keeps the inside nice and moist. Once it is done, remove it from the water and split it open. Remove the seeds from the center. Now take a fork and scrap out the goodness. The fork will actually help define the "spaghetti". You can serve with butter, salt and pepper, spaghetti sauce or try the recipe below.

To freeze Parsley: chop and throw into a freezer bag, remove air, label and date. No need to blanch.

Russet potatoes: Great bakers! Think Meal in a Peel or roasted with seasoning. They make a rocking potato kale soup (Zuppa Toscana on our website mcdougalsfarm.com)

Roasted Spaghetti Squash with Sausage and Kale

from Simplyrecipes.com

3 tablespoons extra virgin olive oil
One 3-pound (1.4 kg) spaghetti squash
3/4 pound (340 g) turkey sausage (or any favorite sausage), bulk or removed from casings
1/2 cup minced red onion
3 cloves garlic, minced
1 to 2 cups thinly sliced kale
1 cup (100 g) coarsely grated Parmesan cheese
1 tablespoon finely chopped fresh oregano
Kosher or sea salt
Freshly ground black pepper

1 Preheat oven and prepare pan: Preheat oven to 375°F (190°C). Oil a sheet pan with one tablespoon of the oil

2 Prep the spaghetti squash: With a sharp chef's knife, slice off 1/2-inch from the ends of the spaghetti squash. Then stand the squash up on one of the ends to stabilize it, and cut the squash in half, top to bottom.

Scoop out any seeds and stringy bits inside, and place the squash halves cut-side down on the oiled or lined sheet pan. Poke the tops of the halves with the tip of a sharp knife.

3 Bake: Bake at 375°F (190°C) for 35 to 45 minutes until you can easily poke the sides of the squash with a fork. Remove from oven and let sit until cool enough to handle. Then using the tines of a fork, scrape out the "spaghetti"-like strands of the squash to a bowl.

4 Sauté onions, garlic, kale: In a large sauté pan, heat 2 tablespoons of the olive oil on medium heat. Add the onions and cook until soft, 2 to 3 minutes. Then add the garlic and cook for a minute more.

Add the sliced kale and cook for a minute or two.

5 Add the sausage: Add the sausage and cook without stirring, until the sausage starts to brown, then stir and continue to cook, stirring occasionally, until the sausage bits are cooked through, about 2 to 3 minutes.

6 Add the spaghetti squash strands to the sausage mixture and stir to combine, cook until the squash is heated through, about a minute.

7 Add Parmesan and oregano: Remove from heat and add the grated Parmesan cheese and oregano. Season with salt and pepper to taste. Serve immediately.

Roasted Russet Potatoes with Parsley and Garlic from William-Sonoma, Essentials of Healthful Cooking

2 long russet potatoes, about 1 lb. total
1 Tbs. extra-virgin olive oil
2 Tbs. finely chopped fresh flat-leaf parsley
1 garlic clove
1/2 tsp. kosher salt
Freshly ground pepper, to taste
Preheat an oven to 400°F.

Cut the potatoes lengthwise into slices 1/2 inch thick. Stack half of the slices and cut lengthwise into strips 1/2 inch wide. Repeat with the remaining slices. Rinse the strips with cold water and spread on a clean kitchen towel; blot dry with a second kitchen towel.

Place the potatoes in a bowl. Drizzle with the olive oil and toss to coat evenly.

Preheat a nonstick baking sheet in the oven for 5 minutes. Remove from the oven and carefully arrange the potatoes in a single layer on the hot baking sheet. Roast the potatoes, turning every 10 minutes, until evenly browned and tender when pierced with a knife, 30 to 35 minutes. Meanwhile, combine the parsley and garlic on a cutting board and chop together finely.

Transfer the potatoes to a serving dish and sprinkle with the salt and a grind of pepper. Add the parsley mixture and toss gently to coat. Serve immediately.

Serves 4.

Adapted from Williams-Sonoma, *Essentials of Healthful Cooking*, by Mary Abbott Hess, Dana Jacobi & Marie Simmons (Oxmoor House, 2003).