

McDougal's Farm LLC

What's Growing On!

September 26th, 2019

Farm News

Holy potatoes!!! We harvested potatoes this week with our 1800's *state of the art* potato digger! Not sure which is more remarkable, the record breaking potato harvest this year *or* that sweet, magnificent, all gear driven machine! There are fields full of potatoes trapped in mud right now because the farmers can't get to them with their heavy equipment, but this little antique did the muddy job beautifully. It scoops up the dirt in the front, shakes off the dirt/mud and sends the potatoes pouring out the back. It took us quite some time to pick them all up and it looks like we will be washing potatoes for a while, but we should have plenty for boxes, sales and to fill out those Winter shares nicely....which are looking more promising all the time:)

The extra rain hasn't kept us out of the field, but it has made its mark. Long rows of cabbages lay split wide open from the rain...yet the sauerkraut cabbages are holding well, thank goodness. Any broccoli that lacked a dome shaped head (allowing the water to run off), caught the rain and rotted. The romaine was an extra challenge this week. We apologize for any extra "McDougal's Farm" left on them. We *all* had a lot of McDougal's Farm on us this week.

URGENT: We need our boxes back...particularly the brown boxes. We are running very short and don't want to finish up with gunny sacks:) We purchased 3 boxes for each of you, allowing lots of wiggle room...but it's getting tight. Help us out folks, return those boxes please.

With all the fun activities at the Grandview Orchard this weekend (grandvieworchard.com), it has us thinking *apples!* And when you pair that up with our broccoli crop that just won't stop this year, we came up with a Broccoli Apple Salad recipe for you this week...yum! Also for you, we have a limited number of honey comb left. You can call ahead to reserve and we will put your name on one or you can self serve yourself in the "veggie pick up area" here on the farm on Thursday afternoons. The honeycomb is sold by weight, most average about \$10. Enjoy this week's bounty!

Have a fun filled Fall weekend!

Jerry and Maydene

What's in the Box

We have you all set up for Boiled Dinner! This week in your box you will get a **cabbage**, **carrots**, **potatoes** and **onions**. You will also get **broccoli**, **romaine** and **Delicata squash**.

Delicata squash: Known for its sweet nutty flavor but mostly for being so convenient! The Delicata squash is slender and small. If you cut them length wise, remove the seeds and put them face down in a skillet with water, they can quickly be steamed until tender. They can also be

micro-waved face down in a glass pie plate. The portion size is perfect with butter, salt and pepper....in that order:)

Boiled Dinner my Mom's recipe. Never any detail except the bigger the pot the more you can make:)

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 1/2 hour or until veggies are tender. Season with salt and pepper as needed. I always added a little chicken bouillon.

Fresh Broccoli Apple Salad with Walnuts from Natasha's Kitchen

2 medium heads of broccoli chopped into small pieces

1 large carrot grated

1 apple cored and finely chopped

1/4 medium onion 1/4 cup, finely chopped

1/2 cup walnuts toasted on a skillet and coarsely chopped

1/2 cup raisins or cranberries

Dressing Ingredients:

1/2 cup mayonnaise

1/2 cup sour cream

2 Tbsp lemon juice

1/2 Tbsp sugar or add to taste

1/4 tsp sea salt

Pinch of pepper

Toast walnuts over medium/ high heat, tossing them occasionally so they don't burn. Heat about 4-5 minutes. Chop walnuts coarsely.

Combine chopped broccoli, grated carrot, chopped apple, chopped onion, chopped walnut and cranberries.

To make the dressing, combine: mayonnaise, sour cream, lemon juice, sugar (to taste), salt and pepper. Mix well.

Mix as much of the dressing as you want into the salad, then serve.

Hearty Broccoli (or cauliflower) Soup

2 cups potatoes (diced)

1 cup onion (chopped)

1 cup carrots (thinly sliced)

½ cup celery (minced)

1 cup water

Cook together for 5 minutes.

2 cups broccoli (chopped)

Add and continue to cook an additional 5-10 minutes/

3 cups milk

2 chicken or vegetable bouillon cubes

1 tsp Worcestershire sauce

Salt and pepper to taste

Add and heat but don't boil.

1 cup milk

1/3 cup flour

Blend until smooth in a small bowl.

Stir into the soup and cook just until thickened. **Turn off heat.**

1 cup Swiss or sharp cheddar cheese (shredded)

Add and stir until melted.

Broccoli-cauliflower variation: Replace the carrots and celery with chopped cauliflower.