

McDougal's Farm LLC

What's Growing On!

October 10th, 2019

Farm News

Get out the bacon! Here comes the Brussel Sprouts! There is no middle of the road with these little green gems. You either love them and your eyebrows just went up with excitement or...you just scrunched your nose up. Regardless of either, this may be the first time you have ever seen how they grow on the stalk...way cool. And if you examine them a little further you will notice the "great cosmic swirl" pattern we see in so many other plants. You can't beat Mother Nature's packaging system. She keeps things pure on the inside and interesting enough on the outside to attract us. Consider this the next time you bite into any intact whole food..."Nobody before *you* has ever touched or seen the inside of that carrot or apple you just bit into". Nobody. The idea is so incredible, it is hard for us to wrap our minds around it. We live in a day when our food has been trucked, chopped, frozen, pureed, handled repeatedly AND accepted as the *norm*. It's not. Mother Nature, you have it going on and your Brussel Sprout packaging is impressive.

Next week (Oct.17th) will be our last veggie delivery. This summer flew by for us. We always compare it to taking "The Plunge" (a tall, very steep waterslide at Noah's Ark)...that first step is a doosey! There is no turning back. The adrenaline shoots through your veins... things fly by as you are flailed about....absolutely no control. About the time we ask ourselves "Why?", the ride is over and we are coasting to a stop. We are breathless and grinning...we had a good run this summer:) We had enough rain *and* enough sun. When we had too much sun, we had enough weeds:) All in all it was a good summer. Glad you joined us for it.

We are pleased to announce, **WINTER SHARES** will be available this year and they will be bountiful! We don't have the details yet as to what the **two different size packages** will contain or what they will cost but we will keep you posted. For those not familiar with Winter Shares, they are a **onetime pick up at the farm of bulk storing vegetables dispersed mid-November**. The number of **Winter shares are limited**. We put a sample below. We have a lot of work to do in the next couple of weeks but we will get you the info as soon as we have it.

Enjoy your weekend...sounds like it's going to be a snowy, soup weekend.

Your farmers,
Jerry and Maydene

What's in the Box

This week in your box you will get **Brussel Sprouts, golden flesh potatoes, sweet peppers, onions, parsley** and a **Sunshine squash** (our most popular squash and for good reason...it's fantastic!). Large shares will also get a **Carnival squash**.

An EXAMPLE of Winter shares of the past...

The **large winter shares (\$112.00)** and the best value, will consist of approximately 103# of *pure* food, plus a potted herb. Great for large families, restaurants and Christmas gifting:

- 2-6# bags carrots
- 1-4# bags of Russet potatoes
- 1-8# bag of Red potatoes
- 1- 4# bag of Gold flesh Potatoes
- 2 small green cabbage or 1 large
- 2 red cabbage
- 2 -20# pound bags of squash mixed (40#)(example of 20#; 2 Acorn, 2 Carnival, 1 Sunshine,1 Butternut, 1 buttercup)
- 6-7# rutabaga (approx. 3)..more available at no x-cost
- 2 pie pumpkins with pie recipe for Thanksgiving
- 2-4# bag of beets
- 2 bags of kale
- 1-3# bag of storing onions
- potted thyme plant for your kitchen window sill

The **Small winter shares (\$70.00)** will consist of approximately 63# of *pure* food, plus a potted herb:

- 6# bag carrots
- 8# bag of Red potatoes
- 4# Golden flesh potatoes OR Russets
- 1 small green cabbage
- 2 red cabbage
- 1-20# bag of mixed squash (example of 20#=: 2 Acorn, 2 Carnival, 1 Sunshine,1 Butternut, 1 buttercup)
- 1pie pumpkins with pie recipe for Thanksgiving
- 6-7# rutabagas (approx. 3)
- 1-4# bag of beets
- 1 bag of kale
- 1-3# bag of storing onions
- potted Thyme plant for your kitchen window sill

*See something in the winter shares you don't like? No problem. We will have a Food Pantry box set up for donations

It's a proven fact that all plans involving bacon have a 90 percent better chance of working out.

Maple Roasted Brussels Sprouts with Bacon

Recipe from Allrecipes by Stefychefy

1 pound Brussels sprouts, trimmed
1/4 cup extra-virgin olive oil
3 tablespoons pure maple syrup
4 slices bacon, cut into 1/2-inch pieces
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place Brussels sprouts in a single layer in a baking dish. Drizzle with olive oil and maple syrup; toss to coat. Sprinkle with bacon; season with salt and black pepper. Roast in the preheated oven until bacon is crispy and Brussels sprouts are caramelized, 45 minutes, stirring halfway through.

Stuffed Pepper Soup from Taste of Home

TOTAL TIME: Prep: 15 min. Cook: 45 min. **YIELD:** 8 servings (2 quarts).

2 pounds ground beef
6 cups water
1 can (28 ounces) tomato sauce
1 can (28 ounces) diced tomatoes, undrained
2 cups chopped green peppers
1/4 cup packed brown sugar
2 teaspoons salt
2 teaspoons beef bouillon granules
1 teaspoon pepper
2 cups cooked long grain rice
Chopped fresh parsley, optional

1. In a Dutch oven over medium heat, cook and stir beef until no longer pink; drain. Stir in next 8 ingredients; bring to a boil. Reduce heat; simmer, uncovered, until peppers are tender, about 30 minutes.

2. Add cooked rice; simmer, uncovered, 10 minutes longer. If desired, sprinkle with chopped fresh parsley.