

McDougal's Farm LLC

What's Growing On!

October 17th, 2019

Farm News

***This is the last weekly veggie delivery for the season*
...stay tuned for Winter shares**

This week we have been rained on, hailed on and blown off the field...a good time to shut this party down:) In ways we are not ready to say good-bye to summer..in other ways, we are looking forward to the slower pace of Winter. We stay on a pretty tight schedule all summer...seems like always in a rush, with only a few partial days off . Winter gives us time for reflection and other interest. The seed companies on the other hand, would like our attention to stay focused on them. They are already dangling the golden carrot in front of us for next season, bombarding us with seed catalogues, emails and phone calls. We will ignore *all* of them for a while and instead, take some time to celebrate our accomplishment.

We'll share a secret with you...All our growing seasons start with *apprehension*. We know how to grow vegetables. We have learned how to recognize red flags...when to act or pass, bend, duck or just accept. But no matter how much experience we have, no matter how many years we have under the belt, the weather can make us or break us. We can't foresee and every year is different. Stressful. So when we are on *this* end of the season and we *know* every box went out... *every* week... all FULL....well, it's a hell of a relief! We have the greatest respect and gratitude for Mother Nature. She keeps us humble, learning (because she is ever changing) and on our toes. Looking out the window right now, the trees are bright yellow, the grass is green and hail lies in little piles...this is one of her fickle days.

With the growing season wrapping up we ask that you return all boxes to your drop site by next Thursday. **Good idea to share:** Save yourself a trip back by bringing a bag with you this time and leave the box at the site.

We want to thank all our site hosts and hostesses, drivers, farm helpers, all who shared recipes and all of you who support local and clean eating. It's incredibly fulfilling to be your farmers! Someone laughed at us once...thought we were crazy thinking we were going to save the world. We may be nothing but a drop in an ocean but *drops* are all the ocean is...a bunch of drops like you and us:) Keep up the good work.

Your farmers,

Jerry and Maydene

PS. We will keep you posted on the Winter share details coming soon.

What's in the Box

This week in your box you will get a **Butternut** or **Buttercup squash**, a **red cabbage**, **celery**, **onions**, **kale** (red and green), **Purple top turnips**, **beets** (red and golden), **Jalapeno peppers** (Hot) and a bouquet of **Thyme**. The large shares will get a Heart of Gold squash as well.

checkout the Spicy Butternut Squash soup with Black beans at mcdougalsfarm.com...you will need the jalapenos:)

Simple Seedy Slaw

Recipe from <https://cookieandkate.com/simple-healthy-coleslaw-recipe/>

- 2 cups finely sliced purple cabbage (one small cabbage will be more than plenty) 1.
- 2 cups finely sliced green cabbage (one small cabbage will be more than plenty) 2.
- 2 cups shredded carrots
- 1/4 cup chopped fresh parsley
- Up to 3/4 cup mixed seeds (green pumpkin seeds—and sunflower seeds, with some sesame seeds and poppy seeds)

Lemon dressing

- 1/4 cup olive oil 4.
- 2 to 3 tablespoons lemon juice, to taste
- 1 clove garlic, pressed or minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt

In a medium serving bowl, combine the prepared purple and green cabbage, carrots and parsley. Set aside.

Measure out your seeds into a small skillet. Toast over medium heat, stirring frequently, until the seeds are fragrant and the green pumpkin seeds are starting to make little popping noises. Pour the toasted seeds into the mixing bowl and toss to combine.

To make the dressing, in a small bowl, combine the olive oil with 2 tablespoons lemon juice. Add the garlic, cumin and salt and whisk until thoroughly blended.

Drizzle the dressing over the slaw and toss until all of the ingredients are lightly coated in dressing. Taste and add an additional tablespoon of lemon juice if the slaw needs a little more zip. Serve immediately or cover and refrigerate to marinate for up to several hours.

Roasted Butternut Squash Kale Sauté Recipe

- 4 cups 3/4-inch cubes of butternut squash (from about 1 3/4 pound whole small butternut squash)
- 1 teaspoon extra virgin olive oil
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon salt

Sprinkling of black pepper
2 tablespoons extra virgin olive oil
1 large red onion, quartered and sliced (about 2 cups of sliced red onions)
3 cloves garlic, minced (about 1 Tbsp)
1 teaspoon balsamic vinegar
6 cups thinly (3/4-inch) sliced kale (center ribs removed) (from about 1 bunch of kale)
1/3 cup dried sweetened cranberries
1/2 cup slightly broken up pecans
Salt and pepper to taste

1 Roast cubed butternut squash: Preheat oven to 425°F. Place cubed butternut squash in a bowl and toss with olive oil, balsamic vinegar, salt and pepper. Spread out onto a lined baking sheet. Roast in oven for 25 minutes or until the squash is cooked through and browned on the edges.

2 Sauté onions and garlic: 15 minutes into roasting the butternut squash, start on the onions. Heat olive oil on medium high heat in a thick-bottomed 4 to 5 quart pot. Add the sliced red onion and toss to coat. Let cook for 7 to 8 minutes until softened. Add the garlic and cook a minute more.

3 Add balsamic and kale: Add the balsamic vinegar and the shredded kale. Stir until the kale is mixed well with the onions (it helps to use tongs to turn over the kale). Let cook for a minute or two until the kale is just wilted (don't overcook).

4 Add roasted squash, dried cranberries, pecans: Then stir in the roasted butternut squash, the dried sweetened cranberries, and pecans. Add salt and pepper to taste.

ROASTED TURNIPS

from Healthyseasonal by Katie

7 cups turnips peeled and cut into 1 1/2 -inch chunks (about 6 medium)
1 tablespoon avocado oil
1/2 teaspoon salt
1/2 teaspoon dried oregano
1/2 teaspoon dry thyme (x2 if fresh)
Generous pinch garlic powder

Preheat oven to 425 degrees F.

Toss turnips, oil and salt if using in a large bowl. Spread out on a large rimmed baking sheet. Transfer to the oven. Roast, stirring once or twice, for 30 minutes.

Mix oregano, thyme and garlic in a small dish. Remove the turnips from the oven. Sprinkle the turnips with the herb mixture and toss them with a spatula to coat

Return to the oven and roast, until the turnips are tender when pierced with a fork, and browned in spots, about 5 minutes longer. Serve warm.

***So how did we do? Send us a quick email. Tell us what you liked or disliked. Maybe share an idea? *All* (good or bad) in-put is appreciated and will help us serve you better next year.**