

McDougal's Farm LLC

What's Growing On!

October 3rd, 2019

Farm News

Climate Change: When you have to pick all your apples, peppers and grapes while it is 79 degrees, because it is going to freeze in a couple of days!! With all this crazy weather, we feel like boxers sometimes....ducking blows and doing some fancy foot work just to get everything accomplished that needs to get done. With rain almost every day this week, we weren't able to get into the field much, so we brought the field to the packing shed. We snuggled in wash stations wherever they would fit and did a *whole lot* of washing. We have a lot of appreciation for our friends who come here and help us every week, but there are some weeks....we just love them even more...this was one of those weeks:). It was an unexpected "knock-out" week!

With temperatures taking a vertical drop this week, all the peppers needed to come in. Every tub that didn't already have carrots, beet or something else in, was filled with peppers. We will have extra **green bell peppers and hot peppers (Jalapeno and Flaming Flares) for sale!** CSA members price per half bushel box of green bells is \$10, (\$15 for non members). The hot peppers are \$2.00 a/lb. (about 14 hot peppers) for farm members, \$3./lb for non-members. If you let us know by this coming Tuesday (10/8), we can send them with our drivers to the Rhinelander, Merrill and the Wausau sites next Thursday. A check in the mail (sent to: McDougal's Farm, W10835 Bluebell Rd, Deerbrook Wi. 54424), works fine. For our locals, let us know ahead also, and we can have them in our veggie pick up area here on the farm with your name on them.

We must walk past the flower beds a thousand times during the summer, but this week we took a little more notice of them. They are not peak anymore but still striking with all their varied colors. Our steps pause there, because we know sometime soon, they will all be black. All their colors drawn out in a single night. Gone for another season. It's so human of us to want something more... *appreciate* it more, as we watch it slip away. Wonder if humans will share the same feeling when we realize our planet is slipping away? Will we want her more? Or will we realize what a precious gem of a planet she is *before* it's too late? If she loses all her colors and turns black, will she come back next season? She is not a flower... she is *all* the flowers, *all* the trees, *all* life as we know it. We need to work together and make this right. She is so worthy of our respect and gratitude.

Take a walk, plant a tree, turn off the lights, be the change and enjoy the leaves this weekend!

Jerry and Maydene

What's in the Box

This week in your box you will find all the fixing's for Kimchi (a spicy pickled and fermented cabbage Korean dish, great for digestion) or a yummy stir-fry and squash to throw in the oven to warm up the house. In your box you will find **Napa cabbage (oriental cabbage), garlic,**

onions, an assortment of sweet peppers, a daikon radish (long white root), acorn squash, cauliflower, beets and carrots.

Boiling beets, easy way to skin them...from the forked spoon

To start, grab a large pot. It needs to be large enough to fit all your beets plus water. **So, grab that pot, add the cleaned beets and cover with approximately 1-2 inches of water.** Bring to a rolling boil over high heat. As soon as the water is boiling, cover the pot and reduce to a simmer. Simmer until beets are fork tender- you want your beets to be **tender, but not too soft or mushy.** The total time will vary depending on the size of your beets, but it should take anywhere between 30-60 minutes.

Immediately transfer beets to an ice water bath to prevent any additional cooking and allow them to cool faster. As soon as they are cool, peel the skin right off! **Yes, you guys, the skin should (if the beets were cooked long enough) peel right off.** Give them a final rinse and enjoy your silky smooth perfect boiled beets!

Easy, Fast Kimchi Recipe {Mak Kimchi}

Author: Rebecca Lindamood- from foodiewithfamily.com (great tutorial at this site)

- 3-8 pounds Napa cabbage
- 2 bunches green onions trimmed of the root bits
- 2-3 large carrots peeled, thinly julienned
- 1/2 cup kosher salt
- 1/2 cup Korean chili powder
- 15-20 cloves garlic overdoing garlic makes this stay on your breath more than usual., peeled
- 4-6 inches ginger peeled, rough chopped
- 1 tablespoon fish sauce
- unsweetened pear juice or unsweetened apple juice
- 4 tablespoons white miso paste

Instructions

1. Cut the Napa cabbage in half long ways, then in half again long ways. Cut the core out of the four quarters. Cut the cabbage into squares (about 2-3 inches square), pop it in a bowl with the carrots. Sprinkle with the 1/2 cup kosher salt, massage so everything is coated in salt and starting to soften and wilt. Fill with cold, chlorine free water to cover it well and let it soak for at least 1 1/2 hours.
2. Pour the cabbage and carrots and liquid into a strainer. Let the brine drain away.
3. Lob off the white bits of the green onions and put them in a food processor with the garlic cloves, ginger, miso paste, and Korean pepper powder. Zap it on high 'til it's smooth-ish. Add in the fish sauce and a couple of slops of pear juice and zap it more until it's about pancake batter consistency... maybe a bit thinner.
4. Put the brined cabbage/carrots in a big, anti-reactive (glass, enamel, or stainless steel) bowl. Rough chop the green parts of the onions and add those to the cabbage/carrots. Pour

the chili paste combo over the cabbage and wear gloves to massage it all over the cabbage/carrots green onions so everything is completely covered.

5. Pack super tight in canning jars. CRAM it in there. Add a two-piece lid, but just set the ring in place to hold the lid down without screwing it in place. Place it on a rimmed baking dish to catch any spill-over. Let it sit at room temperature for up to 72 hours, until it is bubbly and fragrant. Once every day, insert a clean chopstick or butter knife to release air bubbles. If needed, pour in some additional brine to keep all the vegetables submerged.

6. Store on a rimmed sheet in the refrigerator for up to six months, being sure that the vegetables are submerged the whole time. The older it gets, the stronger it will become.

Stir-fried vegetables with chicken or pork from Allrecipes/ Nishana Lee

- [] 2 tablespoons vegetable oil
- [] ½ pound boneless skinless chicken breasts, cut into cubes
- [] 2 cloves garlic, chopped
- [] 2 tablespoons oyster sauce
- [] 1 cup chopped broccoli (or cauliflower)
- [] 1 cup sliced green bell pepper
- [] 1 cup sliced carrots
- [] 1 cup sliced napa cabbage
- [] 1 cup sliced celery
- [] 1 cup fresh bean sprouts
- [] 1 cup sliced zucchini
- [] 1 cup chopped green onions
- [] 1 teaspoon salt
- [] ½ cup water
- [] 2 tablespoons mushroom soy sauce
- [] 1 tablespoon cornstarch

Heat oil in a wok or large heavy skillet. Add chicken or pork (see Cook's Note), garlic, and oyster sauce, and stir-fry for 10 minutes.

Stir in broccoli, green pepper, carrots, cabbage, celery, bean sprouts, zucchini, and green onions. Season with salt, and stir-fry for 6 to 8 minutes.

In a small bowl, mix together water, soy sauce and cornstarch. Stir into vegetables, and cook for 1 to 2 minutes, or until sauce is thickened