

McDougal's Farm LLC

What's Growing On!

August 13th, 2020

Farm News

We didn't attach pictures last week...thought nobody would notice...we were wrong. We won't do it again:) So this week we made sure to snap a few pics while we were in the fields. We were kindly reminded last week that not everyone gets to see the farm as we do.... at the crack of dawn when the dew is heavy on the spider webs, or when the sun hits the Swiss Chard just right. Not everyone gets the chance to be nose to nose with a smiling frog, or find a purple heart buried beneath a potato plant. We know we are fortunate to have the job we have. It allows us to mingle with nature and her, with us.... but we also know we are even more fortunate, to have friends that remind us of it once in a while:) We get busy and all of nature's little surprises easily get overlooked or minimized.... but not this week! This week we sought them out and took notice...what a mood changer!

We are excited to share the Andriadack Purple potato with you this week. The dark purple flesh color is like no other....beautiful AND tasty. It also packs 4 times the antioxidants as a regular white potato! So feast:) Enjoy *all* the colors of your harvest this week.

Another worthy mention in your bag this week, the untainted heirloom Ailsa Craig Onions. While all 50 states now have an onion recall due to a salmonella outbreak, you can enjoy your onions from the farm with no worries. One of the perks of getting your food from a local farm:) We dipped into our big boy Ailsa Craigs this week to give you an extra portion:) Onions and garlic are an important part of the diet to keep the immune system strong. Something we all need right now. Also a good prebiotic to feed your probiotics for good gut flora. Don't ever spare the onions!

Keep your blinders off, a smile on, and onions in your belly....a good life recipe:)

Thank you for letting us be your farmers this week,

Jerry and Maydene

What's in the Bag

This week in your bag you will find **Purple Andriadack potatoes, garlic, Ailsa Craig heirloom onions, Napa Cabbage, Green Bell Peppers, Swiss Chard, Cilantro, Zucchini and Tomatoes.** The **Standard** share will also get a head of **broccoli or cauliflower.** The **large** shares will get **cucumbers.**

Adding bacon crumbles to this next recipe, knocks it out of the park!

Roasted Purple Potatoes with Cilantro and Garlic

from the Spruce Eats

2 1/2 pounds purple potatoes

3 cloves garlic (minced)

Optional: 2 tablespoons chopped fresh cilantro

4 tablespoons extra-virgin olive oil

3/4 teaspoon kosher salt

1/8 teaspoon ground black pepper

2 teaspoons fresh leaf thyme (or a generous 1/2 teaspoon dried leaf thyme)

Heat oven to 400 F

Brush a large rimmed baking pan or roasting pan with olive oil or spray the pan with nonstick cooking spray.

Scrub the potatoes well and peel, if desired. Cut the potatoes into 1-inch pieces.

Toss them in a bowl with the minced garlic, fresh chopped cilantro (if using), olive oil, salt, pepper, and thyme.

Arrange the potatoes in a single layer in the prepared pan.

Roast the potatoes for 20 to 25 minutes, or until browned and tender, occasionally turning.

Sautéed Swiss Chard with Garlicky White Beans

from Food52 by Olive

1 medium chopped onion

3-4 cloves chopped garlic

1 bunch Swiss chard

1-2 pinches dried red chilies

1 or so cups cooked white beans or a can of Cannellini beans

a few splashes good chicken stock

a few splashes extra virgin olive oil

salt and freshly ground pepper

Sauté onion and garlic in olive oil until softened

Season with salt and freshly ground pepper

Add a few pinches of dried red chilies

Toss in chopped chard and stir, cook until wilted but remaining some crunch and texture

Stir in white beans and warm through

Splash in a bit (roughly one half cup) of good chicken stock to moisten, let reduce

Correct seasoning + Plate drizzling over extra virgin olive oil

Napa Cabbage Slaw

from Full Belly Farm

1 lime, juiced

3 tablespoons rice vinegar

1 tablespoon mayonnaise

1 tablespoon soy sauce

3 cups finely shredded napa cabbage

2 carrots, thinly sliced

3 scallions, thinly sliced (green onions)
2 tablespoons olive oil
Salt and Pepper

Whisk together the lime juice, vinegar, oil, mayonnaise and soy sauce in a large bowl. Add the cabbage, carrots and scallions and toss to combine. Season with salt and pepper, to taste. Refrigerate for at least 30 minutes to allow the flavors to meld.

Easy Six Layered Casserole

Butter a 9x13 cake pan or casserole dish

Slice all the following and lay into dish in the following order:

4-5 potatoes sliced thin
1 red onion sliced
1 sliced young summer squash (crookneck)
1 young zucchini sliced
Smoked sausage cut into bit size pieces
2 cups cheddar cheese grated

Put into a preheated oven (350 degrees) till you can pierce the vegetables with a fork.

May's Breakfast Blueberry Zucchini Bread w/ Flax

Preheat oven to 325 degrees

1 cup oil
1 ½ cup sugar
3 eggs
2 2/3 cup flour
1/3 cup flax meal
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
2 cups grated zucchini
1 cup blueberries

Blend oil, sugar and eggs well. Add flour, flax meal, salt, baking soda, baking powder and cinnamon and mix well. Stir in the grated zucchini and blueberries. Spread into 2 well greased bread loaf pans and bake for 1 hour and 15 minutes or until the center is firm to the touch. You can also make this into cupcake form for a quick breakfast on the go, just make sure you decrease your baking time