

McDougal's Farm LLC

What's Growing On!

August 20th, 2020

Farm News

With teamwork and a lot of muscle, we put together another hefty, bottom holder for you this week! The cool nights had us thinking "Boiled Dinner", so we headed to the fields to round up the ingredients for ALL of us; 400 pounds of potatoes, 290 pounds of carrots, 500 pounds of cabbage, 150 bundles of Collards, 350 jumbo onions, 200 stalks of celery and then we decided to add 300 pounds of green beans, 185 heads of romaine and a 184 pint of cherry tomatoes, for a side or additions to a pot of good old vegetable soup. Even if you are an amateur in the kitchen, Boiled Dinner is one you can handle. All you need is a big enough kettle....probably a good thing we are all not eating together ☺

Noticed this week there are a couple spots on the farm that never get any action..we keep them around because they look....relaxing and calm. Snapped a couple pictures for you. Then there are parts of the farm that never rest, like the packing shed....and our compost pile. The packing shed should have swinging doors. The activity there resembles a bee hive. This is where the veggies from all the fields come to be washed, weighed and packaged. Our team knows the drill, tackles the work.... the highlight of our week...while we laugh, chatter and solves all the world's problems. The other busy little spot on our farm is a 10' x 8' compost pile. Each week it's piled high with veggie tops and undesirables. Then we cover it with a layer of straw....which is then covered by a layer of chickens! Active micro life (busy little guys go 24/7) on the inside of the pile + busy scratching chicken life on the outside = a very hot compost bed that devours bushels of discard a week and turns it into black gold. ALL our workers crushed it this week!

Really enjoyed our week, thank you for letting us be your farmers!

Jerry and Maydene

What's in the Bag

This week in your bag you will find all the fixings' for Boiled Dinner except the ham bone! This week you will get a head of **green cabbage**, a **bag of carrots**, a **bag of new potatoes**, **celery**, **Large onions** and **Collards** (*Note to Patti: Not for Herm's salad, Much better steamed or added to soup or boiled dinner*). You will also get **Romaine**, **Green beans** and **cherry tomatoes**. Coming soon....Sweet Corn!!!!

10 Delicious Ways to Eat Collard Greens from thekitchn.com includes recipes

1. Rolled up in a Wrap....
2. Mixed into a Meaty Braise. ...
3. Stirred into Soup. ...
4. Cooked into a Stir-Fry. ...

5. Shredded into a Casserole. ...
6. Puréed into Pesto. ...
7. Added to Chili. ...
8. In Salads and Slaws.
9. Sautéed with eggs
10. Blended into a smoothie

The following recipe can feed 5 or 500...depends on the size of your kettle. Can also add collards, turnips, rutabaga, kohlrabi...

Boiled Dinner

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 $\frac{1}{2}$ hour or until veggies are tender. Season with salt and pepper as needed. I always added a little chicken bouillon.

Spicy Bolivian Cabbage and Potatoes from Vegetariantimes

8 cups shredded cabbage (1 small head)

1 1/2 lb. small red-skinned potatoes, cut into 1-inch chunks

2 Tbsp. tomato paste

1 tsp. sugar

2 Tbsp. olive oil

1 large onion, chopped (1 1/2 cups)

1 small yellow or orange bell pepper, finely chopped (3/4 cup)

5 Roma tomatoes, seeded and coarsely chopped

1/2 Chile pepper or 1 jalapeno, seeded and finely diced (2 Tbsp.)

2 Tbsp. lime juice

1/4 cup coarsely chopped cilantro

Bring a large pot of salted water to a boil. Drop cabbage in water, and blanch for 5 minutes, or until crisp-tender.

Cook potatoes in boiling salted water 5 to 7 minutes, or until tender. Drain, reserving 1/2 cup cooking water. Stir tomato paste and sugar into cooking water, and set aside.

Heat oil in Dutch oven or large saucepan over medium heat. Add onion and bell pepper, and sauté 5 minutes, or until soft. Stir in tomatoes, Chile and tomato paste mixture, and cook for

5 minutes, stirring occasionally. Stir in cabbage and potatoes. Cook for 5 to 6 minutes, or until cabbage and potatoes are heated through. Season with salt and pepper, sprinkle with lime juice and cilantro, and serve.

Pineapple Carrot Cake with Cream Cheese Frosting

from Sallysbakingaddiction.com

- 2 and 1/2 cups (312g) **all-purpose flour** (spoon & leveled)
- 2 teaspoons **baking powder**
- 1 teaspoon **baking soda**
- 1/2 teaspoon **salt**
- 1 and 1/2 teaspoons **ground cinnamon**
- 1/2 teaspoon EACH **ground cloves, ground ginger, + ground nutmeg**
- 1 cup canola (240ml) or vegetable **oil***
- 1 and 1/4 cup (250g) packed light or dark **brown sugar**
- 1/3 cup (67g) **granulated sugar**
- 4 large **eggs**, at room temperature
- 1 teaspoon **pure vanilla extract**
- 3 large **carrots**, grated (about 2 cups)*
- 1 cup (8 ounces) **crushed pineapple**, drained*
- 1 cup (125g) chopped **walnuts**

Cream Cheese Frosting

- 8 ounces (224g) full-fat block **cream cheese**, softened to room temperature
- 1/2 cup (115g) **unsalted butter**, softened to room temperature
- 3 cups (360g) **confectioners' sugar**, plus an extra 1/4 cup if needed
- 1 teaspoon **pure vanilla extract**
- 1/8 teaspoon **salt**

1. Preheat the oven to 350°F (177°C) and grease a 9×13 inch pan. I always use this glass pan.
2. Whisk the flour, baking powder, baking soda, salt, cinnamon, and other spices together in a large bowl. Set aside.
3. Whisk the oil, brown sugar, granulated sugar, eggs, and vanilla extract together in a medium bowl. Pour the wet ingredients into the dry ingredients and whisk until combined. Fold in the grated carrots, pineapple, and walnuts.
4. Spread batter into the prepared pan. Bake for 45-55 minutes. Baking times vary, so keep an eye on yours. The cake is done when a toothpick inserted in the center comes out clean. If you find the top or edges of the cake is/are browning too quickly in the oven, loosely cover it with aluminum foil.
5. Remove the cake from the oven and set on a wire rack. Allow to cool completely. After about 45 minutes, I usually place it in the refrigerator to speed things up.
6. **Make the frosting:** In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 confectioners' sugar, vanilla, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add the extra 1/4 cup of confectioners' sugar (I add it). Spread the frosting on the cooled cake. Refrigerate for 30 minutes before serving. This helps set the frosting and makes cutting easier.
7. Cover leftover cake tightly and store in the refrigerator for 5 days.

