

# McDougal's Farm LLC

What's Growing On!

August 27th, 2020

## Farm News

We had a friend pass away last week. She was also one of our very first CSA members 12 years ago, when we didn't have a clue what we were getting into. We were taking on a lot and the learning curve was straight up for us, but regardless, she was one of the first brave souls that had faith in us and entrusted us to be their farmers. Her name was Barb. Barb was the only person we ever knew that declared she loved to weed! She volunteered one day and we could see why....she didn't get much done:) She talked to the plants....told them they were beautiful. She cooed the good bugs and told the bad ones to "keep walking". Sweet smells and soft breezes didn't go unnoticed...*nothing* went unnoticed. The same sun that scorched our necks, felt good on her face because, she said, they didn't get much sun at her place. I watched with amusement as she mingled perfectly in the *now*. We realize now looking back at that day, that she may have been getting more done than us....*living* that is. She'll be missed...

Other things we miss? 2020 has taken away a lot of *good* things from us... Respectful handshakes, holding doors for strangers (got a *look* the other day for being in someone's *space* while I held the door for them), smiles are hidden away and hugs are out of stock. Farm markets have dwindled, some closed completely..? Shouldn't this be an essential? Local businesses struggle to stay open with less foot traffic, while large corporate giants have used this to their advantage to grow bigger and bigger, delivering right to our door... as we all become strangers. Humankind-*ness* is now restricted and unfashionable. We miss the old days.

It's hard being a **feeling** human that is not allowed to express it... so this week we decided to do something about it! We can't hug you or gratefully shake your hand but we *can* send you flowers. This week you will all find flowers in your bag!! Sent with much humankind-*ness* from the whole farm team:) Barb would have loved this:))....she was our flower girl.

Power on Humans!! Feel your feelings!! That's what separates us from the giants.

*Jerry and Maydene*

### What's in the Bag

You have a sweet bag this week! In it you will find **Sweet corn, sweet peppers and sweet beets!** You will also find **Jalapeno hot peppers** (in plastic Ziplocs), **romaine, tomatoes, cilantro**, a young **zucchini**, **Kossak** (kohlrabi), both red and white **onions**...and **flowers**

**Sweet corn:** Non GMO, organic sweet corn is as rare as a BigFoot sighting, but here it is in your bag this week...we are thrilled! We have had trouble growing sweet corn in the past but this year we must have done something right. We have a beautiful stand of corn. Enjoy. There should be more ready by next week. **Sweet corn prep:** Remove husk. Bring a large kettle of water to boil.

Add salt. Place corn on the cob into boiling water and cook for 5-7 minutes. Ready to eat or freeze. If freezing be sure to place in cool water to chill down before cutting kernels off the cob to freeze. Pack into freezer bags.

## **Cowboy Caviar** from [spendwithpennies.com](http://spendwithpennies.com)

- 3 Roma tomatoes *seeds removed, diced*
- 2 ripe avocados *diced*
- 1/3 cup red onion *diced*
- 1 15 oz can black beans *rinsed and drained*
- 1 15 oz can black eyed peas *rinsed and drained*
- 1 1/2 cups frozen sweet corn *thawed*
- 1 bell pepper *diced (I used half a green and half a red, but color doesn't matter)*
- 1 jalapeno pepper *seeds removed, diced into very small pieces*
- 1/3 cup Cilantro *finely chopped*

### DRESSING

- 1/3 cup olive oil
- 2 Tablespoons lime juice *fresh preferred*
- 2 Tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- Tortilla chips *for serving*

### Instructions

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir/toss very well.
4. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

## **Ideas for Beets!**

- Cooked beets with feta and cilantro...our favorite!
- Roasted beets
- Juiced with apples, 1/2 lemon, carrots, kale and a few drops of almond extract...taste like Hawaiian Punch!
- Pickled
- baked in a chocolate cake...recipe at [mcdougalsfarm.com](http://mcdougalsfarm.com)
- cooked, cooled and added to a fresh green salad...with feta and mandarin oranges

## **Classic Pico de Gallo Chip Dip** from [Cookieandkate.com](http://Cookieandkate.com)

- 1 cup finely chopped white onion (about 1 small onion)

- 1 medium jalapeño or serrano pepper, ribs and seeds removed, finely chopped (decrease or omit if sensitive to spice, or add another if you love heat)
  - 1/4 cup lime juice
  - 3/4 teaspoon fine sea salt, more to taste
  - 1 1/2 pounds ripe red tomatoes (about 8 small or 4 large), chopped
  - 1/2 cup finely chopped fresh cilantro (about 1 bunch)
1. In a medium serving bowl, combine the chopped onion, jalapeño, lime juice and salt. Let it marinate for about 5 minutes while you chop the tomatoes and cilantro.
  2. Add the chopped tomatoes and cilantro to the bowl and stir to combine. Taste, and add more salt if the flavors don't quite sing.
  3. For the best flavor, let the mixture marinate for 15 minutes or several hours in the refrigerator. Serve as a dip, or with a slotted spoon or large serving fork to avoid transferring too much watery tomato juice with your pico. Pico de gallo keeps well in the refrigerator, covered, for up to 4 days.

## Chicken Garden Medley from Taste of Home

1 pound boneless skinless chicken breasts, cut into strips  
 1 garlic clove, minced  
 1/4 cup butter, divided  
 1 small yellow squash, halved lengthwise and sliced  
 1 small zucchini, halved lengthwise and sliced  
 1/2 cup julienned sweet red pepper  
 1/2 cup julienned green pepper  
 1/4 cup thinly sliced onion  
 2 tablespoons all-purpose flour  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 3/4 cup chicken broth  
 1/2 cup half-and-half cream  
 8 ounces angel hair pasta, cooked and drained  
 2 tablespoons shredded Parmesan cheese

In a large skillet, saute chicken and garlic in 2 tablespoons butter for 10-12 minutes or until chicken juices run clear. Add vegetables. Cook until crisp-tender; remove from skillet and set aside.

In the same skillet, melt remaining butter. Add flour, salt and pepper; stir to form a smooth paste. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cream and heat through. Add chicken and vegetables; stir until well mixed.

Place pasta in a greased 2-qt. baking dish. Pour chicken mixture over top. Sprinkle with Parmesan cheese. Cover and bake at 350° for 15 minutes; uncover and bake 5 minutes longer.