

McDougal's Farm LLC

What's Growing On!

August 6th, 2020

Farm News

May have been too optimistic last week. When the potatoes didn't wash into the pond, we thought we dodged a bullet, but after digging them this week, we saw maybe we weren't so lucky. Guess there was a lot more going on under the ground than what we could see. The skins on potatoes this time of year are not set and are very thin. They naturally mar easy. Let them sit in mud a week and holy-moldy they can pack a reek! We steered clear of the low spots to harvest this week but the *low spots* include half of our potato crop:(On the up side.....we always over plant. You may see small white spots on the potatoes. These are common during wet years but will not affect the eating quality. Also, remember new potatoes should always be refrigerated. Later in the season the skins will mature (thicken) and refrigeration is not as necessary.

This is the time of year we can pull just about any recipe out and go find what we need in the field. This is how we "build a box/bag". We were stoked and ready to try Renee's Chicken and Zucchini recipe this week, until we pulled back the row cover on the Sweet Basil. Staring back at us was 600 feet of not so sweet basil...also a victim of the prolonged wet soggy conditions. The recipe took a second strike when we visited the squash patch to see the zucchinis all grew to like 3 feet long from all the rain....urg. So on to plan B....digging root crops. They too showed signs of rapid growth from all the rains. So rapid, some of their skins split. We see this in tender tomatoes but not very often in our solid root crops. On the upside...our tomatoes are running a little late and still green or they would have certainly exploded.

Other distressing news; this week we lost something very near and dear to us,...our wash machine:(It chose a nasty, muddy week to leave us.

Not a real farmer friendly week. A friend told us, "When you're feeling a lil' shitty about things, look up!....It has been scientifically proven to help.". We considered this. Was it the blood flow to our head getting cut off long enough to give you that slight feeling of euphoria? Or maybe looking up just helps us put everything back into perspective. Looking up, makes you feel small....and compared to the universe, our problems are quite trivial. Looking up does work! Suddenly rotting potatoes and dead washing machines aren't such a big deal. Thanks friend:)

Enjoy your bag of Earthy veggies this week, stretch marks and all:)

Jerry and Maydene

What's in the Bag....Hold the bottom!

This week in your bag you will find **new red potatoes, carrots, Purple Top turnips, Redbor kale, garlic, onions, romaine or Napa Cabbage, a Kossak (large kohlrabi), a bouquet of**

fresh Thyme and tomatoes. The Standard shares will also get a **cucumber** and the Large shares will get a **broccoli or cauliflower**.

Turnips: In the low carb world, turnips are the new potato. You can use them as a substitute for potatoes in potato salad or even make French fries out of them. Mash them and add bacon bits for a side dish. One turnip added to your mashed potatoes adds a ton of flavor.

Following is your basic roast veggie recipe. Make it your own by adding or subtracting. Turnips and Kossaks are wonderful roasted as well.

Oven roasted root vegetables by Tori Avey

1 lb yams (orange sweet potatoes) - 2 small or one large, peeled

3/4 lb red potatoes scrubbed clean, peel on

1/2 lb beets (red or golden), trimmed and scrubbed clean

1/2 lb large carrots peeled and halved lengthwise

1 parsnip medium sized (4-5 oz), peeled and halved lengthwise

1/2 red onion peeled

6 whole garlic cloves large sized

1/4 cup extra virgin olive oil divided

2 tbsp fresh thyme leaves (or 2 tsp dried thyme)

5 sprigs fresh rosemary (or 3 tsp dried rosemary)

1 tsp ground cumin

1 tsp kosher salt or more to taste

1/4 tsp black pepper or more to taste

1. Place a rack in the bottom of your oven and preheat the oven to 400 degrees F. Slice all vegetables into chunks roughly 1 1/2 inches wide. The more similar the size of the vegetable pieces, the more evenly they will roast.
2. Place cut vegetables into a large mixing bowl. Add 3 tbsp olive oil, fresh thyme leaves, ground cumin, kosher salt, and black pepper. Stir until all vegetables are evenly coated with oil, spice and herbs.
3. Brush a large rimmed baking sheet with remaining 1 tbsp olive oil. Spread the vegetables out evenly on the baking sheet. Place the rosemary sprigs on top of the vegetables, evenly spaced across the sheet.
4. Roast the vegetables in the oven for 15 minutes. Stir the vegetables, bringing the chunks from the outside towards the center and the chunks in the center out towards the edges. Return the baking sheet to the oven and continue to roast until the largest chunks are tender and the edges are starting to turn golden/dark, another 15-25 minutes.
5. Remove the roasted rosemary sprigs and stir the vegetables (some leaves of rosemary will remain, this is good). Season with additional salt and pepper to taste, if desired. Vegetables can be served warm or at room temperature.

The following recipe had me with just its name:)

Steak n Ale Pie from Allrecipes.com

- 1/2 (17.5 ounce) package frozen puff pastry, thawed
- 1 tablespoon lard
- 1/2 pound cubed beef

- ¼ pound carrots, diced
- ¼ pound turnips, diced
- ½ pound peeled and cubed potatoes
- ¼ pound onions, diced
- 1 cup water
- 1 cup bitter ale
- 1 tablespoon cornstarch
- ¼ cup cold water
- salt and pepper to taste

Preheat the oven to 375 degrees F (190 degrees C).

Heat a large skillet over high heat. Add lard, then meat. Toss to coat meat, and saute just long enough to brown meat on all sides. Remove from heat. Place meat in a 1 quart baking dish. Add carrots, turnip, potatoes, and onion. Mix well.

Place 1 cup water and ale in a small saucepan. Bring to a simmer. Mix cornstarch with 1/4 cup cold water until smooth. Slowly pour cornstarch mixture into simmering ale mixture, whisking constantly. Continue to simmer until mixture has thickened. Add salt and pepper to taste. Pour mixture over meat and vegetables. Trim puff pastry to fit over top of filling.

Bake in a preheated oven for 45 to 50 minutes, until the pastry is deep golden brown.

Zuppa Toscana ***** 5 star!

Creamy Potato & Kale Soup with Italian Sausage

Creamy, spicy potato and kale soup with Italian sausage. Similar to Olive Garden's

- 1 tablespoon olive oil
- 1 pound Italian sausage
- ¼ teaspoon red pepper flakes (or to taste)
- 3 cloves garlic, minced
- 1 onion, diced
- 4 cups chicken broth
- 3 small russet potatoes, thinly sliced
- 2 cups kale, finely chopped
- 1 cup heavy cream
- salt and pepper to taste

To a large pot over medium heat, add the olive oil. Brown the sausage until no longer pink. Add the red pepper flakes, garlic, and onion and cook, stirring often, until the onions are translucent and the garlic is fragrant, about 4 minutes. Add the chicken broth, potatoes, and kale. Bring the broth to a simmer, reduce the heat to medium-low, and cook until the potatoes are tender, about 10 minutes. Remove the soup from the heat, stir in the cream, and season with salt and pepper to taste. Ladle into soup bowls and serve