

McDougal's Farm LLC

What's Growing On!

September 10th, 2020

Farm News

What a week! When we know rain is coming....we kicker up a notch. When we know it's going to freeze, we *really* kicker up. When it rains and freezes in the same week, we *really, really* kicker up! Feeling a little achy-breaky and pooped! Of all twelve years of CSA farming, this has to be the weirdest. Every week is like a Chess game, moving the pieces to out clever, out guess, our opponent (the weather). This year feels like the weather may have had the edge on us... but the game is not over yet. We made some big moves this week to secure some of the tender crops. We have six weeks to go and this time of year our opponent plays dirty. Never a dull moment.

When we started out, we decided we needed a friendly dog on the farm, so we got ourselves a puppy. She was a hard working, Australian Shepherd we named, Basil. One week in, we already knew this was one of the worst ideas we ever had. As we planted, she dug up. As we raked smooth, she dug holes. We set up fences, she tore them down. I remember her running around with a 3 foot section of fence stuck over her head. She was exhausting! She's older now, and moves slower. Has a blown out knee from "sky clearing".... meaning, anything in the airspace *above* the field or *in* the field WILL be run off. She still shows up for work every day, has a gimp by late afternoon and graciously accepts a ride home from the fields in the evening. She has become part of our family and one of our most loyal workers. Giving Basil girl a shout out this week! Can't imagine the farm without her.

We snapped a few pictures of some of the colors in the field. We weren't sure what would be left after the frost this week. Mother Nature does have a way of balancing the color scale though. Soon the colors will be relocated to the treetops. Love Wisconsin in the Fall...It's beautiful and we are carbohydrate junkies! Bring on the sweet corn and squash!

Enjoy your veggies this week! Thank you for letting us be your farmers:))

Jerry and Maydene

What's in Your Bag

This week we had to keep the number of items down because of the weight of the items we selected. Still a bottom holder! This week you have a new variety of sweet corn...the ears are larger and super delicious!!! You will also get Red cabbage, carrots, beets, a melon (baby watermelon...may be yellow or red inside or muskmelon) or a squash (Red Kuri), onions and cherry tomatoes. The dill weed earmarked for this week's box took a digger....Another score for our opponent:(

A NOTE FROM YOUR FARMERS

We don't have to, but we add important minerals to our soil to add to *your* good health. When you bite into the carrots and tomatoes this week, taste the difference. Your body knows!

The following dish is a stunning crimson color. Top it with a dab of sour cream and some fresh dill and your family will feel spoiled. Sent to us from a fellow foodie...Thanks for sharing Lisa!!

Red Cabbage and Beet Borscht from Realsimple.com

¼ cup olive oil
½ teaspoon caraway seeds
1 large yellow onion, chopped
4 medium beets, peeled and diced
1 small head red cabbage, cut into ½-in. pieces
2 carrots, finely chopped
2 parsnips, finely chopped
2 tablespoons apple cider vinegar, divided
6 cups low-sodium beef broth
1½ teaspoons kosher salt
¼ teaspoon freshly ground black pepper
Sour cream and fresh dill, for serving

Buttered rye bread, for serving

1) Heat oil in a large pot or Dutch oven over medium-high. Add caraway seeds and cook, stirring often, until they sizzle and pop, about 1 minute. Add onion; cook, stirring occasionally, until soft and golden, 5 to 7 minutes. Add beets, cabbage, carrots, parsnips, and 1 tablespoon vinegar. Cook, stirring occasionally, until vegetables begin to soften, about 12 minutes.

2) Add broth, salt, and pepper; bring to a boil. Reduce heat to medium-low, cover, and simmer until beets are tender, about 20 minutes. Stir in remaining 1 tablespoon vinegar. Top each serving with a dollop of sour cream and dill. Serve with buttered rye bread.

Here's another 5 star recipe. The cool weather makes me feel like baking and this recipe has a lot of goodness in it but don't be afraid to replace some of the flour with ground flax (1/4 cup) or add some dried cranberries.

Easy Morning Glory Muffins from Allrecipes.com

[] 2 cups all-purpose flour
[] 1 ¼ cup sugar

- [] 2 teaspoons baking soda
- [] 2 teaspoons ground cinnamon
- [] ¼ teaspoon salt
- [] 2 cups shredded carrots
- [] ½ cup raisins
- [] ½ cup chopped walnuts
- [] ½ cup unsweetened flaked coconut
- [] 1 apple - peeled, cored and shredded
- [] 3 large eggs
- [] 1 cup vegetable oil
- [] 2 teaspoons vanilla extract

Preheat the oven to 350 degrees F (175 degrees C). Grease 12 muffin cups, or line with paper muffin liners.

In a large bowl, mix together flour, sugar, baking soda, cinnamon, and salt. Stir in the carrot, raisins, nuts, coconut, and apple.

In a separate bowl, beat together eggs, oil, and vanilla. Stir egg mixture into the carrot/flour mixture, just until moistened. Scoop batter into prepared muffin cups.

Bake in a preheated oven for 20 minutes, until a toothpick inserted into the center of a muffin comes out clean.

Life is way better when you're up-beet!