

McDougal's Farm LLC

What's Growing On!

September 17th, 2020

Farm News

Winding down, means winding up! Winding up fences, winding up wire, winding up plastic... it's all has to go! What a perfect week to jump on it. Prior years, this was all done *after* the last CSA delivery and all our help was gone. But with age, comes wisdom...along with sore backs, so we decided to take advantage of the extra help and the beautiful weather this week and started the tearing down process. Loads of fence post and fencing were hauled in and neatly piled away for next year. Only hit one snag. Our super-doooper plastic layer did such a good job, now we can't pull the plastic up. Now we have to invent a plastic puller-upper...always something. So very grateful for all the help this week. Thanks crew...you're the best!

We will be bringing in our squash crop this weekend. We already know the squash numbers are way down. Disappointing, but they had a heck of a season, filled with all kinds of stressors...frost, heat, flood, drought! Plants are pretty interesting though. When they are young and in their selfish teenager phase, they will drop all their extra luggage (blossoms) when stressed and do whatever it takes for themselves (the plant) to survive. Remember, we had two light frosts when they were in full bloom? That was enough to do it. So the plants started all over.... when the blossoms set the second time, the *heat* hit. Another stressor! So even though we had nice plants, we had a low number of squash produced this year. Interestingly, and in complete contrast, if a plant is more mature when stressed, all it can think about is saving the next generation...not itself. It will bolt...meaning it will take every last bit of energy it has to produce a large amount of seeds before it dwindles and dies. 2020 even has the plants asking themselves the Big Questions, "Do I save the next generation or just myself?".

We got out the Ole Iron Angel this week and dug some potatoes with her. She fascinates us! No engine! No plumes of dust! Just a bunch of gears and sprockets intricately put together by somebody way smarter than us 100 years ago. Whoever you are....THANK YOU! Even our workers sung your praises this week. We have been pitch forking them up to this point....part of an important sequence to establish proper perspective and gratitude.

Good soup weather ahead. Hope you all have someone to enjoy it with:)

Stay healthy and WELLthy

Your Farmers,

Jerry and Maydene

What's in the Bag

This week in the bag you have everything for potato soup. We even chose the potato type that holds up best in soups...but also in potato salads and scalloped potatoes:) The variety is a golden

flesh variety similar to Yukon Gold called Carnolas. Besides **potatoes** you will also get **leek, garlic, onions** and **kale**, You will also get **celery, sweet bell peppers, tomatoes** and the last of the **sweet corn**.

Freezing celery (leaves too) and Bell Peppers: Both of these only need to be washed, (peppers; seeds and stems removed also) and chopped. They can then be put directly into a freezer bag and are ready for the freezer....ready for you this winter:)

The following recipe comes highly recommended from Gina AND her family. They all love this one. Don't hesitate to add in this week's LEEK! Thanks for sharing, Gina!

Rustic Sausage & Potato Soup from the Prairie Homestead Cookbook

- 6–7 potatoes peeled and cubed
 - 1/2 pound sausage
 - 1 pound bacon
 - 1 onion, diced
 - 4–5 cloves of garlic, minced
 - 6 cups of beef stock or chicken stock
 - 1 cup whole milk or 1/2 cup heavy cream
 - Salt and freshly ground pepper, to taste
 - 2 cups chopped stemmed kale leaves
 - shredded Parmesan cheese to sprinkle on top
1. Cook bacon in stockpot, remove slices when finished, crumble and set aside
 2. Cook the sausage, onion, and garlic in the bacon grease until meat is browned and onions are soft (if sausage is already super-fatty, you can drain some of the grease)
 3. Add cubed potatoes and 6 cups of stock, reduce heat to medium-low and simmer 20-30 minutes until potatoes are soft
 4. Season to taste with salt and pepper, stir in milk, kale, and crumbled bacon
 5. Cook 5-10 minutes longer
 6. (If the soup is too thick, thin it with some extra milk)
 7. Optional: Sprinkle with a handful of shredded Parmesan cheese before serving

Sausage Jambalaya with Celery & Bell Pepper from Fresh City Farms

- 1 green bell pepper
- 2 stalks of celery
- 2 cups tomatoes
- 1 yellow onion (single)
- 1 clove garlic
- 10-12 oz. mild beef sausage
- 2 tbsp. extra virgin olive oil
- to taste salt and pepper
- 1 tbsp. Italian spice mix (Italian seasoning, thyme, onion powder, paprika)
- 3/4 cup white Arborio rice
- 3 cups water
- 2 tbsp. Ontario tomato paste

Prepare the ingredients

- Rinse and finely dice the bell pepper, celery, and grape tomatoes.
- Rinse and roughly chop the parsley.
- Dice the onion and mince the garlic.
- Remove the sausage(s) from the casing(s) by first making a lengthwise slit with a knife, then peeling the casing off the meat. Cut the sausages into 1-inch pieces.

Cook the Veggies & Sausage

- Heat the olive oil in a large pot over medium-high heat.
- Stir in the onion, garlic, celery, and bell pepper.
- Cook until the veggies are tender-crisp and fragrant, about 5-6 minutes. Season with salt and pepper to taste.
- Stir in the sausage pieces and Italian Spice Mix. Cook for another 2-3 minutes.
- Stir in the rice and let it 'toast' for a minute or two.

Simmer the Jambalaya

- Add the grape tomatoes, 3 cups of water and the tomato paste to the pot. Give everything a stir.
- Increase the heat to high to bring to boil.
- Once boiling, reduce the heat to simmer and cook, covered, until the rice and sausage are cooked through and the mixture has thickened, about 15 minutes. Stir the mixture occasionally.

Bring It All Together

- Remove the pot from heat and evenly divide the Jambalaya between two bowls or plates.
- Garnish with parsley to serve!

Anyone like Eggplant? We have some available to CSA members for free.