McDougal's Farm LLC

What's Growing On !

September 24th, 2020

Farm News

Remember half way through the Wizard of Oz, when the film went from black and white to color? It was just the opposite on the farm this week. We fell asleep in a colorful world and woke up to a brown one. A hard frost hit the fields this week and the colors disappeared as fast as the early morning frost did. Goodbye flowers until next year! We noticed things like the peas and cauliflower, that don't usually mind a frost, also had little frost kisses all over them. They should bounce back...maybe even be sweeter for it. You may notice the sweetness in your broccoli this week. It was actually frozen stiff! We let the sun thaw them, harvested, and voila'...beautiful frost sweetened heads of broccoli for your bag this week.

The field itself may lack color this week but there is no shortage of color in the trees that wrap around the backfield. Everyday it's different. It's like someone raced ahead and clicked on a new desktop for our working pleasure. Early mornings are the best, when the sun hits the trees... stunning! We felt like we were on stage picking the Brussels sprouts this week. We snapped a few pictures to share but also wanted to show people who have never seen how Brussels sprouts grow, how cool they are. The picture shows one with leaves still on and one "de-pantsed", as we call it..with its leaves pulled down/off and ready to be cut.

We attached another picture from 12 years ago (Brussel Buddies forever) when we sold at the Farm Market. We couldn't get our Brussels sprouts to move, so we asked these two good sports if they would wear them around their neck and walk around the Farm Market lot. They didn't bat an eye, they looped them over their neck and off they went....we sold out! and we have been good friends ever since...thank you Bob and Tanya:)

Hope you all get a chance to get outside and enjoy the Fall colors this weekend.
Stay safe, stay well...cook at home
Your farmers
Jerry and Maydene

What's in the Bag

This week in your bag you will find **Brussel Sprouts**, **Broccoli**, **Apples, Delicata squash**, **carrots**, **red onion** and **Romaine or Butter crunch leaf lettuce**. **Thank you Farm member Barb M** for the organic apples to complete this week's broccoli apple salad recipe!! Tis the season for substitutes and little extras you may find in your bag. Sometimes we have a few leftovers so we put them in the bags randomly so nothing goes to waste. Enjoy!

How To Trim, Clean & Prepare Brussels Sprouts from Errenskitchen.com

1. **Snap off** each Brussels sprout from the stalk and remove any damaged or loose outside leaves.
2. **Clean** by rinsing in cold water. Brussels sprouts aren't a very dirty vegetable, but any dirt should rinse right off.
3. **Pat dry** with paper towels
4. **Halve larger Brussels sprouts, and leave smaller sprouts whole**. Cut a cross symbol through any tough stems (just about a quarter-inch deep – see photo below). This helps them cook evenly.

> Tip: ***Cooking the sprouts in high heat,*** *cuts bitterness by caramelizing them, creating crispness, and a sweet, nutty flavor.*

The Best Brussels Sprouts of Your Life from Errenskitchen.com

- 1 pound Brussels Sprouts Cleaned and trimmed
- 3 cloves garlic Thin sliced or chopped
- ¼ cup Parmesan Cheese Freshly grated
- salt and pepper To taste
- 3 tablespoons good quality olive oil or for Keto, butter flavor coconut oil

Instructions

1. Preheat the oven to 400F
2. If needed, clean and trim the Brussels sprouts and cut them in halves and place them in an oven safe dish. Make sure to dry them very well before cooking.
3. Add the garlic, Parmesan cheese, salt, and pepper, followed by the olive oil. Toss to coat.
4. Roast in the oven uncovered for 20-25 minutes until crisp, brown and caramelized on the outside and tender on the inside. Serve with more grated cheese.

Notes

- ***Dry your Brussels sprouts well.*** The drier they are, the crispier they'll be. If washing, use paper towels to pat them dry or use a salad spinner to spin that liquid right off.
- ***Leave smaller sprouts whole*** *to avoid overcooking.*
- ***On smaller sprouts that don't need to be halved, slice a cross in the stem*** *(see the video). The stem is the toughest part of the Brussels sprout and the cross allows them to cook at the same rate as the tender area.*

- ***Brown is good.*** *If you've never cooked Brussels sprouts this way, at first glance you may think they look burnt out of the oven, but once you taste them, you'll know those little "burnt" areas are the best tasting parts!*
- ***For an extra caramelized area*** *place the sliced Brussels sprouts cut-side down, on the pan. This will give a larger browned surface area.*

Broccoli Apple Salad from Cookingclassy 5 star!!

4 cups small diced broccoli florets
2 small gala apples , cored and diced
1 cup walnuts
1 cup matchstick carrots , roughly chopped
1/2 cup golden raisins or dried cranberries
1/4 cup chopped red onion

Dressing

3/4 cup plain Greek yogurt
1/3 cup Hellman's or Best Foods Mayonnaise (full fat)
1 1/2 Tbsp apple cider vinegar
3 Tbsp honey
Salt

For the dressing:

In a medium mixing bowl whisk together Greek yogurt, mayonnaise, vinegar, honey and season with salt to taste (about 1/4 tsp). Chill until ready to use.

For the salad:

In a salad bowl toss together broccoli, apples, walnuts, carrots, raisins or cranberries and red onion. Pour in dressing and toss until evenly coated.

Roasted Brussel Sprouts and Broccoli with Bacon and Walnuts

from Boundbyfood.com

- 2 cups of brussel sprouts cut in half and rinsed
- Medium crown of broccoli florets removed and chopped
- 2-3 garlic cloves chopped
- 6 slices of raw bacon chopped
- 1/4 cup of chopped walnuts
- 1/2 tsp salt
- 1 tsp pepper
- 1/4 tsp roasted red pepper flakes

Instructions

1. Preheat the oven to 350 degrees.
2. In a large bowl, toss brussel sprout halves, broccoli, raw bacon, walnuts, salt, pepper, and red pepper flakes.
3. Grease a medium baking sheet and evenly spread ingredients on the baking sheet.
4. Bake for 30 minutes, stir halfway through roasting.