

McDougal's Farm LLC

What's Growing On!

September 3rd, 2020

Farm News

We would probably be called slacker beekeepers by *real* Beekeepers. We have this idea, honeybees know how to be honeybees better than we do, so it's best to leave them to their work. Once in a while we check in with them to see if they have enough room, but then we carry on with what we do best.... and they leave us to our work...a great relationship. This week they almost outworked us. We noticed bees piling up on the outside of the hives from clear across the yard. Air traffic around the bee yard was a frenzy and you could smell a strong honey/bloom scent in the air from quite a distance away. Bees release this scent to alert the other bees there is trouble. This is usually *not* the time to go in:) That scent is reserved for aggressive beekeepers and bears...but we suited up and went in. The first hive dive-bombed us...unusual behavior for this year's docile bees we thought, but sure enough, they were packed to the top, bubbling over with life, with no growing room...like a tight pair of jeans....stressful! We added another box and everyone calmed down. The second beehive was already a tower..way too high. This colony has been a fast grower and it's slacker beekeepers have been more interested in growing vegetables....so they just keep throwing on another box. A single box can weigh up to 100 pounds when loaded with honey. Not an easy feat to move when they are piled as high as your head. So that one wasn't such an easy fix. We had to remove some of the honey and replaced it with an empty box. These gals (worker bees are all female) didn't seem to mind....I suppose an empty box, to an overloaded hive of workaholic bees, has to be just as exciting as an empty freshly plowed field is, to two workaholic vegetable farmers:)

The fields are beginning to thin out in sections. Soon we will be planting in patches of cover crop. The last of the seeding for the CSA went in last week (and is already up!) and we still have some cold hardy transplants that will go in this week. We are hoping they make it in time. Every year is different, it's always a guess...we will all be surprised together.

Just a reminder: Please pick your veggies up on Thursday afternoon at ALL drop sites. They will NOT be put into a cooler if left behind. All Veggies still at the drop sites at closing time on Friday become the property of the drop site host....don't want them to go to waste. Thank you for your attention to this.

Don't want to leave on a crabby note..... What do you call a bee that is having a bad hair day? A Frisbee!:)))

Have a great weekend! Thank you for letting us be your Farmers,

Jerry and Maydene

What's in the Bag

Another bottom holder! This week you will get **Sweet corn** again....Yahoo! You will also get the first of the squash..**Spaghetti squash, Banana (sweet) peppers, bell (sweet) peppers, cherry**

tomatoes and regular tomatoes, the last of the green beans, onions, romaine, a bouquet of parsley and fresh oregano.

How to bake a spaghetti squash: Drizzle the inside of the **squash** with olive oil and sprinkle with salt and pepper. Place the **spaghetti squash** cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm.

CHICKEN BACON RANCH SPAGHETTI SQUASH BOATS FROM DELISH

1 medium spaghetti squash, halved, seeds removed

3 tbsp. extra-virgin olive oil

1 tbsp. ranch seasoning

Kosher salt

Freshly ground black pepper

12 oz. bacon, cut into 1" pieces

1 1/2 lb. chicken breasts (about 3)

1 tsp. oregano

1/2 c. ranch dressing

1 1/4 c. shredded mozzarella, divided

1/4 c. freshly grated Parmesan

Freshly chopped parsley, for garnish

1. Preheat the oven to 400°. Drizzle cut sides of spaghetti squash with oil and season with ranch seasoning, salt, and pepper. Place halves cut side down on a large baking sheet. Roast until tender, 30 to 35 minutes. Let cool slightly, then use a fork to scrape squash strands into a large bowl.
2. In a large skillet over medium heat, cook bacon until crispy, 8 minutes. Drain on a paper towel-lined plate.
3. Season chicken with oregano, salt, and pepper. Add to the skillet and cook until no longer pink, 8 minutes per side. Let rest on a cutting board for 5 minutes, then cut into bite-size pieces.
4. To bowl with squash, add ranch dressing and 3/4 cup mozzarella and toss. Add bacon and chicken and toss again. Divide mixture between the squash halves and place on a large baking sheet. Top with remaining 3/4 cup mozzarella and Parmesan. Bake until warmed through and the cheese has melted, 15 minutes.
5. Garnish with parsley to serve.

Chili Macaroni and Cheese by Taste of Home

2-1/2 pounds lean ground beef (90% lean)

1 medium onion, chopped

1 medium green pepper, chopped

1 banana pepper, finely chopped

2 cans (28 ounces each) diced tomatoes, undrained

2 cans (16 ounces each) kidney beans, rinsed and drained

2-1/2 teaspoons chili powder

2 teaspoons ground cumin

2 cups uncooked elbow macaroni

4 cups shredded cheddar cheese

Optional: Sour cream and additional shredded cheddar cheese

In a Dutch oven, cook beef, onion and peppers over medium-high heat until beef is no longer pink and vegetables are tender, breaking up beef into crumbles, 8-10 minutes; drain. Transfer to a 7-qt. slow cooker. Stir in tomatoes, beans, chili powder and cumin. Cook, covered, on low until flavors are blended, 5-6 hours.

Meanwhile, cook macaroni according to package directions; drain. Add to the slow cooker. Stir in cheese until melted. If desired, serve with sour cream and additional cheese.

Green bean Salad w/ Cherry tomatoes by Jamie Deen

Kosher salt

1 pound slender green beans, ends trimmed

1 cup feta cheese crumbles

1 cup cherry tomatoes, sliced in half

2 tablespoons chopped red onion

1/2 cup slivered almonds

3 tablespoons olive oil

2 tablespoons red wine vinegar

2 tablespoons chopped fresh basil

1 large clove garlic, minced

ground black pepper

1. Boil a large pot of salted water. Add the green beans and cook until tender crisp, 1 to 2 minutes. Use a spider to remove to a bowl of ice water. Drain well, pat dry and place the beans in a large bowl. Combine with the feta cheese, tomatoes and red onions.
2. Toast the almonds in a small skillet, 2 to 3 minutes. Remove to a plate.
3. Whisk together the olive oil, red wine vinegar, basil, garlic and some salt and pepper. Pour the dressing over the green beans and sprinkle with the toasted almonds. Let marinate in the refrigerator for 1 hour before serving.