

# McDougal's Farm LLC

What's Growing On!

October 15th, 2020

## Farm News

This week we have come full circle. We started in the Hoop houses and greenhouses and this week we moved off the fields and back into the hoop houses and greenhouses. In the hoop houses, hoeing was done one last time, and in the greenhouse, thousands of containers were organized and packed away for next Spring. A tedious job, but somehow much more pleasant when the weather is horrible outside.

We really wanted to surprise you this week with an impressive variety of sweet peas. We thought, how cool would that be for you guys to open up your bag late season and find a bag of fresh Springtime sweet peas measuring 5 inches each?! Instead the surprise was on us. When the peas were in full bloom, a hard frost hit, making them drop all their blossoms...urg! Looking at the plants, they were beautiful. Me being a grazer, had to taste them....like wow! They taste just like peas *with* butter! Gina, one of our foodie Farm friends, confirmed it, "These would make a great addition to a stir fry!". So into the test kitchen they went. We were in a hurry, so we just sautéed some garlic and onions up in a little olive oil, threw some thin sliced unpeeled carrots in and then topped off the skillet with the *finely* chopped pea tendrils and leaf greens. Sprinkled it with a little Seasoning salt and covered it with a lid. Toss it a few times, leaving it to cook until tender. Turned out to be a very tasty dish! So they made the grade for the bag this week. Yes, this is a first for us too....let us know how your pea tendril creation goes.

A couple of years ago we stood out in a snowstorm that dropped 21 inches of snow on us, to cook sap. We vowed to have a sugar shack one day. After two weekends and some beautiful weather to be in the woods, we now have a sugar shack! Ironically, the sugar shack only came to be, because of two storms...three if you count the first one:) the First one gave us the vision, the second one collapsed the neighbors barn, giving us barn lumber and the third knocked over so many trees on our property, it gave us a sunny site *and* enough lumber to cook sap for two years:). Like the old saying goes, " When life gives you storms, you make maple syrup"...or something like that:) Life sure can be a *sweet* mess:)

After this week, we have one more week to go, October 22nd being our last delivery. After all the bags have been delivered, we will then take inventory as to what is left. We are sorry to say we do not foresee full Winter share packages like previous years. We may have extra potatoes or carrots but will know more at a later date. We will keep you posted.

Thank you for trusting us to grow your food, the source of all good health....truly humbling.  
Stay well.

*Jerry and Maydene*

## What's in the Bag

This week in your bag you have **Napa cabbage, onions, garlic, carrots, potatoes, sweet pea tendrils/greens, parsley** and the popular **acorn squash!** You may find some random extras but ....shhhh:)

**Interested in making Kimchi?** You have almost all the ingredients in your bag this week. Kimchi is like a spicy fermented coleslaw that helps with digestion. Recipe at [mcdougalsfarm.com](http://mcdougalsfarm.com)

## Stuffed Acorn Squash

2-3 large acorn squash or other winter squash

Cut squash in half and remove seeds and strings. (To make this easier, pierce squash with a knife and microwave a minute or two.) Place cut side down on lightly greased baking sheet with sides. Bake at 350F until almost soft but not mushy, 40-5- minutes. (Or cook in the microwave for about 10 minutes covered.) May do this step in advance.

Remove from the oven, fill with one of the following stuffing options and finish baking as directed.

### Apple Stuffing

2-3 tart apples (diced)

¼ cup maple syrup

¼ cup butter (melted)

Combine. Stuff into cooked squash, cover and bake at 375F for 30 minutes.

### Apple-Sausage Stuffing

1 pound bulk sausage

1 onion (diced)

1 apple (diced)

2 cups toasted bread cubes

¾ cup nuts (chopped)

¾ cup golden raisins

1 tbsl sour cream or plain yogurt

¼ tsp each dried thyme, basil and oregano

Brown sausage in a large skillet. Add onion and apple and sauté just until tender. Remove from heat. Add remaining ingredients and stuff into cooked squash, cover and bake at 375F for 20 minutes.

## How to Make Stir Fry from Allrecipes

A great stir-fry typically consists of three important components: protein, vegetables, and sauce. For a basic stir-fry, start with 1 pound of protein and 2 pounds of vegetables, and a basic stir-fry sauce (recipe below). Optionally, you can add in aromatics or herbs to change the flavor profile of your dish.

1 lb. chicken, beef, or pork cut into bite sized pieces

2 lbs. vegetables, cut into bite sized pieces  
1 tbsp aromatics, such as garlic, ginger, or shallots (optional)  
2 tbsp chopped fresh herbs, such as parsley or cilantro (optional)  
Basic Stir Fry Sauce (see below)

1. Set a large wok or frying pan over medium-high heat and allow it to get screaming hot. Swirl in 2 Tablespoons of oil (1 Tablespoon if using a non-stick pan).
2. Add your meat and cook until browned on each side (and cooked through if using chicken or pork). Remove the browned meat from the pan and set aside on a plate.
3. Transfer the densest vegetables (i.e., those that take the longest to cook, such as carrots, broccoli, cauliflower, green beans, or bell peppers) into the pan and cook for 1 minute.
4. Add in any quick cooking vegetables (snap peas, onions, celery, baby corn, snow peas, mushrooms, zucchini, or napa cabbage) and cook for another minute.
5. Add in any aromatics, if using. Cook for 30 seconds, moving them around the pan constantly to avoid burning.
6. Return the meat to the pan and pour in the sauce. Toss well to coat all of the meat and vegetables. Let cook for one minute until bubbling.
7. Turn the heat off and stir in any fresh herbs, if using.
8. Serve hot with a side of cooked rice or noodles.

## **How to Make Stir-Fry Sauce from allrecipes**

Ingredients

1 cup broth

2 tbsp soy sauce

1 tbsp sugar

1 tbsp rice wine vinegar

Whisk ingredients together in a medium-bowl.

Pro tip: To make a thick glaze (like for Sweet and Sour Chicken), whisk in 1 teaspoon cornstarch and let sit for ten minutes before adding to the stir-fry.