

McDougal's Farm LLC

What's Growing On!

October 1st, 2020

Farm News

With a flip of the calendar page, we can see the finish line!...a welcomed sight. We feel like we have been holding our breath all summer waiting for the next calamity to happen. It hasn't been the *usual* summer. Yet when the pea size hail covered the farm this week, both of us were rather surprised at the lack of reaction we both had to it. We had to ask ourselves, "Are we *that* tired or have we finally transitioned and hardened ourselves to 2020's new abnormal, normal?". Could be a little of both:).but our lack of response was mostly from knowing a large portion of the crops left in the fields are safely underground. Our beautiful upward facing heads of broccoli may have taken a beaten, but for the most part, more goodness left than not. Please be forgiving, they had a rough day this week.

There is something very gratifying about pulling a rutabaga out of the ground. It's not the element of surprise, because you can see what you are up against before the challenge begins. A rutabaga usually sits half way out of the ground showing off its immensity. I believe it has discovered how easy its girth can expand if it's not stifled by restrictions...same way we have figured out, sweat pants are the way to go at Thanksgiving:). It could simply be that tug-of-war victory feeling?... but I think it's more. Pulling a large tuber out of the Earth to feed your family just feels wholesome and right...and its large portion makes it feel like a generous gift from the Earth.

This week our veggies weighed in heavy, knocking the squash out of the bag this week:(Next week you will start seeing the squash! This week however, you will find all the makings to put a good steam on your windows and warm up the house. How about boiled dinner, vegetable soup or roasted veggies with a carrot cake for dessert? Love being in the kitchen this time of year, but even more...like coming into a warm house that smells like someone has been cooking in the kitchen:))

Want to send a **special Thank You** out to our workers and volunteer, Matt for helping us get all the potatoes in this week. A HUGE job done. Enjoy all your new muscles, team...you will know exactly which ones in the morning:)

Winter shares are not looking real hopeful this year. We will keep you posted.
Thank you for letting us be your farmers!

Jerry and Maydene

What's in the Bag

This week in your bag you will find **red potatoes, carrots, onions, green cabbage, rutabaga, and broccoli**. The large shares will also get a head of **cauliflower**.

GREAT NEWS! Catch it on tonight's news

Good enough to give you goose bumps! The mining company that was doing exploration drilling to possibly set up a sulfide mine at the headwaters of the Wolf River in Oneida county, has decided not pursue any further mining exploration! Northwood's folks, way to make a noise! Our beautiful Wolf River will *stay* beautiful. Catch the whole story on tonight's news WAOW channel 9 and Channel 12, Rhinelander.

One Pot Meal - Cabbage, Kielbasa, Rutabaga & More

added by Julia Ferguson

1-2 tsp olive oil, extra virgin

1 large jalapeno pepper

2 medium shallots

2 clove garlic

4-5 carrots

1 rutabaga, med-lg size

5-6 small red potatoes

1 medium head cabbage

1-2 pkg kielbasa, 12oz each, depends how much meat you like
salt and pepper, to taste. personally, i do not add salt.

Directions

1. Before getting started, clean and pare vegetables. Shallot, garlic and jalapeno small dice. Cut the carrots in thirds, *rutabaga in bite sized chunks, small red potatoes can be quartered. *NOTE: Rutabaga is very hard and usually comes covered in wax. Use a sharp paring knife when cutting off the wax. When cutting into chunks, it is easier to start cutting on one side, rather than dead center. I like to cut into wide slices, then lay flat and cut into chunks.

2. In a large Dutch oven, over med heat, add the 2 teaspoons of olive oil. To the heated olive oil, add the diced shallot, garlic and jalapeno, cook until the shallot is silvery looking, 3-4mins.

3. Add to the pot, carrot and rutabaga chunks, stir to combine and let cook until they start to soften, abt.10mins.

4. Add the quartered red potatoes, stir to combine and let cook, maybe 5mins. Stirring often to keep vegetables from sticking. If need be, add about 1/2 cup of water, or broth if desired.

5. For the Kielbasa; you can cut the links any way you like. For this recipe I cut each link in 4 chunks. Add Kielbasa to the pot and stir to combine

6. For the cabbage; it can be cut in any way you like. For this application I sliced it in wide ribbons, however it can be cut into fourths, if you prefer. Place cabbage on top of vegetables and kielbasa. Season with pepper, and salt if desired, to taste.

7. Add about 1 cup of water to pot, place a vented lid on top of pot, turn burner to med low. Simmer, until vegetables are tender, and the kielbasa is nicely cooked through. Making sure the pot does not cook dry, continue to add water or broth as needed.

Incredibly Moist and Easy Carrot Cake from Inspiredtaste.net

FOR CAKE

2 cups (250 grams) all-purpose flour

2 teaspoons baking soda
1/2 teaspoon fine sea salt
1 1/2 teaspoons ground cinnamon
1 1/4 cups (295 ml) canola or other vegetable oil
1 cup (200 grams) granulated sugar
1 cup (200 grams) lightly packed brown sugar
1 teaspoon vanilla extract
4 large eggs
3 cups (300 grams) grated peeled carrots (5 to 6 medium carrots)
1 cup (100 grams) coarsely chopped pecans
1/2 cup (65 grams) raisins

FOR CREAMY FROSTING

8 ounces (225 grams) cream cheese, at room temperature
1 1/4 cups (140 grams) powdered sugar
1/3 cup (80 ml) heavy whipping cream
1/2 cup (50 grams) coarsely chopped pecans, for topping cake

Heat the oven to 350 degrees Fahrenheit (176C). Grease two 9-inch round cake pans and line the bottom with parchment paper then grease the top of the paper. Or, grease and flour the bottom and sides of both pans.

In a medium bowl, whisk flour, baking soda, salt, and the cinnamon until well blended.

In a separate bowl, whisk the oil, sugars, and vanilla. Whisk in eggs, one at a time, until combined.

Switch to a large rubber spatula. Scrape the sides and bottom of the bowl then add the dry ingredients in 3 parts, gently stirring until they disappear and the batter is smooth. Stir in the carrots, nuts, and raisins.

Divide the batter between the prepared cake pans. Bake until the tops of the cake layers are springy when touched and when a toothpick inserted into the center of the cake comes out clean, 35 to 45 minutes.

Cool cakes in pans for 15 minutes then turn out onto cooling racks, peel off parchment paper and cool completely. (If you find that a cake layer is stuck to the bottom of the pan, leave the cake pan upside down and allow gravity to do its thing).

In a large bowl, beat cream cheese with a handheld mixer on medium speed until creamy, about 1 minute.

Beat in the powdered sugar, a 1/4 cup at a time until fluffy. Pour in cream and beat on medium speed for 1 minute. Chill covered until ready to frost cake.

When the cake layers are completely cool, frost the top of one cake layer, place the other cake layer on top. Decoratively swirl the top of the cake with remaining frosting, leaving the sides unfrosted. Scatter nuts on top.