

McDougal's Farm LLC

What's Growing On!

October 22nd, 2020

Farm News

Our last veggie delivery

This season flew by like no other. It's hard to believe it's all behind us already. We had a few setbacks....flood, late frost, early frost, high winds and damaging hail BUT every bag was FULL, so all good. We maneuvered through a lot of first this year....world pandemic, brown paper bags, face shields and constant consideration of social distancing. No workshops, farm tours or farm parties was also something new. This allowed us *extra time* (also something new) to paint our house, replace our garage door, build a lean-to and put up a sugar shack. Another first happened just this week. We took our last fence down in a complete white out, then dug the last of the greens out from under the snow for the bags this week. To any camper whoever had a camping trip go wrong, you will understand when we say....This is the year we will remember and talk about the most. Truly a year with all the makings of a good campfire story. But for now, we are going to pour some wine and be glad we are on this end of it:)

Lot of people ask us what we do all winter. Our time off consist of about one month and we have no guilt in telling you, we are looking forward to watching some mindless Netflix and vegging out a bit. We know soon enough a semitrailer load of wood will pull in and need to be cut up in bite size pieces to feed the beast (the greenhouse). We know seed and supply orders will have to be taken care of, along with a long list of other things, but the one thing we have learned this year, *is ...*"Focus on today and make it your *best*...then be *happy* with it. Deal with tomorrow, tomorrow... or your head will explode:)". So for right now, as much as we both loved being your farmers, we are looking forward to some down time to clean the house, bake cookies, tinker in the shop, get a haircut, watch the snow fall and other menial task...and be happy with it.

One thing about being a part of a CSA is, you can be pretty sure the farmers that raise your food are probably eating the same things you are. If we were on the receiving end, we would like to know that. Shows confirmation of food quality and safety, right? Just wanted to let you know we found pine-needles in the salad mix at supper last night:))...so pine-needle alert!

Healthy food is a big deal to us. We want it to taste good, be fresh, and nutritious. We want to *know* it comes from a healthy source and grown in an Earth friendly manner. Choosing to be a CSA member, tells us these are all important values to you as well. We started growing our own food to insure ourselves that we were getting all of these. **We are so glad you joined us.** We feel great pride and gratitude to be your trusted growers. Thank you, thank you, thank you!

Jerry and Maydene

What's in the Bag

The bags are heavy and over packed this week but the less trips to the store right now the better, right? Hold the bottom! This week in your bag you will find **Cabbage** (could be green or red), **green tomatoes** (do not refrigerate, keep on your counter), **squash** (could be a Butternut, Carnival or a pie pumpkin), **cilantro**, **gourmet salad mix**, **onions**, **carrots**, **potatoes** and a **bouquet of fresh Thyme**. May or may not find a few extra....shhhh if you do.

*If we have any extra produce after this week to liquidate we will let you know by email.

You can use any variety of leftover baked squash to make these pumpkin bars. Don't have to use Pie pumpkin. My family loves these...they are heavy, moist and the batter taste like a pumpkin latte. -Maidene

Pumpkin Bars

3 eggs
1/2 cup Hellman's mayonnaise
1 1/2 cups granulated sugar
1 cup vegetable or olive oil
16-20 ounce of baked pumpkin or squash
2 cups sifted all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon of ground ginger
1/2 teaspoon ground cloves
1/4 nutmeg
1 teaspoon salt
1 teaspoon baking soda (make it a fat one)
frosting:
8-ounce package cream cheese, softened
1/2 cup butter or margarine, softened
1 cups sifted confectioners' sugar
1 cup brown sugar
1 teaspoon vanilla extract

1. Preheat the oven to 350 degrees F.
2. Cut pie pumpkin in half and remove the seeds. Bake face down on a cookie sheet until you can poke through easily with a fork. Scoop out baked pumpkin flesh. Add the eggs, sugar and oil with an emulsion blender, this breaks up the pumpkin fiber, blend well until light and fluffy (a blender or mixer on high can be substituted.) Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth. Spread the batter into a greased 13 x 9-inch baking pan. Bake for 30 minutes or until the middle of the cake springs back. Let cool completely before frosting.
3. **Frosting:** Combine the cream cheese and butter in a medium bowl with an electric mixer until smooth. Add the powdered and the brown sugar, mix at low speed until very smooth. Stir in the vanilla and mix again. Spread on cooled pumpkin bars.

Green Tomato Salsa Verde from Yup its vegan

- 1 lb green tomatoes (green = unripe)
 - 1/2 medium white onion diced
 - 1 or 2 serrano peppers thinly sliced (mine were super hot, so I only used 1)
 - 1/2 tsp salt or to taste
 - 1/2 cup chopped fresh cilantro
 - 1 tbsp lime juice or to taste
1. Halve the green tomatoes and slice out the interior section around the stem (see the instructional image in my post), then cut in half again to make quarters. Lay out the tomatoes on a baking sheet lined with foil.
 2. Turn on the broiler in your oven and set the baking sheet on a top rack a few inches from the flames. Broil for about 5 minutes or until lightly browned. (If your oven does not have a broiler, use the hottest temperature your oven can reach and roast for 10 minutes or until lightly browned).
 3. Meanwhile, add the diced onions to a bowl and fill with cold water to soak for 5 to 10 minutes.
 4. Add the broiled green tomatoes to your food processor and pulse a few times to break them into pieces. Drain the water from the onion and add it along with the peppers, salt, cilantro, and lime juice. Pulse a few more times, until the desired texture is reached. Taste for seasoning and add more salt and lime juice if desired. The green tomato salsa can be served immediately, but it's even better after an hour or more in the fridge for the flavors to meld.

Cilantro Lime Slaw TOPPING FOR TACOS AND BURGERS

from Gimme Some Oven

- 1 cup plain Greek yogurt*
- 1/2 cup tightly-packed fresh cilantro
- 1/4 cup freshly-squeezed lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly-cracked black pepper
- 3 green onions (*just the green parts*)
- 2 garlic cloves
- (optional) 1 jalapeño or serrano pepper, stemmed and cored
- 1 (14-ounce) bag cole slaw mix* (*about 7–8 cups*) *7 cups of shredded cabbage with 1 cup shredded carrots

Combine the Greek yogurt, cilantro, lime juice, cumin, salt, black pepper, green onions, garlic and jalapeño (if using) in a blender or food processor. Pulse briefly a few times until the mixture is combined.

1. Place the cole slaw mix in a large mixing bowl. Drizzle the sauce on top of the cole slaw, then toss until the mixture is evenly combined. Season with extra pepper and/or lime juice if needed.
2. Serve immediately, or cover and refrigerate for up to 24 hours.