

McDougal's Farm LLC

What's Growing On!

October 8th, 2020

Farm News

We got a jump on the 2021 growing season this week by getting some garlic in the ground. Garlic is like an old timer getting out of bed in the morning. It likes to move slowly at first, takes its time stretching its legs before it even *thinks* about getting up and going...that's why we plant it now. Time to grow some roots...take a little Winter nap and then grow some more. Come Spring it will rage through a thick layer of straw with all the vitality of a teenager. It will be our first early riser.

This had to be one of the nicest, end of season weeks, we have ever had. It was truly enjoyable planting garlic in the sun and digging the last of the carrots in a t-shirt. Our warm sunny days are numbered and sometimes, I find myself with eyes closed and face to the sun trying to imprint on my brain every detail of the moment so I can drag it out this Winter. Then my "Don't dilly-dally" self, interrupts and snaps me out of it. "The carrots aren't going to wash themselves!..or maybe you would prefer a crappy, cold rainy day to do that?" Then my other self...the sun/ face one...notices the big pile of leaves that needs someone to lay in them. Certainly wonderful,...even beautiful, but hard conditions to *work* in:))

We want to give all you locavore foodies a shout out for brown bagging it with us this summer. The bag held up better than we anticipated and I think we all have seen the advantages of not having to return those boxes every week. We have a couple of weeks left, and in this time, if you have any ideas, would like to suggest a change, or request a certain variety for next year, please send them our way. Any other issues with the CSA? Let us know. We are fantastic at pounding out the lumps:) We want to make you happy. We want you back next year. Thank you for supporting local, our little farm and way of life:)) You rock!

Your sun kissed Farmers,
Jerry and Maydene

What's in the Bag

This week in your bag you will get **Red Stem Turnips** (sweet and tender), **Sweet peppers** (mixed varieties and colors), **Gold potatoes**, **beets**, sauce type firm **tomatoes**, a **bundle of radish**, **Redbor kale** and **squash**. If you get an orange one it is a Sunshine Squash. If you get a grayish green one, it is a Winter Sweet. If you get a dark green one, it is a Sweet Mama. Our squash crop didn't do real well so we have a variety this week.

Little Kale trick: Before using kale in a salad, massage the leaves with olive oil. This makes the leaves more tender.

What to do with red turnips? Peel them, slice them thin, sprinkle with sea salt and eat them! You can roast them too but my favorite recipe is the simplest...eat them raw:)

Squash: Wash, cut in half, remove seeds and bake face down on a cookie sheet at 350 degrees until soft. I like to line the cookie sheet for easy clean up. Squash can be baked face up and stuffed with apple slices, butter and a sprinkle of brown sugar but the varieties in your bag this week are pretty sweet already. Not a squash lover? Any squash can substitute for pumpkin. I make some of the best pumpkin pie with squash. Bake it, remove it from the peel, put it in a food processor to smooth it out and its all ready for pie or pumpkin muffins. This pureed mixture can be premeasured, put in freezer bags and stored in the freezer for this winter's baking.

Shredded Beet and Beet Kale and Kale

Shredded Beet and Kale Salad

1 bunch kale (stems removed and leaves sliced thinly)
5 small red beets peeled and grated
1 red onion
1/4 tsp. sea salt
1/2 tsp black pepper
3 ounce apple cider vinegar
1 tablespoon raw honey
1 clove garlic
1/2 cup extra virgin olive oil
1/2 cup slivered almonds
1/2 cup Feta goat cheese crumbled

Place kale, beets and onion in a large mixing bowl and season with salt and pepper. Mix the vinegar and honey together and pour over the veggies, mixing thoroughly. Set aside. (This can be done up to a couple of hours in advance to marinate the veggies.)

Whisk together the garlic, and olive oil. Toss the oil mixture with the kale, beets and onion. Add slivered almonds and goat cheese. Mix and serve.

It's best the next day as it has the most time to marinate, but it's great either way!

For when you have to hide the beets! Beets incognito!

Beet Brownies 5 star***** from Self Proclaimed Foodie

Beet puree:

1 large red beet or two small beets
1/4 cup buttermilk amount may vary

Beet Brownies:

8 tablespoons unsalted butter
1¼ cups granulated sugar
¾ cup natural unsweetened cocoa powder
½ teaspoon kosher salt
2 large eggs

2 teaspoons vanilla extract

1 cup beet puree You can reduce this amount if you're worried about putting that much beet into your brownies

3/4 cup unbleached flour

1/2 teaspoon baking powder

1/2 cup dark chocolate chunks

To make beet puree: 3 methods to cook beets, choose one

In oven: Wrap whole beets (stems removed) in aluminum foil and roast in 400 degree F oven for at least an hour until soft to the touch.

Stove top: Boil in skins until you can pierce with a fork. drain. immerse in cold water, peel

In Instant Pot: Set beets on rack and add 1 cup water. Cook on high pressure for 15 minutes. Instant release pressure. Allow beets to cool enough to handle and peel away skin.

Puree beets in blender or food processor with just enough buttermilk to allow puree to achieve a very smooth consistency. If you end up with extra puree, you can use extra puree in pancake batter, soups, etc.

To make beet brownies:

Preheat oven to 325F. Grease or line a 8x8x2 metal pan with parchment foil paper.

Using a medium to large saucepan over medium heat, melt butter. Stir frequently as it continues to bubble. When there are small brown specs, and it smells like nutty caramel, remove pan from heat. Add sugar, cocoa powder and salt to combine.

In separate bowl, beat eggs. After butter mixture has cooled in pot 4-5 minutes, slowly pour eggs into pot with sugar/butter/cocoa powder, stirring constantly until well combined. Add vanilla and beat puree, stir to combine. Add flour and baking powder, stir to combine. Add chocolate chunks, stir to combine.

Bake 25-35 minutes in preheated oven or until top no longer looks wet. Enjoy!

Baked Kale Chips from Allrecipes

Like potato chips, you cannot stop at just eating one!

1 bunch kale

1 tablespoon olive oil

1 teaspoon seasoned salt

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.