

McDougal's Farm LLC

What's Growing On!

August 12th, 2021

Farm News

What a nice week. The farm attracted a few helpers we don't get to see very often in the field. We had a couple bean pickers come *volunteer*. Pretty sure they only volunteered because they had only picked beans on a much smaller scale, but they hung in there like good sports. Ending a row, one of them came across something that definitely wasn't a bean but accepted the challenge to pull it out of the ground. Have you ever pulled a large tuber out of the ground? It is oddly satisfying, almost empowering. We captured the moment of our newbie's first pull (pic below)...so proud. He acted like King Turnip the rest of the day. Thank you, Neal and Cindy.

The next day brought three more volunteers; one, a veteran that knew his way around a weed patch (thank you Levi) and the other two....came decked out in pink. Two little girls that came ready to pull carrots but after a few pulls decided to do the rest of their volunteering over in the flower patch....all good, that's how it starts...the seeds have been planted...wink, wink.

The rain keeps coming. We get nervous when it doesn't rain and nervous when it rains too much. Right now we are on that *nervous* edge of too much, a time when things could quickly start to rot...or not. Crops like our red onions and carrots, we are keeping a close eye on, but crops like our sweet corn and potatoes, it sure will help. The corn is starting to ear (maybe 3 weeks away?) and we started digging new potatoes this week. Remember when you get McDougal's Farm potatoes, all parts are edible, there is no need to peel them; especially these new ones, the skins are very thin. *So* thin we have to dig them with a fork, so now you can go '*dig em*' with a fork....and butter of course.

As we move into mid August our "let's get fat for winter" instincts start firing up and we begin thinking more and more about what's for supper. This week at the McDougal's we are thinking Beef vegetable soup with drop dumplings, maybe a chicken broccoli stir-fry and a meat loaf with new potatoes sprinkled with green onions or parsley. Tip on meatloaf; grate a couple carrots in and have the moistest meatloaf ever. You also just increased your vitamin A intake and made room in your refrigerator drawer. A win win.

Hope you all get a chance to get out into the woods this week. Enjoy the green while we still have it. Have a great weekend!

Your happy to be farmers, farmers

Jerry and Maydene

What's in the Bag

Another good one...hold the bottom! This week in your bag you will find a few **yellow onions** but also a **large sweet onion** for those burgers on the grill this weekend. Also you will get a bag

of **carrots, new potatoes, green beans, cucumbers, broccoli, cauliflower, banana peppers, a bundle of parsley** and the very start of the **tomatoes**.

Yummy tip from a friend: Spread out broccoli and cauliflower that have been cut into small bites on a greased cookie sheet. Drizzle with olive oil and toss to coat the veggies. Sprinkle with Everything Bagel spice and roast in a very hot oven preheated to 425 degrees. Stir and flip once in a while until the veggies start turning golden brown.....like YUM!

Feel free to add extra goodies to this stir fry like carrots, banana peppers, onions etc

Chicken and Broccoli Stir Fry from Dinneratthezoo.com

- 1 pound boneless skinless chicken breast cut into 1 inch pieces
- 1 tablespoon + 1 teaspoon vegetable oil
- 2 cups small broccoli florets
- 1 cup sliced mushrooms if you don't like mushrooms you can add more broccoli instead
- 2 teaspoons minced fresh ginger
- 1 teaspoon minced garlic
- 1/4 cup oyster sauce
- 1/4 cup low sodium chicken broth or water
- 1 teaspoon sugar
- 2 teaspoons toasted sesame oil
- 1 teaspoon soy sauce
- 1 teaspoon cornstarch
- salt and pepper to taste

Heat 1 teaspoon of oil in a large frying pan over medium heat. Add the broccoli and mushrooms and cook for approximately 4 minutes or until vegetables are tender.

Add the ginger and garlic to the pan and cook for 30 seconds more.

Remove the vegetables from the pan; place them on a plate and cover.

Wipe the pan clean with a paper towel and turn the heat to high. Add the remaining tablespoon of oil.

Season the chicken pieces with salt and pepper and add them to the pan in a single layer - you may need to do this step in batches. Cook for 3-4 minutes on each side until golden brown and cooked through.

Add the vegetables back to the pan and cook for 2 more minutes or until the vegetables are warmed through.

In a bowl whisk together the oyster sauce, chicken broth, sugar, sesame oil and soy sauce. In a small bowl mix the cornstarch with a tablespoon of cold water.

Pour the oyster sauce mixture over the chicken and vegetables; cook for 30 seconds. Add the cornstarch and bring to a boil; cook for 1 more minute or until sauce has just started to thicken. Serve immediately, with rice if desired.

Vegetable Beef Soup from cookingclassv.com

- 1 1/2 lbs beef stew meat*
- 2 1/2 Tbsp olive oil, divided
- Salt and freshly ground black pepper
- 1 3/4 cups chopped yellow onion (1 large)

- 1 1/4 cups peeled and chopped carrots (3 medium)
- 1 cup chopped celery (3 medium)
- 1 1/2 Tbsp minced garlic (4 cloves)
- 8 cups low-sodium beef broth or chicken broth
- 2 (14 oz.) cans diced tomatoes
- 1 1/2 tsp dried basil**
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 lb red or yellow potatoes, chopped into 3/4-inch cubes
- 1 1/2 cups (5 oz.) chopped green beans (trim ends first)
- 1 1/2 cups frozen corn***
- 1 cup frozen peas
- 1/3 cup chopped fresh parsley

Heat 1 Tbsp olive oil in a large pot over medium-high heat.

Dab beef dry with paper towels, season with salt and pepper then add half of the beef to pot and brown about 4 minutes, turning halfway through.

Transfer to a plate, add another 1/2 Tbsp oil to pot and repeat process with remaining half of beef.

Add another 1 Tbsp oil to now empty pot then add onions, carrots, and celery then saute 3 minutes, add garlic sauté 1 minute longer.

Pour in broth, tomatoes, browned beef, basil, oregano, thyme and season with salt and pepper.

Bring to a boil then reduce heat to low, cover and simmer, stirring once or twice throughout, for 30 minutes.

Add potatoes then continue to simmer, covered, 20 minutes (you can also add green beans with potatoes if you like them very soft).

Stir in green beans and simmer 15 minutes longer, or until all of the veggies and beef are tender.

Pour in corn and peas and simmer until heated through, about 5 minutes. Stir in parsley and serve warm.

To add drop dumplings: mix 1 cup of flour, 1 tsp. of salt, 1 egg and a splash of milk (just enough to make a thick pasty consistency. Mix well and drop by small spoonfuls into boiling soup. Let cook a couple minutes. Dumplings will float when they are done.

Carrot pineapple cake

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 3/4 cups white sugar
- 1 cup vegetable oil
- 3 eggs
- 1 teaspoon vanilla extract
- 2 cups shredded carrots

- 1 cup flaked coconut
 - 1 cup chopped walnuts
 - 1 (8 ounce) can crushed pineapple, drained
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 - 1 (8 ounce) package cream cheese
 - 1/4 cup butter, softened
 - 2 cups confectioners' sugar
1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
 2. Mix flour, baking soda, baking powder, salt and cinnamon. Make a well in the center and add sugar, oil, eggs and vanilla. Mix with wooden spoon until smooth. Stir in carrots, coconut, walnuts and pineapple.
 3. Pour into 9x13 inch pan. Bake at 350 degrees for about 45 minutes. Don't panic, the center will sink a little. Allow to cool.
 4. To make the frosting: Cream the butter and cream cheese until smooth. Add the confectioners sugar and beat until creamy.