

McDougal's Farm LLC

What's Growing On!

August 26th, 2021

Farm News

Almost sent out an emergency "Think Rain" email on Monday but by Tuesday we were all hiding under the lean-too soaked to the skin...we didn't see that coming (and neither did the weatherman) but we were all excited to see it. The rain not only cools things down but plumps things up...and our sweet corn needed plumping. The forecast is calling for an additional 3-5 inches by Sunday...that may be *too* much plumping. Gully washers like that can cause cabbages to explode in the field, tomatoes to pop right out of their skins and onions to rot. The crops have been through so much this season but continue to produce. We humans should be so tough. Not only stay strong when things are tough but be productive as well.

Most of our weeks go pretty smoothly. We make a plan, break it down and conquer it! But every once in a while we have one of those weeks when everything seems to get all bungled up...like gears that aren't meshing. That would be this week. Saturday, farmer #1 hits a large rock and busts off a mower blade, meanwhile the rototiller that farmer #2 is pushing, starts blowing oil. Before Farmer #2 reaches the shop with the oil spurting rototiller, farmer #1 has broken the second mower and needs Farmer #2 to pull him in. But..."we're tough like vegetables", right? So we got this. Then the mechanic that has been working on our veggie delivery van (yes, that broke down too) calls and says..."we ordered the wrong part"...and again..."we ordered the wrong part"...and one more time..."we got the right part but broke a different part and need to order another part".....??? As farmers, we are used to reorganizing our plans to match the changing weather and the needs of other living things like plants and animals...we have learned to bounce with grace, BUT don't mess with our veggie delivery!! Holy Godzilla! The poor man on the other end of the phone had no idea how or why wrath so quickly fell upon him...but we bounced. We called in family and friends last Thursday to complete our deliveries, special thank you to Cindy, Neal and Holly. Farming is definitely better on smooth weeks but we probably wouldn't appreciate them as much if we didn't have a few *dillies* thrown in there once in a while.

Sweet corn coming soon...stock up on butter now.

Thank you for letting us be your farmers,...even on the not so good weeks☺

Jerry and Maydene

What's in the Bag

This week's theme is RED! In your bag you will get **red beets, Rough Red turnips, Rainbow chard, Redbor Kale** (AKA the sweetest kale), **Mini Love Watermelon, Tomatoes and red onions**. We also added some not so red goodies like, **sweet bell peppers, cilantro and a zucchini**.

Cowboy Caviar from Spendwithpennies.com

- 3 Roma tomatoes seeds removed, diced
- 2 ripe avocados diced
- 1/3 cup red onion diced
- 15 oz black beans rinsed and drained
- 15 oz black eyed peas rinsed and drained
- 1 1/2 cups frozen sweet corn thawed (I just usually toss it in the salad frozen unless I plan on eating it immediately, it thaws quite quickly)
- 1 bell pepper diced (I used half a green and half a red, but color doesn't matter)
- 1 jalapeno pepper seeds removed, diced into very small pieces
- 1/3 cup Cilantro finely chopped

DRESSING

- 1/3 cup olive oil
- 2 tablespoons lime juice fresh preferred
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- Tortilla chips for serving

Instructions

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir/toss very well.
4. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

The following recipe gets two thumbs up from Melanie and Jerry. Thanks for sharing, guys!

Zucchini Bake

Recipe from Brooke B.

3 cups zucchini- peeled, sliced, and quartered
1c. Bisquick
1/2 c chopped onion
2 T. parsley
1/2 t salt
1/2 t oregano or Italian seasoning, or more if desired
Pinch pepper
1/2 c. oil
1 clove garlic chopped
3 slightly beaten eggs

Directions:

Preheat the oven to 350. Mix the above ingredients and pour into a greased 9x13 pan. On top add fresh sliced tomatoes, sliced mushrooms, and pepper. Top with shredded mozzarella, or cheese of your choice. Bake at 350 for 25 minutes or until baked through.

CHARD AND EGG BAKE from healthyseasonalrecipes.com

1 tablespoon olive oil
1 bunch chard, leaves and stems chopped and separate
1 small onion, chopped
6 large eggs
1 tablespoon chopped fresh dill
1 teaspoon Dijon mustard
½ teaspoon salt
¼ teaspoon freshly ground pepper, or to taste
3 ounces cheddar cheese, shredded

Preheat the oven to 350 degrees F. Coat a 2 ½ quart baking dish with cooking spray. Heat oil in a large skillet over medium-high heat. Add chard stems and onion and cook, stirring often until the onion and chard stems start to soften, 2 to 4 minutes. Add chard leaves and 2 to 3 tablespoons of water and cook, stirring to wilt them down until they are soft and the water has evaporated. Transfer the chard mixture to the prepared baking dish. Beat eggs, dill, Dijon, salt and pepper in a medium bowl. Pour over the chard. Bake until the eggs are just slightly wobbly in the center, 20 to 24 minutes. Add cheese on top and continue baking until the eggs are cooked through and the cheese is melted, about 4 minutes. Let cool for 5 to 10 minutes before slicing into 4 squares to serve.

Apple Zucchini Bread from Iambaker.net

Apple Mixture

- 2 medium Granny Smith apples, peeled, cored, and diced
- ¼ cup (50g) brown sugar, packed
- 1 tablespoon butter
- 1 teaspoon ground cinnamon

Zucchini Bread

- 2 cups (250g) all-purpose flour
- ¾ teaspoon baking powder
- ¾ teaspoon baking soda
- 1 teaspoon kosher salt
- 1 cup (220g) light brown sugar
- ½ cup (100g) granulated sugar
- ¾ cup (164g) vegetable or canola oil
- 1 teaspoon vanilla extract
- 2 large eggs, room temperature
- 2 cups grated zucchini, gently pressed to remove excess moisture

Crumb Topping

- ½ cup (1 stick or 113g) butter
- ¾ cup (94g) all-purpose flour
- ⅓ cup (42g) confectioners' sugar

Instructions

Apple Mixture

1. In a medium bowl, combine the apples, melted butter, brown sugar, and cinnamon. Stir to combine. Set aside.

Apple Zucchini Bread

1. Preheat the oven to 350°F and prepare an 8 1/2 x 4 1/2-inch loaf pan with non-stick spray or the butter and flour method.
2. In a large bowl, mix all the ingredients except the zucchini. You will add that last, along with the apple mixture. The blend will be thick, but once you add the zucchini and apples, the mixture will thin out and be easier to pour into your loaf pan.
3. Add the zucchini and apple mixture.
4. After every ingredient is mixed together, pour it into the pan and make the crumble topping.
5. To make the crumble topping, use a food processor, fork, or your hands (I prefer clean hands). Combine the cold butter, flour, and confectioners' sugar in a bowl. Make sure the butter is broken down and no larger than a pea when you are done.
6. Top the bread mixture with the crumb topping and cook for 65-75 minutes. The outside of the bread should be dark brown, and when you insert a toothpick, it should come out with a few crumbs on it, but not wet batter. If you notice that the outside is getting too brown before it has finished baking, add a foil tent over the top of the dish for the final 10-15 minutes.
7. Let the bread slightly cool before cutting and serving.