

McDougal's Farm LLC

What's Growing On!

August 5th, 2021

Farm News

The harvest this week felt more like a rescue mission....a rescue from monstrous weeds, plant eating bugs and the stress of last week's heat. Weeds take a lot of energy away from the plants. It was easy to see picking the yellow beans this week. Where the weeds were thick, the beans were thin and where the weeds were thin, holy heck we had beans! We probably all had enough bean picking for a while. Bugs on the other hand, are more of a nuisance than a threat to the plants at this time of the season, so the *rescue* was more for us human*beans* who prefer to be the *first* to take a bite out of *our* greens....and "our" is debatable if you're a bug.

A quick glance at our front squash field and it is beautiful! The leaves are dark green, there are huge bright yellow squash blossoms everywhere and if you listen closely, you can hear the constant hum of bees, sometimes two or three per blossom, backed up waiting their turn. But if you look past all that and take a closer look, you can see something isn't right this year. About 95 percent of the blossoms are males...or non-fruit bearing blossoms! How odd for Mother Nature to be so out of balance. So what is the scoop? Looking into it, we learned that when a squash plant is stressed (by heat) it doesn't form female flowers because *females take too much energy*....go figure! It is a self preservation move until conditions improve. So when the conditions improve, like we are seeing now...the females should start showing up *tastefully* late. I guess we just need to be more patient. The heat may have set them back but there should still be plenty of time for them to produce. If you have ever seen a zucchini grow, you know a squash can double its size while looking at it. We'll keep you posted on the squash saga.

We really put a nice bag together for you this week with 9 different varieties. Enjoy the abundance of summer and living in Wisconsin. Tomatoes and new potatoes right up ahead!

It's *bean* a fabulous week, nothing *beets* being your farmers!

Jerry and Maydene

What's in the Bag

It is a bag full of variety this week. This week you will get **yellow beans, beets, broccoli, basil and garlic**. You will also get a **bundle of onions, cucumbers, a young zucchini**, and a **bag of mixed greens** (Tokyo Bekana, Tatsoi and Butter Crunch lettuce). The **large shares** will also get **cauliflower**. The cauliflower is coming in good now, so expect to see it next week in all the bags.

BEET TIP: For easy peeling, boil your beets with the skins on until you can pierce with a fork. Drain the hot water and submerge the beets into ice cold water....the skins will slide right off.

How to Freeze Zucchini: Large thick skinned zucchinis may need to be peeled first with seeds removed. If zucchinis are still young and tender it is not necessary. Grate zucchini by hand or use a food processor. Press out any extra liquid and discard. Place grated zucchini in Ziploc freezer bags (I put about two cups in each bag because it works well with my recipes). Squeeze out the air, seal and freeze. This is so nice to take out in the winter, thaw and bake with.

How to cook Beets

- **To roast the beets,** place them on a baking sheet and roast in the oven at 400 F for 1.5 to 2 hours or until you can easily pierce them with a fork.
- **To boil the beets,** place them in a pot. Add water, make sure the water covers the beets. Bring the water to a boil and cook the beets for about 1 to 1.5 hours or until you can easily pierce them with a fork.

One of our favorite ways to eat beets is to cook them and then let them cool, then add to salads. Our favorite is beets, feta, cilantro, salt and pepper

May's Breakfast Blueberry Zucchini Bread w/ Flax

Preheat oven to 325 degrees

1 cup oil

1 ½ cup sugar

3 eggs

2 2/3 cup flour

1/3 cup flax meal

1 teaspoon salt

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon cinnamon

2 cups grated zucchini

1 cup blueberries

Blend oil, sugar and eggs well. Add flour, flax meal, salt, baking soda, baking powder and cinnamon and mix well. Stir in the grated zucchini and blueberries. Spread into 2 well greased bread loaf pans and bake for 1 hour and 15 minutes or until the center is firm to the touch. You can also make this into cupcake form for a quick breakfast on the go, just make sure you decrease your baking time.

**My Mom always served this with fresh bakery bread for dipping
mmmmm!**

Yellow Bean Soup

an old simple family recipe from my Granma, Anna Clark

4 cups of yellow beans, washed and snapped to 1" pieces

2-3 medium potatoes, diced

Dollup of butter (*my translation: a heaping teaspoon...but I like butter*)

2 T. flour

2/3 cup water

sour cream

1/4 tsp vinegar

salt and pepper to taste

boil diced potatoes and yellow beans in just enough salt water to cover them, until tender (don't drain). Add a dollup of butter. Mix the thickening of flour and water. Add to boiling mixture. Cook for about 5 minutes. Add half and half or sour cream to taste and for consistency. Heat to just boiling. Add vinegar to enhance taste. Salt and pepper to taste. ***I like to add minced garlic and finely chopped green onions to this recipe in the beginning***

20 Minute Garlic Basil Butter Pasta from halfbaked harvest.com

- 1 pound bucatini pasta (a thick spaghetti like pasta)
- 6 tablespoons salted butter
- 2-3 cloves garlic, minced or grated
- 1 1/2 teaspoons freshly cracked black pepper
- 1/2 cup pecorino cheese, freshly grated (can substitute a good parmesan)
- 1 cup fresh basil, roughly chopped
- 2 cups cherry tomatoes, halved
- 2 tablespoons extra virgin olive oil
- crushed red pepper flakes
- kosher salt

1. Bring a large pot of salted water to a boil and cook pasta according to package directions until al dente. Just before draining, reserve 1 cup of the pasta cooking water. Drain.

2. Melt 4 tablespoons butter in a large skillet over medium heat. Add the garlic and pepper and cook 1-2 minutes, until the butter is browning and the garlic is golden and fragrant. Reduce the heat to low and add 1/2 cup pasta water, the pasta, remaining butter, and pecorino. Tossing until melted. Remove from the heat, add 3/4 cup basil and toss, adding in more pasta water if needed to thin the sauce.

3. In a bowl, combine the tomatoes, remaining 1/4 cup basil, olive oil, red pepper flakes, and a pinch of salt.

5. To serve, divide the pasta among bowls and serve topped with tomatoes. Eat and ENJOY.

**Start where you are
Use what you have**

Do what you can