

# McDougal's Farm LLC

What's Growing On!

September 23rd, 2021

## Farm News

It's really easy to get lost in what we do. It can be a good thing, but it can also be a bad thing. We enjoy what we do, so most days go by quickly even though we are working hard. It doesn't really feel like a *job*. We find it interesting, ever-changing, purposeful and for sure, never boring. So it is easy to get lost in it...meaning also; it's easy to lose sight of other interests. But this week Mother Nature knew just how to shake us out of our absorbed, hypnotic state. She splashed the trees full of color and put the smell of apples in the air and said, "Come on, I have something to show you!"...and we did. We kayaked a lake wrapped in red and gold, found an old apple tree on our way home and filled the house with the smell of baked apples. We took an evening bike ride just to smell the smells of autumn and were pleasantly surprised to find a dozen deer grazing in a field uninterrupted as we quietly peddled by. This week we are looking forward to a little more quiet time in the woods. When you are *still*, you get to see what *really* goes on in the woods...like life.

Finally, beets are getting the attention they have due. This year, beets are the new *cool* vegetable, so it is now OK to say you like beets in public. You can buy them in a capsule, a soft chew, powder form, even gummies. Each of the supplements promises to lower blood pressure, improve your vision, detox your colon, improve your liver functions and even improve your endurance if you are a runner... you just need to buy their product. But here's a thought; why don't you just eat beets? Your body will recognize a whole beet quicker than any chew and a whole beet includes the fiber. Fiber plays an important part in carrying away the extra sugars and helps regulate your gut. Be cool; eat your beets this week.

**Two answers to two questions we've been asked lately;** we've had a few people ask if **winter shares** will be available this year. We are uncertain at this time but will know more when all the crops are pulled in. We will keep you all posted and like always...we cater to you guys **first!** Second; **How come I'm not getting the newsletter every week?** We are not sure about that either☺. The newsletters are sent out to the same group of people every week, yet some are not receiving it, even though our computer says it was sent to them...can anyone help us out here? **You can also find all newsletters posted weekly at [Mcdougalsfarm.com](http://Mcdougalsfarm.com)....sorry for any inconvenience this may have caused.**

Have a wonderful week,

*Jerry and Maydene*

### What's in the Bag

This week in your bag you will get the first of the squash...the popular **Acorn** (dark green) and it's close cousin, the **Carnival** (orange, green and crème color) **Squash**, both can be baked the

same. We also added to your bag a **fresh head of romaine, Beets, Red Knight Bell peppers** (thick walled, good for stuffed peppers), **sweet onions, cherry tomatoes, a bouquet of fresh parsley and garlic.**

## The trees are about to show us how lovely it is to let things go.

### Stuffed Peppers from Allrecipes

1 pound ground beef  
1/2 cup uncooked long grain white rice  
1 cup water  
6 green bell peppers  
2 (8 ounce) cans tomato sauce  
1 tablespoon Worcestershire sauce  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
salt and pepper to taste  
1 teaspoon Italian seasoning

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook the beef until evenly browned.
3. Remove and discard the tops, seeds, and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)
4. In a bowl, mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
5. Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.

### Apple-Stuffed Acorn Squash [allrecipes.com](http://allrecipes.com)

3 acorn squash, halved and seeded  
2 tablespoons stick margarine  
1 cup chopped onions  
3 cups peeled, seeded, and chopped Granny Smith apples  
1/2 cup golden raisins  
2 tablespoons light brown sugar  
1 teaspoon ground cinnamon  
1 1/2 cups shredded Cheddar cheese

Preheat an oven to 350 degrees F (175 degrees C). Place the squash onto a baking sheet cut side down. Fill the baking sheet with 1/2 inch of water.

Bake the squash in the preheated oven for 40 minutes. Drain off any water remaining in the baking sheet.

While the squash is baking, melt the margarine in a large skillet over medium heat. Cook the onion and apple in the margarine until the onion has softened and turned translucent, 10 to 15 minutes. Scrape the mixture into a bowl to cool until the squash has finished baking.

Once the squash is done, stir the raisins, brown sugar, cinnamon, and Cheddar cheese into the apple mixture. Turn the squash cut side up on the baking sheet and fill with the apple mixture. Return the squash to the oven; bake until the filling is hot and the cheese has melted, about 15 minutes.

## Stuffed Peppers Soup from Delish

This soup is perfect as is but if you like your peppers even MORE stuffed add beans or sweet potatoes and make this one extra hardy soup.

1 tbsp. extra-virgin olive oil

1 lb. ground beef 1 red bell pepper, chopped

1 green bell pepper, chopped

1 yellow bell pepper, chopped

1 onion, chopped

2 cloves garlic, minced

Kosher salt

Freshly ground black pepper

2 tsp. dried oregano

1 c. un-cooked white rice

6 c. low-sodium beef broth

1 (28-oz.) can crushed tomatoes

1 (14-oz.) can fire-roasted diced tomato

Shredded white cheddar, for serving

Freshly chopped parsley, for serving

1. In a dutch oven over medium heat, heat olive oil. Add bell peppers and onion and cook until soft, 7 minutes. Add garlic and cook until fragrant, 1 minute. Add ground beef and season with salt and pepper. Cook until no longer pink, 7 minutes. Drain fat and return to heat. 2. Add broth, crushed tomatoes, diced tomatoes, and oregano. Bring to a boil then reduce heat to a simmer. Add rice and simmer, covered, until rice is tender, 40 minutes. Add more broth or water as necessary. 3. Garnish with cheddar and parsley to serve.