

McDougal's Farm LLC

What's Growing On!

September 1st, 2021

Farm News

If anyone has a story to tell this summer, it would be the dabble of green beans in your bag this week. They were planted late enough to miss the 26 degree night but that is about the only luck they had all season. Just as they were peeking out of the ground, they were flooded, only 2/3 of them pulled through. Add a few late night visits from deer, a few dry stretches; we were actually surprised to see what *was* left was hanging pretty heavy last week...then came all the rain, heat and humidity ...a lot of the beans folded just short of the finish line. Beans hate prolonged moisture and it showed. This week we left behind a lot of rusty beans, but *dang* they tried! They almost made it to the table...so close. Appreciate the dabble.

While your bean portions may be a bit weak, your bag will still be hefty one. This leads us to our next thought. We have been checking in with our wonderful host site managers and we have found that a few of you are picking up on Friday or not at all. Are you in need of a veggie vacation? If you do need to take a break from this summer's endless abundance, please let us know ahead of time and we can drop your bag off at the food pantry. They are always thrilled to get the extra fresh veggies and then they won't go to waste. Please try to pick up your veggies on Thursday. Your hostess and veggies will appreciate it. Remember, anything left after 24 hours becomes the property of the host.

Summers get busy and it seems there is always something glaring us in the face that needs our attention. This week we are putting on our blinders, stepping on the brakes and immersing ourselves into a little family time. Looking forward to a little bit of crazy, a lot of loud, a whole lot of love and three puppies...can't wait!

Have a wonderful weekend!

Your farmers,

Jerry and Maydene

What's in your Bag

This week you will find just the beginning of the **sweet corn!!!** Cobs aren't real big yet but the field testers (deer, raccoons and us...in that order) say it is *ready!* If it continues to rain we may have it for the next three weeks...Sweet, non GMO, organic sweet corn!! In your bag you will also get a **bouquet of Thyme, jalapenos peppers** (hot and in a bag), **sweet bell peppers, tomatoes, potatoes, green beans, celery and onions.**

Make the following recipe more about the veggies and less about the pasta...think more veggies!

Beautiful Summer Garden Pasta Salad

1 lb.(or less) box of Mostoccioli Rigati pasta (**cook as directed, drain and cool**)

In large bowl combined:

2 medium chunked tomatoes
2 cups chopped spinach
1 medium chopped red or green onions
2 radishes
½ chopped green bell pepper
1 can drained large black olives (sliced in half)
30 green grapes (sliced in half)
3-4 oz. crumbled feta cheese

In small bowl mix together till dissolved:

½ cup extra light olive oil
3 tablespoons of sugar or honey,
¾ cup apple cider vinegar
1 Tablespoon of garlic powder

Combine cooked pasta, veggie mixture and olive/vinegar mixture; refrigerate. Remember to adjust the following recipe to what veggies you have. **You can also add thinly sliced turnips, radishes, broccoli, shredded carrots, bunching greens, fresh herbs etc...Enjoy**

Sweet Corn Soup with Potatoes and Thyme itsavegworldafterall.com

2 tbsp butter
1 sweet onion diced
3 cloves garlic minced
1 cup sliced celery
1 tbsp fresh thyme more for garnish
1/2 tsp salt
1/4 tsp freshly ground black pepper
2 yellow potatoes cubed; can peel if you want
3 cups vegetable broth can add another cup if desired
2 cups sweet corn from about 3 ears
1 cup whole milk optional

Instructions

Warm the butter in a soup pot or Dutch oven, and then add the onion, garlic, and celery. Cook for a few minutes until the onion is translucent.

Stir in the thyme, salt, and pepper. Add the potatoes and vegetable broth. Increase heat to bring to a boil, decrease to medium-low to maintain a simmer, cover, and cook for 10 to 12 minutes until the potatoes are tender.

Use a fork to smash some of the potatoes to thicken the soup. Stir in the corn kernels and milk (if using). Cook for a few more minutes until warmed through. Ladle into bowls, and enjoy!