

# McDougal's Farm LLC

What's Growing On!

September 30th, 2021

## Farm News

The 2022 growing season officially started this week with the planting of the garlic. The garlic cloves will start rooting already this fall and by early spring, before any of the other crops are even planted, they will start pushing up through the thick layer of straw we bedded them down in. Garlic will give us some of the first sprigs of green in the spring, and like most things in nature, it will give us more back than we put in. Each clove planted this year will give us a bulb with 8-10 cloves next year. We are always fascinated by the generosity of nature, especially when it comes to food. One huge Hubbard squash axed in half would expose enough seeds to grow enough squash to feed a whole town....no stinginess there. Food is essential for life, so Nature provided the perfect food security solution...that is *if* we don't mess with the system....which as humans we sadly always feel the need to, to our own demise.

We had a very productive week with some of the major crops coming off the field. We put the old Iron Angel to the dirt and dug out a beautiful crop of potatoes. Now the washing begins. It is not unusual for us to wash potatoes with hand warmers tucked inside our rubber gloves, but this year we washed in short sleeves and sunglasses...so mind boggling. We also tackled the brussel sprouts this week. The last couple of years we kept them on the stalk...many of you found it fascinating how they grow...but this year, because of lack of room in the bag this week, we were forced to shuck them all ourselves (shucks!!). We also decided we better not wait any longer to pull the honey. The bees looked very good! Their numbers are high and their stores are plenty. Of course we left them ample for the winter ahead but we will have honey for sale when we get time to spin it out...we will keep you posted.

With just a couple more weeks to go (last delivery Oct, 14<sup>th</sup>), we have a few crops we are hoping will make it to the finish line. We have a nice crop of Sweet peas coming in and a beautiful stand of broccoli and cauliflower. We will keep our fingers crossed, this summer weather can only help.

Hope you all can get outside this weekend. They are predicting a very cold winter ahead, but for now, *let's lay in the grass and soak up some sun!*

Peas and good health

*Jerry and Maydene*

### What's in the Bag

This week in your bag you will find **Napa cabbage, onions** and **squash**. Some of the varieties we didn't get enough to give you all the same, so we chose varieties that were the most similar...all are wonderful or we wouldn't grow them☺. If you get a dark orange squash, that is a "Sunshine", if you get an icy blue gray colored one, that is a "Wintersweet". Both are a

kabocha type...two of our *sweet* favorites! Also you'll find **jalapeno (hot) peppers** (in a bag), **sweet peppers** (not bagged), and a bouquet of **cilantro, brussel sprouts** and **carrots**...because you can't have brussel sprouts without carrots.

## My Mom's Taiwanese Beef Noodle Soup from [food52.com](http://food52.com)

- 2 scallions, chopped
- 4 garlic cloves, chopped
- 1 **teaspoon** fresh ginger, minced
- 1 whole star anise
- 2 **tablespoons** oil
- 1 **1/2 pounds** beef shank, cut into 3/4" pieces
- 1/2 **cup** rice wine
- 1/2 **cup** soy sauce
- 1 **1/2 cups** water
- 3 **tablespoons** rock sugar or brown sugar
- 1 tomato, skinned and roughly chopped
- 1 **pound** angel hair pasta
- 1 small head napa cabbage, washed and cut into 3" pieces

1. In a large saucepan, saute the first four ingredients in the oil for 2 minutes. Add the beef and cook until just browned.

2. Add the wine, soy sauce, water, sugar, and tomato and heat to boiling. Reduce to a simmer and cook with the lid on for 2 hours.

3. About 15 minutes before the beef is done, bring a large pot of water to boil. Add the pasta and cook while stirring occasionally for 3 minutes. Add the napa cabbage and cook for 2 more minutes. Drain off most of the water.

Divide the noodles and cabbage among 6 large bowls, adding a little of the excess hot water. Add the beef on top and ladle

4. in some of the sauce, making sure to remove the star anise.

## Garlic Brown Butter Roasted Brussels Sprouts and Carrots from [diethood.com](http://diethood.com)

- [ ] 6 tablespoons butter
- [ ] 5 cloves garlic, minced
- [ ] 4 large carrots, cut into 1-inch chunks
- [ ] 4 cups brussels sprouts, halved
- [ ] 1/4 teaspoon salt, or to taste
- [ ] 1/4 teaspoon fresh ground pepper, or to taste
- [ ] chopped fresh parsley, for garnish

### Instructions

Preheat oven to 400F.

Spread carrots and brussels sprouts on a baking sheet in one single layer; set aside.

Add butter and garlic in a large, heavy bottomed nonstick skillet and melt butter over medium heat. Swirl the pan occasionally to be sure the butter is cooking evenly.

Cook for 6 to 8 minutes or until butter is lightly browned, stirring frequently and skimming foam as necessary. DO NOT burn the garlic!

Remove browned butter from heat and pour over prepared vegetables; season with salt and pepper and stir until thoroughly combined.

Roast for 30 to 35 minutes, or until veggies are tender.

Remove from the oven and transfer to a serving plate.

Garnish with parsley.

Serve.

**The following dip is great served with those thicker purple tortilla chips.**

## **Chunky Curried Kabocha Squash Dip** Foodandwine.com

1 kabocha squash (2 1/2 pounds), halved, seeded, peeled and cut into 1-inch pieces (6 cups)

1/4 cup extra-virgin olive oil

2 teaspoons hot curry powder

Kosher salt

Pepper

1 jalapeño, minced

2 tablespoons finely chopped red onion

2 tablespoons fresh lime juice

1/3 cup chopped cilantro

### **Directions:**

Preheat the oven to 450°. On a large baking sheet, toss the squash with 2 tablespoons of the olive oil and the curry powder and season with salt and pepper. Roast for about 20 minutes, stirring occasionally, until the squash is lightly golden and tender. Let cool to room temperature.

Scrape the squash into a medium bowl. Fold in the jalapeño, onion, lime juice, cilantro and the remaining 2 tablespoons of olive oil and season with salt and pepper.

Make Ahead

The dip can be refrigerated for 3 days.

**Serve with Thick-cut tortilla chips or pita chips.**

**When “I” is replaced with “We”, Illness becomes Wellness.      -Malcom X**