

McDougal's Farm LLC

What's Growing On!

September 9th, 2021

Farm News

NOTE TO 'FARM' PICK UP SITE MEMBERS: Blue Bell Rd. may have a ROAD CLOSED sign posted but you can still get through to the farm from the East off of B. Road construction is just west of the farm.

Never a dull moment... and this week was no exception with bobcats in the chicken coop, hail on the tomatoes, raccoons in the sweet corn and retiring scarecrows. Somehow it all ended up better than it could have; the raccoons left just enough, the hail damage was minimal and the Bobcat only got away with one and a half chickens... One, was for sure a goner. Nothing but a trail of feathers left at the scene and the second; he was caught red handed with the chicken in his mouth. The chickens were squawking and running all over, the dogs were barking and we were waving our arms and yelling... it was total chaos. He dropped the hen and must have decided it was better to go hungry than to deal with all the *crazy*. The hen took off and made it back to the coop. We know he'll be back, next time we're going to show him what *real crazy* looks like.

The weather this week was perfect for outside physical work and just in time for the heavy lifting, pushing and pulling we do this time of year. The squash will all have to come in soon... it doesn't appear we are going to get the poundage we were hoping for but it looks like enough to remind us we have back muscles. The skins on the potatoes have set, so now we can start digging potatoes with our retro "*all geared powered potato digging chariot*" from the 1800's. We will be sure to snap a picture... it is a hoot! It is a sweet little number but we still have to pick each of the potatoes up by hand. Makes for some strong *bender* muscles but beats the heck out of digging them with a pitchfork... we can deal with that.

This week our fabulous crew *all* got to be reminded they have back muscles... pulling up T-post, taking down fences and pulling out well rooted plants, *all* have a way of reminding you the next day you are *alive*! Thanks team, you are all rock stars! We can't believe it's that time of year already. The tomatoes had a good run, we said goodbye to the last of the cucumbers this week, and retired the scarecrows. The flowers have begun to fade a bit, but Mother Nature knows how to keep things interesting, soon those colors will be splashed up into the trees. And when the trees start turning, something else happens... the veggies start getting sweeter. Not sure if anything can beat that sweet corn though ...yum!. This growing season has flown by for us. This is week 12 already, with only 5 more weeks to go. Our last veggie delivery will be on October 14th. We will keep you posted regarding *possible* winter shares and our upcoming honey harvest.

Have a sweet weekend; truly enjoy being your farmers.

Jerry and Maydene

What's in the Bag

We have a dandy bag for you this week. The sweet corn may not be as plentiful as last week but enough for the following recipe or a side dish. In your bag this week you will find **sweet corn, Spaghetti Squash, carrots, fresh dill weed** for dill dip, **onions, cherry tomatoes and regular tomatoes, cilantro, a bouquet of fresh oregano, garlic and sweet bell peppers.**

Italian Spaghetti Squash Taste of Home

1 medium spaghetti squash (3 pounds)
1 can (14-1/2 ounces) diced tomatoes, undrained
1 cup sliced fresh mushrooms
1/2 teaspoon salt
1/2 teaspoon dried oregano (use twice as much when using fresh herbs)
1/4 teaspoon pepper
3/4 cup shredded part-skim mozzarella cheese

1. Halve squash lengthwise; discard seeds. Fill with tomatoes and mushrooms; sprinkle with seasonings. Place in an oval 7-qt. slow cooker, tilting 1 slightly to fit.
2. Cook, covered, on low until squash is tender, 6-8 hours. Sprinkle it with cheese. Cook, covered, on low until the cheese is melted, 10-15 minutes. To serve, cut each half into 2 portions.

Dill Dip

2 cups mayonnaise
2 cups sour cream
1 tablespoon dried parsley
3 tablespoons grated onion
3 tablespoons dried dill weed (Use 2-3X as much when using fresh...can't use too much)
1-1/2 tablespoons seasoning salt

In a medium bowl combine the mayonnaise, sour cream, parsley, onion, dill weed, and salt. Mix all together, cover, and refrigerate overnight.

How to bake spaghetti squash....

1 medium spaghetti squash
1 tbsp. extra-virgin olive oil
Kosher salt
Freshly ground black pepper

Preheat the oven to 400°. Cut spaghetti squash in half lengthwise and scoop out seeds. Drizzle with olive oil, and season with salt and pepper. Place cut side down on baking sheet and roast until flesh is easily shreddable with a fork, about 40 minutes.

A repeat but worth it!

Cowboy Caviar fromspendwithpennies.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.

Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.