

McDougal's Farm LLC

What's Growing On!

October 7th, 2021

Farm News

Next week (October 14th) will be our last veggie delivery for the season

We had a lot of mixed emotions as we said good bye to our crew this week. We were excited to complete such a big task, but also sad to say our farewells. After a summer together of pulling weeds, a hundred million bends and hours of being belly up to a wash tub, something happens, you become strangely connected....and you don't realize just how much, until it is time to say good bye. We sweated out the hot days together, laughed in the mud, got soaked a few times but can't remember a single *really* cold day. Of all the years we have been doing the CSA, this had to be the most pleasant. With one more week to go, even if it ended up on a nasty note, it wouldn't offset the scales...summer of 2021 was a winner and we were grateful to spend it with Gina, Tom, Sarah, Kimmy, Holly and Eva. Thanks crew....you rock! And to our dependable drivers who showed up every week on time like clockwork. You guys are an important spoke in the wheel that everyone would notice missing, if you hadn't done your job so well this summer. Thank you Aunt Claudia, Matt, Heather, Renee and Faye.

Knowing we would be on our own next week, we rallied our crew one last time and focused all our attention on the last BIG job in the field...getting all the carrots out of the ground and washed. There is no easy way to do this but to grab a pitchfork and dive in. Fifteen hundred pounds later we stepped back, itched our heads and wondered, "Where on earth are we going to put all these?"...every tub is full! What a wonderful problem to have. It certainly has been an abundant year in so many ways....tubs, hearts, bellies and life; all full!

Have you ever noticed that the veggies you get in your bag from the first to the very last bag, always match the colors of the treetops of the season? Early spring brings spinach, lettuce, peas, beans and broccoli and fall crops bring; carrots, beets, pumpkins and bright colored squash. They couldn't do a better job reflecting the colors of the trees. Come winter, there is no color at all and there are no vegetables either☺.....Hope you guys have been freezing all those extras. This year however, we may shake things up a bit. Looks like we will have broccoli and greens at the tail end of the growing season, if not in your bag next week, we will have it all available at our winter sale. We are hoping to have it a little earlier this year, maybe the end of October or early November. We will keep you posted as to how we are going to have it set up this year.

If you carrot-all, peas lettuce know how we did this year...nothing beets or is treasured more than the honest op-onion of our farm members!

Love being your farmers,

Jerry and Maydene

What's in the Bag

In your bag this week you will get a **red cabbage**, a **butternut squash** (shaped like a peanut) and a **Delicata** squash (small striped). You will also get a bag of **Russet potatoes**, a **bouquet of Italian flat leaf parsley**, **fresh thyme**, a bag of **carrots**, a **head of romaine**, **onions** and **sweet peppers**. The large shares will also get **cherry tomatoes**.

“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth.” –Henry David Thoreau

A meal in a peel!....the following recipe in a nutshell, is a scooped out baked potato, filled with a browned hamburger and a veggie mixture, then topped with seasoned mash potatoes....yum!

Shepherd's Pie Potato Skins recipetineats.com

8 oz lamb or hamburger
1 tbsp olive oil
½ onion (brown, white or yellow), diced
1 clove garlic, minced
1 1/2 cups frozen mixed vegetables (pea, corn, carrots) (or fresh)
2 tbsp flour
1 cup beef stock/broth (or 1 stock / bouillon cube dissolved in hot water)
½ cup water
½ tsp salt
½ tsp dried thyme
½ tsp dried oregano
Black pepper

Potatoes and Mash

4 large potatoes, scrubbed clean (about 400g/13oz each)
½ to 1 cup milk (full or low fat)
2 tbsp butter (optional – but highly recommended)
Salt to taste

Preheat the oven to 180C/350F.

Prepare the Potatoes and Mash

Prick the potatoes with a fork (about 6 times on each potato) and microwave on high for 5 minutes. Then turn and microwave for a further 5 minutes. Pierce with a knife to check if they are cooked.

Remove from the microwave (use a dish cloth). Cut off the tops and scoop out the center using a spoon, leaving a fairly thin skin (about 0.5 cm / 0.2”).

Place the potato scooped out in a bowl. Add milk, butter and salt and mash with a potato masher until smooth, or to your liking.

Filling

Meanwhile, make the filling. Heat the olive oil in a large fry pan over medium high heat.

Add onion and garlic, sauté for 2 minutes until softened.

Turn up the heat to high. Add ground beef and cook, until nicely browned and cooked – about 3 minutes.

Sprinkle over flour and stir to combine.

Add remaining ingredients and stir to combine. Bring to a simmer and continue to stir until the sauce is thick and glossy – around 2 minutes.

Remove from heat.

Assemble Potatoes

Fill each potato with the Filling so it is slightly heaped. Push down lightly to pack the filling in well.

Pipe over the mashed potato, or scoop it on with a spoon then fluff it up with a fork. You probably won't use all of it – save the remainder or serve it on the side.

Place in the oven and bake for 15 to 20 minutes until the mashed potato is starting to brown on the ridges.

Serve immediately!

HOW TO COOK MASHED BUTTERNUT SQUASH FROM PINCHMEGOOD.COM

1. **Prep the squash:** Slice the ends off of the squash about 3/4 inch below the stem. Stand it upright on a clean kitchen towel and use a sharp kitchen knife to slice it right down the middle, giving you two halves of squash. Use a spoon to scoop out the seeds.
2. **Roast the squash.** Preheat the oven to 350 degrees F, spray a baking sheet with cooking spray and place both halves of squash onto the baking sheet. Brush each half with olive oil and sprinkle with salt and pepper. **Bake for 60-70 minutes**, depending on the size of your squash. Once it is fork tender it is ready.
3. **Scoop and mash the squash:** Remove it from the oven and let it cool for a few minutes until you can easily handle it. Use a spoon to scrape the flesh away from the skin of the squash. Discard the skin and place the roasted squash into a mixing bowl. Use a potato masher or fork to mash up the squash.
4. **Season and serve:** Add the vegan butter, olive oil, garlic, cream, and some salt and pepper to the squash and mix to combine into a creamy, mashed butternut squash. Top with freshly chopped chives. So good!