

McDougal's Farm LLC

What's Growing On!

August 18th, 2022

Farm News

The summer seems to be flying by. It always starts with endless planting, then endless weeding, and then water, water, water and then we arrive at this sweet spot in the season. The part of the season when we get to pull large tubers and roots out of the earth! For the first time we get to see our reward for all the hard work...it is so darn satisfying! Tubs and tubs of roots and tubers fill the trailer and then off they go to the packing shed to be washed. Bins of carrots, snappy, orange and fragrant like nothing you'd find in the store. Piles of purple top turnips, immense but remarkably easy to pull, and the onions; they are everyone's favorite to harvest.... And then there are the potatoes....digging rows and rows of potatoes with a pitchfork...honestly there is nothing satisfying about this unless you are digging them with a 5 year old.

Our apologies if you guys are getting "broccolied out!", the broccoli just keeps coming in, so we keep putting it in your bag. It's a broccoli year, so broccoli is what we must all need going into this winter. Broccoli combats inflammation, supports your immune system, reduces the risk of certain cancers, can improve your blood sugar and helps keeps your eyes, heart and skin healthy. So when life gives you broccoli, I guess we keep making broccoli salad ☺

Our helpers come every week, but this week the loads were particularly heavy, we just want to give them a shout out and say you guys rocked it this week! Just think how tough we are all going to be by squash time. We snapped a couple pictures of the crew in the field this week to share with you all. Their fun energy sure adds to our day!

Just a reminder: please check off your name when you pick up your bag. This really helps us and your host at the end of the day when we have to make reminder phone calls to those who forgot to pick up.

Have a wonderful weekend!

Your farmers

Jerry and Maydene

What's in the Bag

This is a bottom holder folks! The bags ahead are the "meat and potato" bags we talked about earlier in the season when you guys were still munching on greens and radishes. In your bag this week you will find all the fixings for Boiled Dinner (minus the ham); a head of **green cabbage**, **Alsia Craig heirloom onions**, **a bag of carrots**, **a bag of new potatoes and turnips**. You will also get **broccoli**, **cauliflower**, **green beans and romaine**. If we can squeak a zucchini in, we will...but no promises.

*This is my Mom's recipe. Never any detail except the bigger the pot the more you can make ☺
She could feed an army with amazing grace!!*

Boiled Dinner

Ham bone with some meat on it

Cabbage

Carrots

Potatoes

Onion

Celery

Cover hambone with some water and boil for several hours. The longer you cook it, the better the taste. Chop vegetables into large chunks. Add vegetables to ham and water, placing the cabbage wedges on top and cover. Cook about ½ hour or until veggies are tender. Season with salt and pepper as needed. I always added a little chicken bouillon.

Never tried this one but the picture looked amazing!

Nana's Recipe

Best Carrot Cake Ever

°6 cups shredded carrots

°1 cup brown sugar

°1 cup raisin

°4 eggs

°1 12 cups white sugar

°1 cup vegetable oil

°2 teaspoons of vanilla extract

°1 cup pineapple, drained

°three cups flour

°1 half teaspoons baking soda

°1 teaspoon salt

°four teaspoons cinnamon

°1 cup chopped walnuts

In a medium-sized bowl, mix shredded carrots and brown sugar. Set apart for 60 mins, then turn with raisins. PRE-Heat the oven to 350 degrees F . Grease two 10-inch round cake pans.

In a bowl, beat eggs till light. Gradually whisk collectively the white sugar, oil and vanilla.. Combine the flour, baking soda, salt, and cinnamon, and stir till the moist combination is absorbed. Finally upload the carrot and walnut combination. Pour frivolously into organized saucepans.

Bake for forty five to 50 mins, till cake tests are done with a toothpick. Cool for 10 mins than remove them from the pan. When absolutely cooled, frost with cheese frosting.

Enjoy !

Your mind is a garden; your thoughts are the seeds.

You can grow flowers or you can grow weeds.

