

McDougal's Farm LLC

What's Growing On!

August 25th, 2022

Farm News

What a beautiful week to be a farmer; a little rain, a little sun, gentle breezes and cool nights for sleeping. You couldn't wish for more....or could you? How about for a neighbor that drops everything, jumps on his tractor and barrels down the road to help you out of a tight spot?...and then brings watermelon? Or maybe for workers that when you tell them they can go, they choose to stay or come back an extra day because they *want* to? Or maybe for a surprise visit from a world traveled guest that reminds us how lucky and unique our lives are? All this was ours this week. It wasn't just a good week to be a farmer but a good week to be a human, connecting with other humans that inspire.

This is the time of year that it is almost impossible to make a bee-line to any part of the field, without something stopping you and making you go, wow! The flowers shout, look at me, and the rutabagas that are sticking out of the ground, are the size of your head! And wait till you see your Daikon radish. They look like baseball bats growing out of the ground. The sweet corn looks good too, but we are pretty hush, hush about that. We swear the deer and raccoons can hear us and they already have an edge on us with their freakish satellite noses. When the corn is ready, their 'nose' knows before any of us. The best we can do is put peanut butter on the electric fence to mess with them...for real! All is fair when you love sweet corn.

We prepped beds this week to do some of our last plantings...not *the* last, but close. We are putting in new asparagus beds this year and the garlic will be going in soon too. Both of these are planted late summer or in the fall so they can start setting roots before the ground freezes. For those coming to the farm every week, you may notice our center garden is bare right now. This is also waiting to get replanted one more time with transplants that are waiting to fill it, over in the greenhouse. And just to push the season a bit more, over in the hoop houses, as the last romaine is cut, late greens will take its spot. If our timing is correct, we will have a few spring treats to add to our winter shares in late October. But for right now, we are enjoying the abundance of August!

Filling your bag was a pleasure this week!

Your Farmers,

Jerry and Maydene

What's in the Bag

This week in your bag you have everything to make stuffed peppers or maybe some stuffed pepper soup or chili? You will find sweet **Bell peppers, celery, garlic, onions and tomatoes.** You will also find **broccoli, cauliflower, summer squash (yellow crookneck or zucchini) and romaine.**

Summer squash note: Yellow crookneck and zucchini are interchangeable in most recipes. Yes, you can make Zucchini bread out of crookneck.

Pepper tips:

- 1) **Freezing Pepper:** just wash, dry, chop and put in freezer bags.
- 2) **Stuffed peppers will lay better and be easier to fill** if you cut them the long way in half, remove the seeds and then stuff...especially when they are long like ours. Stuffed peppers can also be made ahead and frozen for later.

Celery can be chopped and put into the freezer. We chop the leaves and all and add it to soups in the winter. **Also FYI:** If you wrap your celery in tin foil before placing it in the fridge it will last for weeks and still be fresh and crisp when you pull it out!

Seriously Good Stuffed Bell Peppers from Cravingtasty.com

- 4 bell peppers (very large; see notes)
 - 1 1/2 lbs ground pork
 - 3/4 lb ground beef
 - 1 1/4 lbs yellow onion finely chopped
 - 3 cups white rice cooked
 - 1 carrot medium, diced
 - 2 celery ribs diced
 - 3 cloves garlic minced
 - 3 tsp kosher salt plus more to taste
 - 1 tsp black pepper plus more to taste
 - 4 Tbsp sweet paprika
 - 3 Tbsp olive oil
1. Heat the oil in a large skillet and saute the onions over medium-high heat, frequently stirring, until they become translucent and begin to brown.
 2. Add the minced garlic, diced celery and carrot and cook for another minute or so.
 3. Add the minced meat, salt and pepper and sweet paprika. Stir fry for 15 minutes, breaking up clumps.
 4. Once the meat stuffing is done cooking, move from the heat and let it cool down. Mix in cooked rice. Taste for salt and pepper and adjust to taste.
 5. While the stuffing is cooling down, rinse the peppers, cut off the tops with stems, and remove seeds and membranes.
 6. Fill each pepper generously with the stuffing mixture.
 7. Transfer peppers to a slow cooker greased with some olive oil. Cover and cook on high for 2-3 hours or low for 4-6 hours, or until the peppers are tender to your liking.
 8. To serve, very gently remove the peppers with a large slotted spoon and place on serving plates. Serve drizzled with pan juices. You can top the peppers with yogurt or sour cream and chopped parsley. Creamy mashed potatoes will make a great side dish if desired.

Classic Chili from momsdinner.net

- 1 lb ground beef 80/20 or 85/15
- 1 tbsp oil
- 3 large garlic cloves minced
- 1 onion chopped
- 2 celery stalks chopped
- 4 oz can chopped green chilies
- 15 oz can diced tomatoes
- 16 oz tomato sauce
- 1 cup water
- 15 oz can chili beans in sauce
- 15 oz can northern beans drained
- 1½ tbsp sugar
- 1 bay leaf
- 1 tbsp (heaping) chili powder
- 1 tsp dried oregano
- 1 tsp cumin
- 1 tsp salt
- ½ tsp pepper
- pinch of ground allspice
- pinch of ground clove
- pinch of red pepper flakes

1. In a large pot over medium high heat sauté the garlic, celery, and onions for 5 minutes, stirring often.
2. Add the ground beef and cook, crumbling, for 5 minutes until cooked thru.
3. Turn the heat to medium low and add the green chilies, tomato sauce, diced tomatoes, water, both beans, sugar, and all the spices and seasonings. Stir to combine.
4. Simmer over low heat for 30 minutes, stirring occasionally.
5. Remove the bay leaf before serving.
6. This recipe can be made ahead and reheated on the stove top. You may need to add a little water to loosen it up.

Q: What happens when you eat too many bell peppers?

A: You get a belly-ache. From jokes4us.com

Q: Did you hear about the Bell Pepper flavored vodka?

A: It makes you bell-igerent. From jokes4us.com