

# McDougal's Farm LLC

What's Growing On!

August 4th, 2022

## Farm News

A cloud of about 10,000 honey bees went through the yard this week. They moved together in a single buzzing compact cloud...watching this never gets old... and when they are not your bees it's even better☺ The queen chose a balsam tree to land in just down the driveway and the cloud instantly imploded down to a little 1 x 2 foot package that covered her completely. Surprisingly, they stayed there for a couple of days before flying off to their new home. We wished them well; August is not the time for a young bee hive to start building numbers and an adequate food supply for winter....but what a brave and exciting undertaking to move those kinds of numbers all at the same time.

In the squash field there is another rumble...the rumble of bumble bees, busy going from blossom to blossom. This hot dry weather is really messing with a lot of our plants but the squash field looks and sounds pretty happy right now. In the backfield we are starting to see plants starting to shed any unnecessary luggage...like their bottom leaves, but something else is happening as well, the sugar levels are going up. Harvesting your sweet peas this week was a *delicious* job! Even the kale and chard stems were sweet.

What else was sweet in our field this week?...eight year old Zoey. Zoey and her mother joined us this week to learn about Community Service, but instead taught us. Zoey said, "Community service helps make communities better and if you can't do something, you find something you can." Her Super Power lied in our potato patch...that girl can pick potatoes! Another lesson learned in the tater patch this week while listening to Zoey and her mother chat back and forth;... there is a difference between teaching your kids *how* to think, and teaching your kids *what* to think. Zoey, your future is bright! Your mom is doing a great job.

Things harvested on Tuesday were pulled out of rock hard dry dirt and the crops harvested on Wednesday were soaked, wet and muddy...this should make for a well balanced bag this week☺  
Enjoy!

Your farmers

*Jerry and Maydene*

### What's in the Bag

Another hefty! This week in your bag you have a **Napa cabbage, new baby red potatoes, garlic, parsley, green onions, Sweet peas, Packer beans (green and Yellow), broccoli or cauliflower, cucumber and a zucchini.**

### Crewdiddles of the week

- From 8 yr. old Zoey-"Chickens and popcorn are like kids chasing an ice cream truck!"....lol.

- A study showed the colors of flowers that drew in the most pollinators were yellow (no surprise) and...wait for it...WHITE!

The following recipe is one of our friend's favorites! She said the secret to a good chewy (not like cake) brownie, is to make sure you wring out the extra moisture from the shredded zucchini. She also added, putting them in the freezer and bringing them out on a hot day makes them *divine*. Thank you Cori for sharing!

## DOUBLE CHOCOLATE ZUCCHINI BROWNIES

From [melskitchencafe.com](http://melskitchencafe.com)

- ¾ cup (170 g) salted butter, (12 tablespoons)
  - 1 cup (170 g) chopped semisweet chocolate or good-quality chocolate chips that melt well (see note)
  - ¼ cup (21 g) natural unsweetened cocoa powder (my friend likes the dark cocoa best)
  - ½ cup (106 g) packed light brown sugar
  - 1 cup (212 g) granulated sugar
  - 1 teaspoon vanilla extract
  - 1 large egg yolk
  - 1 teaspoon baking soda
  - ¾ teaspoon salt
  - 2 cups (about 283 g) finely shredded zucchini that has been wrung dry
  - 1 ¼ cups (178 g) all-purpose flour
  - 2 cups (340 g) chocolate chips or chunks
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- Preheat the oven to 350 degrees F. Lightly coat a 9×13-inch aluminum pan (see note) with nonstick cooking spray or line with foil and coat with cooking spray (for easier cleanup and to lift out the brownies in one slab after baking, if desired).
  - In a microwave-safe bowl (you can also do this in a pan on the stovetop), add the butter, chocolate chips, and cocoa. Cook for one minute increments, stirring in between, until the mixture is melted and smooth (don't overheat).
  - Add the brown sugar and white sugar; mix well. Add the vanilla and egg yolk and mix again until well-combined.
  - Stir in the baking soda and salt until well-combined.
  - Add the zucchini and stir until evenly mixed.
  - Add the flour and ONE CUP of the chocolate chips (or chunks) and stir until just combined (don't over mix).
  - Spread the batter evenly in the prepared pan. Sprinkle the remaining cup of chocolate chips over the top.
  - Bake for 25-30 minutes until the edges are set and the middle is soft (a toothpick inserted in the center will come out clean or with a few moist crumbs – but if there is wet batter on the toothpick, bake for a few more minutes). Don't over bake or the brownies can be dry. Let the brownies cool in the pan before cutting. These taste amazing chilled.

# Ranch Dressing Mix

1 T dried parsley...double it if using fresh

1 tsp garlic powder or grated fresh

1 t. onion powder

1 t. dried dill...double it if using fresh

1 t. dried chives...double it if using fresh

½ t. pepper

½ t. salt

45 g mayonnaise

195 g Greek yogurt or sour cream

1 T. lemon juice

Combine the herbs, pepper and salt and grind to a powder using a mortar and pestle

Combine mayo, yogurt, and lemon juice and mix until smooth.

Add powdered herbs and mix to combine.

Thin with water to desired consistency. Refrigerate. Best if made several hours before serving

## Broccoli and Cauliflower Salad from [cookingclassy.com](http://cookingclassy.com)

- 3/4 cup fat-free plain Greek yogurt
- 1/2 cup light mayonnaise
- 1/4 cup honey
- 2 Tbsp red wine vinegar
- 1 Tbsp granulated sugar
- 1/4 tsp salt , or more to taste

### **Salad**

- 4 cups small diced broccoli florets
- 4 cups small diced cauliflower florets
- 8 oz bacon (about 8 slices), diced and sauteed until crisp and drained
- 1 1/4 cups small cubed Colby Jack cheese (6 oz)
- 1/2 cup chopped red onion , rinsed under water and drained (if it's a mild one you can add a little more)

In a medium mixing bowl, whisk together all dressing ingredients. Cover and chill until ready to use.

Add all salad ingredients to a salad bowl (I like to set aside about 1/4 of the bacon and red onion to sprinkle over the top at the end for more color, that's totally optional).

Pour dressing over top then toss to evenly coat. Serve within an hour of adding dressing for best results.

## More broccoli ideas:

Chicken Alfredo with mushrooms and broccoli

Cheesy broccoli twice baked potatoes  
Broccoli quiche  
Broccoli apple salad  
Roasted broccoli with caramelized onions.  
Stir fry