

McDougal's Farm LLC

What's Growing On!

September 15th, 2022

Farm News

There is something that starts happening this time of year... the flowers begin to fade at the same time the trees begin to brighten. Do the flowers gather up all that makes them beautiful and then send it off to the treetops in one last effort to do what they do best.... dazzle us? It is like nothing is lost in the universe, not even a single color. So where did the Purple Dragon carrots get their color from that we dug this week? Had to be from a purple dragon! Tubs of vibrant purple red carrots made their way to the packing shed this week. And over in the pepper beds, tubs and tubs of peppers were being picked with the same colors that we will soon see in the trees. There is a whirlwind of color and change all around us right now...you can feel it. It is an exciting time for those living in the *now*... don't waste a minute of it mourning the summer or anticipating the winter. This is a beautiful season to be *alive* in. Take some time to raise your face to the sun and let in its newness.

Ding, ding! Second round of sweet corn and the McDougal's are out ahead for once 😊! You will notice you have a different variety this week. The cobs are bigger and just as sweet. We are expecting to get one more week out of this new patch, so we hope you guys are enjoying the corn. The sweet level in the veggies this year are through the roof. We are not sure if it is the extra minerals we added early in the season or the earlier dry conditions that help concentrate the goodness. Whatever it is, we are lovin' on it and hope you are too.

We need a driver to make our deliveries to Ct's Deli in Rhinelander on September 29th. The bags are usually ready for transport by 11am that morning. There are about 26 bags, so somewhat of a load, but can fit into an SUV if the seats fold down. Please let us know if you can help us out. Mcdougalsfarmllc@gmail.com or 715-627-4418

It's been a joy being your farmers this week,
Jerry and Maydene

What's in the Bag

There is no other word but *beautiful* to describe your veggie selection this week. In your bag this week you have **red cabbage, red and orange carrots, mixed colored sweet peppers, sweet corn, apples, onions, red or green kale and Italian flat leaf parsley.**

With all those beautiful peppers, we are thinking Fajitas!! So, we made sure you have plenty of onions to go with. Truly no reason to buy store bought fajita mix; here is a simple recipe with everything you probably already have in your cupboard. All you need is the meat; chicken or beef.

Fajita Mix, homemade from culinaryhill.com

- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 2 teaspoons granulated sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- cayenne pepper to taste
- salt to taste

Big thank you to Kimmy for helping us round out this recipe by donating the apples this week!! enjoy

Pork Chops with Cabbage and Apples from wyseguide.com

- [] 4 6-oz bone-in pork chops
 - [] 1 tbsp salt
 - [] ¾ tsp garlic powder
 - [] ½ tsp onion powder
 - [] ½ tsp allspice
 - [] ¾ tsp black pepper
- For the cabbage and apples
- [] 1 medium onion sliced
 - [] 1 tsp salt
 - [] 2 lb cabbage sliced
 - [] 2 tbsp apple cider vinegar
 - [] 2 tsp Dijon mustard
 - [] 1 tsp allspice
 - [] 1 tsp black pepper
 - [] 2 large apples

In a small bowl, combine the salt, garlic powder, onion powder, allspice, and black pepper. Mix. Sprinkle on all sides of pork chops, using all the spice mixture. Cover and place in the refrigerator for 1-2 hours. Once the pork chops have brined, remove them from the refrigerator and preheat the oven to 375°F. Over medium heat, add 1 tbsp neutral oil in a 12-inch oven-safe skillet. Brown the pork chops on both sides, 2-3 minutes per side. Remove from the skillet and set aside. In the same skillet add the sliced onions and salt to the remaining oil and pork drippings. Sauté until softened and slightly brown, 4-5 minutes. Deglaze the pan by adding the apple cider vinegar, Dijon mustard, allspice, and pepper. Add the sliced cabbage and cook until beginning softened and slightly reduced in volume, 4-5 minutes. Add the apples. Stir and add the pork chops on top.

Roast in the oven until the pork chops reach 155°F. Remove the skillet from the oven and allow the pork chops to rest for 10 minutes to finish cooking and reach a temperature of 160°F. Slice off the bone or leave whole and serve with the cabbage and apples.

"Autumn is the second spring when every leaf is a flower." - Albert Camus