

McDougal's Farm LLC

What's Growing On!

September 1st, 2022

Farm News

The raccoons have spoken! You all have sweet corn in your bag this week and it is DE-licious! A good corn crop is a major victory for us because we insist on always doing it the hard way. We could substitute the word 'hard' with the word 'right', but then it becomes a matter of opinion. Many conventional farmers plant treated GMO corn seed. It doesn't rot and the bugs don't eat it. Then when it germinates it has these freakish super powers... it doesn't freeze when the temperatures drop below 32 degrees and it kills any insect that may come to feast on it in the field. We choose the **untreated non-GMO** sweet corn seed that *likes* to rot in the ground and the bugs love it! Before the growing season gets off to a good start, the odds are already stacked against us. We have learned to treat our own seed to help level the playing field. Cinnamon is the major component used in treating our seed. Cinnamon is a natural antifungal and it packs just enough heat to turn the Corn Seed Maggots away. Does our corn freeze? Absolutely, so we plant it a little later. Does it kill the insects and bees that are drawn to our cornfield by the sweet scent of corn pollen? Absolutely not! All the corn seeds we use are the un-messed-with kind and every raccoon and deer in the neighborhood knows it. It would be cool if we all had that extra sense in the grocery store, wouldn't it? We are guesstimating the sweet corn to last for the next three weeks, so stock up on your butter supply.

The Goldenrod is in full bloom and the colors of the season are already showing subtle changes. There is a cool touch to the wind and the sun's heat starts later in the morning now. If it could only stay like this a little while longer. A pleasant lady stopped in to see us and mentioned she saw the Nighthawks starting to flock up. By the look on our faces she could tell what she just said had no significant meaning to us. Then she leaned in and said, "That means we should expect a frost in three weeks"...?! We have done this long enough to know better than to ignore those little clues nature sends us, via pleasant lady or flock of Nighthawks.

*****ATTENTION! ALL WHO PICK UP AT THE CT'S DELI DROP SITE:** Due to a change in our Rhinelander driver schedule, your pick up time will be slightly later. Your new pick up time at CT's Deli for the duration of the season will be from **1:30-7pm**.

Have a sweet, buttery weekend!

Your farmers,

Jerry and Maydene

What's in the Bag

Or better yet...what was picked for the **bags** this week; **440 # of new potatoes, 160# of slicing tomatoes, 12 bushel of kale, 310 onions, 310 bulbs of garlic, 150 # green beans, 160 heads of romaine, 300# of beets and 900 ears of delicious sweet corn...**enjoy!

Attention all Kale scoffers (yes, that means you Jeanne), below is a recipe that you can use your whole bag of kale in and it is absolutely delicious! Trust us on this one. Also, we have used brats as a substitute for the Italian sausage and it worked out really well.

Zuppa Toscana *** 5 star!**

Creamy Potato & Kale Soup with Italian Sausage Creamy, spicy potato and kale soup with Italian sausage. Similar to Olive Garden's

- 1 tablespoon olive oil
- 1 pound Italian sausage
- ¼ teaspoon red pepper flakes (or to taste)
- 3 cloves garlic, minced
- 1 onion, diced
- 4 cups chicken broth
- 3 small russet potatoes, thinly sliced
- 2 cups kale, finely chopped
- 1 cup heavy cream
- salt and pepper to taste

To a large pot over medium heat, add the olive oil. Brown the sausage until it is no longer pink. Add the red pepper flakes, garlic, and onion and cook, stirring often, until the onions are translucent and the garlic is fragrant, about 4 minutes. Add the chicken broth, potatoes, and kale. Bring the broth to a simmer, reduce the heat to medium-low, and cook until the potatoes are tender, about 10 minutes. Remove the soup from the heat, stir in the cream, and season with salt and pepper to taste. Ladle into soup bowls and serve.

Shredded Beet Hash Browns

Peel your beets and then shred/grate them like you would hash browns. We use the food processor. In a large skillet sauté butter and onions. When onions appear glassy, cover with the grated /shredded beets. Turning as needed until done. Sprinkle it with salt and pepper.

Air Fryer Kale Chips Recipe from evolvingtable.com

- 1 bunch kale rinsed and dried
 - 1 Tbsp. oil olive or avocado
 - ¼ tsp. salt to taste
1. Set a 6-quart Air Fryer to 350°F and let it heat up for at least 3 minutes.
 2. Remove the ribs from the kale and then tear the leaves of kale into 1-2 inch pieces.

3. Add the kale leaves to a large bowl. Drizzle with oil and then sprinkle with salt. Toss until all of the leaves are evenly coated.
4. Working in two batches, place half of the kale leaves in a single layer in the Air Fryer basket. Cook for 4-5 minutes, tossing the basket halfway through. Keep a close eye on them after the 3 minute mark - they will crisp up really fast after this! Repeat with the remaining kale.
5. Sprinkle with additional salt or seasonings, to taste, and enjoy!

Storage

Store these low-carb kale chips in a paper bag, or in a plastic bag with a paper towel. Keep them at room temperature for up to one week. They will be best the first 2-3 days as they begin to lose their crispness after that.

If they do get soft, you can make them crispy again by popping them back in the air fryer at 300° F for 1-2 minutes.

Pro Tips and Tricks

- **Slide the kale leaves off the ribs.** It's much easier and faster to use your fingers instead of a knife.
- **Tear chips a little larger.** These tend to shrink down a good bit after air frying.
- **Don't over-do the oil.** The chips will be soggy and not crispy.
- **Keep a close eye on them.** They cook up quickly! Depending on your Air Fryer they can crisp up in as little as 3 minutes or up to 5.

Please keep on the grass.

Lie down.

Roll around on it.

Forget all your responsibilities.

Have ice cream...