

McDougal's Farm LLC

What's Growing On!

September 22nd, 2022

Farm News

One rain-day and the threat of frost Thursday night, put us all into overdrive this week. Yanking in all the tenders; like tomatoes and peppers and covering a few of the crops like the late planting of green beans and basil. Now we wait with fingers crossed. We can't remember a year where we had to prepare for frost with sweat running down our noses, but I guess *abnormal* is the new normal and we just need to learn how to bend/sweat with it.

If it does freeze, the flowers will take a hit and so will the squash plants, but the cold temperatures aren't all bad. Some of the veggies; like the squash itself, taste better after a little sting from Jack Frost. Kale and carrots too, taste better after a light frost. Frost also takes care of some of our weed pressure in the field making it easier to harvest. We will miss the colors in the field, but they are not too far away. All we need to do is look up. ...and that is why the geese fly over this time of year, to make sure we all look up 😊

Besides frost prep, we also started the tear down process. The tomato and cucumber fences were all taken down this week, rolled up and put away. All the plastic mulch that was laid so easily with our plastic layer, now needs to be pulled up...BY HAND. It is a big job, but so worth the time saved weeding. Water pumps and irrigation hoses all need to be drained, rolled up and put away for another year and soon we will be dropping the sides down on the hoop houses...time passed so quickly this summer...**October 13th is our last CSA delivery** and Winter Shares look very promising. We will keep you posted.

The potato variety we dug this week was ugly...our apologies...some of them looked like they had Chicken pox. These spots are called Scab. Scab can be caused from several different things, but our bet is on the early dry conditions when they were first planted. Some varieties are more prone to scab, so hoping it was just this variety and the rest of our potatoes will look better when we dig them. Scabby potatoes are safe to eat, they just make your famers feel bad.

One of the workers said this week, "Working here has been one of the funnest, hardest jobs I have ever had!" ...we had to agree. Thank you for letting us be your farmers and the opportunity to build a place where people like to come to work. Happy people handling your food...all good ju-ju!

Stay well, be happy,
Jerry and Maydene

What's in the Bag

This week in your bag you have **Ugly potatoes! broccoli, onions, garlic, Leek, cherry tomatoes, spinach and the last of the sweet corn. Enjoy! Next week, squash!**

How to freeze corn from wyseguide.com

1. Shuck and remove the husks from the sweet corn. Cut off any rotten or bad spots. Remove the silks and rinse.
2. Bring a large pot of water to a boil. Add corn to the boiling water and allow it to return to a boil. Cook for five minutes.
3. Once cooked, remove corn from water and place in cool water to stop cooking.
4. Submerge the corn in ice water until completely chilled. Continue the process until all the corn is cooked and chilled. It is essential the corn is chilled, including throughout the entire cob. If not chilled, the corn loses flavor and freshness.
5. Once chilled, cut corn off the cob. Pack into containers or bags. Label and freeze.

Potato, Leek, and Spinach Soup from Allrecipes.com

- 2 large leeks, thinly sliced (white and pale green parts only)
- 10 ounces bacon, cut into small pieces
- 2 large cloves garlic, sliced
- 1-pound yellow potatoes, cut into bite-size cubes
- 2 bay leaves
- 1 (32 fluid ounce) container chicken stock
- 4 cups loosely packed fresh spinach, chopped
- 1 (14.5 ounce) can chicken broth, or to taste
- $\frac{3}{4}$ cup half-and-half, or to taste
- salt and ground black pepper to taste

Put leeks in a bowl with enough water to cover completely. Set aside to soak.

Heat a large pot over medium-high heat. Fry bacon in the hot pot until crisp, 5 to 7 minutes. Remove bacon with a slotted spoon to a plate lined with paper towels to drain. Remove all but 2 tablespoons of bacon drippings from the pot.

Drain leeks and shake vigorously to dry. Fry leeks and garlic in reserved bacon drippings until translucent, 5 to 7 minutes. Stir potatoes into leeks; add bay leaves. Pour chicken stock over potatoes; bring to a simmer and cook until potatoes are tender, 10 to 15 minutes. Season with salt and pepper.

Scoop about 1/2 of the potatoes, leeks, and garlic into a food processor bowl with enough liquid to cover; process until puréed. Stir purée, bacon, spinach, and half-and-half into the pot; continue heating soup until again hot, 1 to 2 minutes. Add chicken broth from the can or half-and-half to achieve desired consistency.

Spinach Dip...great with carrots!

- 2 cups finely chopped fresh spinach
- 1/2 med sweet onion chopped fine or use your green onions
- 1 tsp. red wine vinegar or Brags vinegar
- 1 tsp. of sugar or honey
- 1/2 c. Miracle Whip salad dressing
- 1/2 c. Hellman's salad dressing

Directions: Chop spinach and onion very fine. Add vinegar, sugar and salad dressings and refrigerate. This recipe is about the veggies, not the filler. It is much greener and healthier than the store-bought spinach dip

Broccoli Cheese Casserole from addapinch.com 5 star*****

- 3 heads broccoli cut into florets (about 8 cups)
- 1/2 cup butter
- 1/2 cup all-purpose flour
- 2 cups whole milk or heavy cream
- ½ teaspoon Kosher salt
- ½ teaspoon ground black or white pepper
- ⅛ teaspoon cayenne pepper
- 1 cup grated Monterey Jack cheese
- 1 cup sour cream
- 1 cup grated Cheddar cheese
- 2 cups crushed buttery crackers

Instructions

1. Preheat the oven to 350° F. Spray a 13 x 9 - inch baking dish with nonstick cooking spray.
2. Add broccoli florets to a large heavy-bottomed stock pot of boiling water. Cook for 3-5 minutes and then drain broccoli from the water. Set aside.
3. Melt butter over medium heat in a small saucepan. Whisk in flour until well-combined, then whisk in milk, salt, pepper, cayenne pepper and 1 cup of Monterey Jack cheese. Reduce heat to simmer and continue to whisk until sauce simmers slightly around the edges and has thickened slightly. Stir in sour cream.
4. Arrange broccoli in a casserole dish and then pour cream sauce over broccoli. Top with cheddar cheese and crushed crackers.
5. Bake uncovered for 35-40 minutes.
6. Serve warm.