

# McDougal's Farm LLC

What's Growing On!

September 29th, 2022

## Farm News

October 13<sup>th</sup> is the last CSA delivery....2 more weeks!

This week was certainly a test of character. Tuesday was a chilly 34 degrees when our workers arrived.... all pleasant, mmm? We started our *board meeting* around a campfire, told them we would be harvesting all the squash in the *whole* field....and still pleasant. Then we told them, after we pick all 1600 pounds of squash and we are wet up to our butts, we are going to stick our hands in ice water and wash all 1600 pounds of squash....and *still* pleasant with outburst of laughter! We couldn't break em...they were all ready for a hot shower by noon for sure *but* still darn fun to be around. They are a tough bunch with amazingly good character. We love our crew!

Wednesday morning was a crispy 28 degrees! Usually our big concern is getting the field heat out of the vegetables, now it's more about keeping the heat in...us. Early morning campfires are wonderful! *but* at some point, we must leave it, that's when the hand warmers come out and off to work we go. Regardless of the temperatures, Wednesday was a full day of pulling carrots out of the ground and washing them. When the sun popped out mid-morning, we all welcomed it, but it also put the spotlight on all the *black* in the field. The field has changed her look every day, all summer long, but now she is getting ready to rest. The frost is her friend.

We want to give a shout out to Tracy G. and Otto T. for being our stand in pinch drivers this week...You guys' rock!! Thank you for coming to our rescue. Your CSA friends thank you too 😊. Tracy and Otto are keeping it rollin'!

Enjoy your weekend, sunny, 70, no rain and spectacular color!

Your Farmers,

*Jerry and Maydene*

## What's in the Bag

Lots of goodies in your bag this week! This week you have **Butternut Squash, assorted sweet peppers, Jalapeno hot peppers (in Ziplock), beets, mixed colored carrots, Napa cabbage, onions, kohlrabi, and parsley.** Check out [mcdougalsfarm.com](http://mcdougalsfarm.com) for more recipes

## Spicy Butternut Squash Black Bean Soup

**Bake squash and remove squash meat and put in a blender- puree.**

You may need to add a little liquid to help blend.

**Simmer the following:**

2-3 cups of water  
2-3 tsp salt  
3 red onions  
1 T fresh grated ginger  
8-10 cloves of garlic minced  
1/2 tsp. red pepper  
3 tsp. cumin  
1 chopped jalapeno  
1/2 tsp winter savory  
1/2 tsp pepper

**Add:**

pureed squash  
1 can of black beans drained  
Red sweet peppers chopped

**Heat through, then add:**

1- 1/2 quarts of Coconut milk or 1 can w/additional water

**Heat to simmer**

## **Carrot pineapple cake**

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 3/4 cups white sugar
- 1 cup vegetable oil
- 3 eggs
- 1 teaspoon vanilla extract
- 2 cups shredded carrots
- 1 cup flaked coconut
- 1 cup chopped walnuts
- 1 (8 ounce) can crushed pineapple, drained

**Frosting:**

- 1 (8 ounce) package cream cheese
- 1/4 cup butter, softened
- 2 cups confectioners' sugar

**1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.**

**2. Mix flour, baking soda, baking powder, salt and cinnamon. Make a well in the center and add**

**sugar, oil, eggs, and vanilla. Mix with wooden spoon until smooth. Stir in carrots, coconut, walnuts and pineapple.**

**3. Pour into 9x13 inch pan. Bake at 350 degrees for about 45 minutes. Don't panic, the center will**

**sink a little. Allow to cool.**

**4. To make the frosting: Cream the butter and cream cheese until smooth. Add the confectioners' sugar and beat until creamy**

## **Kohlrabi and Apple Slaw with Creamy Coleslaw Dressing**

**From Gourmet Magazine -Makes 4 cups**

**Dressing:**

**¼ cup cream (may use low fat)**

**1 tablespoon fresh lemon juice**

**½ tablespoon good mustard**

**½ teaspoon sugar**

**Salt and pepper to taste- go easy here**

**Fresh mint, chopped**

**1-pound fresh kohlrabi trimmed, peeled, grated or cut into batons**

**2 apples, peeled grated or cut into batons (try to keep equivalent volume of kohlrabi and apple)**

**Wisk cream into light pillows-this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.**

## **Napa Cabbage Salad from Allrecipes.com**

**"This is a yummy, crunchy cabbage salad with toasted ramen noodles and almond slivers.**

**The bowl is always licked clean at potlucks!"**

**1 head Napa cabbage**

**1 bunch minced green onions**

**1/3 cup butter**

**1 (3 ounce) package ramen noodles, broken**

**2 tablespoons sesame seeds**

**1 cup slivered almonds**

**1/4 cup cider vinegar**

**3/4 cup vegetable oil**

**1/2 cup white sugar**

**2 tablespoons soy sauce**

**1. Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.**

**2. Preheat oven to 350 degrees F (175 degrees C).**

**3. Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.**

**4. Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.**

**5. Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.**