

McDougal's Farm LLC

What's Growing On!

September 8th, 2022

Farm News

Ever wonder how we choose what goes in the bag each week? First there is the obvious.... What is ready? Second, let's find a good recipe that goes along with most of it and add anything else that may be needed...but this week we didn't get past, "What *has to* go in the bag?!". We have so many things to choose from, but some veggies have a very small window of *prime* and the cherry tomatoes and sweetcorn are just two of them, so they for sure made the bag this week. The kohlrabies have been patient long enough and the Daikon radish now look ridiculously large, so they *had* to get picked. Tomatoes and peppers are the first to freeze, so we thought we better start tapping into those beauties... and the carrots, we have enough carrots to put them in the bag every week from here on out! So, this week you have a mish mosh of special select *prime* veggies at their peak of goodness. Enjoy

We have a large flock of turkeys that keep going in and out of our fence making us a little nervous as our 600 tomato plants ripen. Since we lost our dog Basil last year, the turkeys and the deer seem to have moved in fearlessly...until this week. This week a flock of 18 turkeys met Miss Stella. Miss Stella is a 9-pound Chiweenie with a 100 pound spirit! The turkeys exploded in every direction and caused such a ruckus that we are sure even Basil would have approved. She'll never *replace* our Basil, but she sure can *misplace* 18 turkeys in a hurry 😊

We are going to apologize ahead for chopping your daikon radishes into sections so they would fit into the bag. Some of them measured 24" long and were 4" across. We felt like gangsters breaking legs so we could fit them into a bag, but we made it happen! Even at this size, they are crisp, snappy and mild...not much heat. They are versatile, they can be shredded like a slaw; they make amazing pickles and can be added to a stir-fry or kimchi, but their true magic lies in what they do for your body. Daikon radishes provide high levels of vitamin C and enzymes that help your gut with digestion, they also have antibacterial, anti-inflammatory AND antiviral properties and if that wasn't enough...they don't affect your blood sugar levels! So, give them a whirl. Amy did and said it was one of her favorite things in the box last year...she made pickles. If you love them, come see us, we have more, and they are free to any CSA members.

Have a wonderful week folks

Your farmers,

Jerry and Maydene

What's in the Bag

This week in your bag we have **sweet bell peppers, carrots, sweet corn, onions (red and white), slicing tomatoes and cherry tomatoes, Daikon radish, kohlrabi and a head of romaine** if it fits.

The following recipe can be adjusted to whatever veggies you have, for example try roasting your Daikon radish, beets, even cauliflower or fresh broccoli. We have made this many times without letting it sit overnight with great success as well.

Sheet Pan Roasted Vegetables from Allrecipes.com

- 8 zucchinis, peeled and chopped
- 1 eggplant, peeled and diced
- 8 carrots, diced
- 16 cherry tomatoes
- 2 red onions, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- ½ cup olive oil
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 2 bay leaves, crushed
- 1 teaspoon dried oregano
- 2 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated lemon zest
- salt and pepper to taste
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In a large bowl mix the zucchini, eggplant, carrots, tomatoes, onions and peppers with the oil, rosemary, thyme, bay leaves, oregano, garlic, lemon juice, lemon zest, salt and pepper. Cover and chill for at least 2 hours, and preferably overnight.

Preheat oven to 400 degrees F (200 degrees C).

On a large roasting pan, roast the vegetables, uncovered, for 20 minutes, or until the tomatoes have split and the edges of some of the vegetables are starting to crisp. Remove from the oven and stir before returning to the oven for another 20 minutes. At this time reduce heat to 200 degrees F (95 degrees C) and continue cooking until vegetables are tender, turning every 20 minutes.