

# McDougal's Farm LLC

What's Growing On!

October 6th, 2022

## Farm News

### Next week Oct. 13<sup>th</sup> is our last CSA delivery

When Henry Ford designed one of his first automobiles, he was proud to announce one purchase would last a man his lifetime... salesmen called him an idiot. Why would you make a product last a lifetime? Make it last only half of a lifetime and sell them two. There you have it; the two perspectives that divide this world. One thinking *sustainable* ideas for the greater all, and the other thinking sustainable ideas for *oneself*, how can I get rich? This all came to mind this week when we harvested a big old heirloom Hubbard squash. Inside that monstrous squash were enough seeds to plant a whole field and then feed a small city. We thought what a great plan...no one would ever go hungry. Every fruit and vegetable give us more seed back then we could ever eat... Now that is a solid investment! Can you imagine a world where everyone ate for free? When we consider all that has been done to manipulate seed today for someONE else's greed...well it makes us proud to be called an *idiot...a dreamer*. We are in good company 😊.

Seems like all our spare time is spent *squirreling* things away these days. Pie pans of seeds, drying herbs and flower heads for soap making cover the dining room table. More herbs hang from the cupboard door handles. A couple dozen quart jars of grape juice line the counter from our grape harvest and in the cooler waits the cabbages that will soon be turned into sour kraut and apples for pie filling. It's a beautiful mess we wouldn't wish away! For everything there is a season, and this is the *squirreling* season. Hope you all have had the opportunity to put a little extra away in the freezer this summer, if not, we got your back! We dug potatoes, brought in the squash and beets, piled cabbages, and hung the onions... Winter Shares are going to happen!!! We don't have the package combinations yet, but it will all be coming soon. Stay tuned.

The old Iron Angel (our all-gear driven potato digger from the late 1800's) continues to amaze and holds a special place in all our pitchforking hearts. We are not sure how many hundreds of pounds of potatoes we dug and picked up in 4 ½ hours, but it's a lot and they are all in and safe from the upcoming cold blast...we couldn't have done it without her and our fabulous crew! Counting our blessings.

Truly hope you have enjoyed spending the summer with us. Thank you for all the nice emails we have received through the season directed to us and the crew. They are like fuel on the fire and greatly appreciated. One more week to go!

Your Farmers

*Jerry and Maydene*

### What's in the Bag

This week in your bag you will get **Brussel sprouts, carrots and potatoes, onions, garlic, green tomatoes** by request, **cilantro** and two different kinds of **squash**. The squash variety you get will vary. It could be a Spaghetti squash (pale yellow), a Sunshine (bright orange) or a Delicata (long, oblong with stripes) ...all delicious!

## Cool trick for keeping tomatoes:

Put a piece of scotch tape across the removed stem part on a tomato and then turn it upside down to sit on the scotch tape. Your tomato will last for weeks without rotting. We tried it and it works!

## Henry Ford Quotes

“Being greedy for money is the surest way not to get it, but when one serves for the sake of service—for the satisfaction of doing that which one believes to be right—then money abundantly takes care of itself.”

— **Henry Ford, My Life and Work**

“Whether you think you can, or you think you can't--you're right.”

— **Henry Ford**

*A quote your Farmers live by....*

“Everything comes to him who hustles while he waits.”

— **Henry Ford**

*Carrots are a wonderful addition to brussels sprouts!*

## *Maple Roasted Brussels Sprouts with Bacon* [allrecipes.com](http://allrecipes.com)

*1-pound Brussel sprouts...shucked off stalk*

*4 slices of bacon, cut into ½ inch pieces*

*½ teaspoon salt*

*¼ teaspoon black pepper*

*¼ cup olive oil*

*3 tablespoons maple syrup*

*Preheat the oven to 400 degrees F (200 degrees C). Line a rimmed baking sheet with aluminum foil.*

*Trim ends off Brussels sprouts and cut any large ones in half. Transfer to a large bowl.*

*Add bacon, salt, and pepper to the Brussels sprouts. Drizzle olive oil and maple syrup over top and toss until sprouts are well coated.*

*Transfer to the prepared baking sheet and spread in a single layer.*

*Roast in the preheated oven until bacon is crispy and Brussels sprouts are caramelized, 20 to 30 minutes, stirring halfway through*

## Fried Green Tomatoes [Simplyrecipes.com](http://Simplyrecipes.com)

- 3 medium-sized, firm green tomatoes
- Kosher salt
- 1 cup all-purpose flour

- 1 tablespoon Cajun seasoning
- 1/2 cup milk or buttermilk
- 1 large egg
- 1/3 cup fine white cornmeal
- 1/2 cup fine dry bread crumbs
- 1/4 cup peanut, canola, or olive oil for frying

Slice and salt green tomatoes:

Cut unpeeled tomatoes into 1/2 inch slices. Sprinkle slices with salt. Let tomato slices stand for 5 minutes.

Set out shallow bowls with coating ingredients:

While the salted green tomato slices are resting, place in three separate, shallow bowls: 1) the flour and Cajun seasoning (if using), 2) buttermilk and egg, and 3) breadcrumbs and cornmeal.

Whisk together the egg and buttermilk.

Bread the tomato slices:

Heat the oil in a skillet on medium heat. Dip the green tomato slices in the flour-seasoning, then the buttermilk-egg mixture, then the cornmeal-breadcrumb mix.

Fry the breaded tomatoes:

In the skillet, fry half of the coated tomato slices at a time, for 3 to 5 minutes on each side or until brown.

Set the cooked tomatoes on paper towels to drain.

These fried green tomatoes are fantastic with a little hot sauce or remoulade.

## How to Bake Squash:

- Preheat oven to 350 degrees Fahrenheit.
- Clean squash, cut in half and remove seeds
- Place on kitchen sheet pan and drizzle with olive oil. Sprinkle with salt and black pepper. Place in oven and cook until tender, or you can pierce with a fork
- Remove from oven and serve warm with butter