

McDougal's Farm LLC

What's Growing On!

Sept. 14th, 2023

Farm News

Reminder: Auntie E's will be closing at 3pm Thursdays. Please contact us if you pick up there and need to make any changes.

Ninety degrees last week, frost this week, turkeys in the tomatoes, deer eating the broccoli and racoons in the corn...just another *new normal* week for the 2023 growing season. We irrigated later than any other season to keep things alive and fought for every vegetable this season, but when we heard, it was going to freeze this week, instead of the usual panic and dread, we both smiled and knew what each other was thinking..." Finally, something was going to put an end to all this crazy". **But also**, both your farmers knew that all the "sensitives" have already been brought in from the field <wink>. We will miss the bright-colored flower beds that charm the fields, but everything else in the frost's path will just get sweeter.

Speaking of *sweeter*, wait till you try the sweetcorn! Organic, non-GMO *sweet* sweetcorn.... a rare combo and a hard find these days. With the rain we got, we are hoping to get two more pickings...but totally up to the racoons. It is 2023 and we are just going to go with the *unflow* of things.

You may be getting the ugliest carrots you have ever seen in your bag this week. They are called



Pusa Asita...I think in English that means ugly carrot . These black carrots are potentially the world's richest plant-based source of *anthocyanin*. If you don't know what that is, you soon will when you peel them. It is the dark pigmented antioxidant that is turning your fingers and cutting board all purple. When you add more foods like these ugly carrots to your diet, you may help prevent inflammation, cancer, and heart disease and if you eat foods like these regularly, you may even see an improvement in memory and overall brain health. We also added a deep red carrot variety and yellow carrots to the mix to add a little *snap* to your plate.

A big thank you to our itsy-bitsy crew this week and the extra time volunteered to get er done! **You are so appreciated!**



Have a wonderful, purple finger weekend...looks like we may get wet

Your Farmers,

Jerry and Maydene

What's in the Bag

This week in your bag you will find the fresh ingredients for stuffed pepper soup and more! **Slicing tomatoes, sweet bell peppers, onions, and celery.** We also added two of our most popular squash; the **Sunshine** (looks like a bright orange pumpkin but is a squash with sweet dark orange flesh) and the **Delicata** (oblong and striped, personal size). We also added **sweet corn, cherry tomatoes,** and a bag of mixed **colored carrots.**

Damn Delicious Stuffed Pepper Soup from Damndelicious.net

AD

- **1 tablespoon** canola oil
- **1 pound** lean ground beef
- **1** medium sweet onion, *diced*
- **1** red bell pepper, *diced*
- **1** green bell pepper, *diced*
- **4 cloves** garlic, *minced*
- **1 ½ teaspoons** Italian seasoning
- **¼ teaspoon** crushed red pepper flakes
- **2 (14.5-ounce) cans** diced tomatoes
- **1 (8-ounce) can** tomato sauce
- **3 cups** beef broth
- Kosher salt and freshly ground black pepper, *to taste*
- **2 cups** cooked white rice
- **2 tablespoons** chopped fresh parsley leaves

AD

Heat canola oil in a large stockpot or Dutch oven over medium heat. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat and set aside.

Add onion and bell peppers. Cook, stirring occasionally, until tender, about 3-4 minutes.

Stir in garlic, Italian seasoning, and red pepper flakes until fragrant, about 1 minute.

Stir in diced tomatoes, tomato sauce, beef broth and ground beef, season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer until flavors have blended, about 15-20 minutes.

Stir in rice and parsley until heated through, about 1-2 minutes.

Serve immediately.

How long does it take to boil sweetcorn on the cob?

- 5-7 minutes or until the kernels turn bright yellow. You may need to boil longer if you are doing a lot of corn at one time.