

McDougal's Farm LLC

What's Growing On!

Sept. 21, 2023

Farm News

We knew there had to be *some* perks to this season and we were right. This week we harvested potatoes in our t-shirts! It was a beautiful fall day unlike other potato harvest seasons. The sun peaked out just enough to keep us warm, a light breeze blew to remind us of what time of year it *really* was and the potatoes popped out of the ground clean because they were so dry! The Iron Angel didn't miss a step and dug potatoes like she was built for the job...which she was, almost one hundred years ago! No plumes of dust or loud engines, just a perfectly geared digging machine designed by someone way smarter than us...who pulled it with a horse. The potatoes are in! What a good feeling! Thank you 'Dougal crew!

We are not the only ones that have been busy this week. Mother Nature has been busy padazzling up the farm. Every time we go to the back field it looks and feels a little *unfamiliar*... like someone moved the furniture. Some things have faded, others have gotten brighter. Some things have disappeared completely. Purples, burgundies, and oranges dot the field...and around it, the trees are bright red, yellow and even *more* orange. Early mornings the colors are brilliant. The only green left now are the late plantings of broccoli, napa cabbage and romaine.

In the front field the squash is maturing earlier than usual. The yield is low this year and most of them are on the smaller side, but still enough for all of us to appreciate the flavors of the season. In the field to the west, an *empty* potato field makes us smile and the second crop of sweetcorn stands. Not too far away, the racoons have their noses to the air waiting for D-Day.... Delicious Day. The day the sweetcorn reaches ripe perfection! But for now, they are staying out.

In your farmer's house, the pressure cookers have been jumping. The table has been filled, cleared, filled again, and cleared with canned spaghetti sauce, tomato sauce, pickles, salsa, and other wintertime goodies. We'll rest later when the snow flies, but for now the harvest AND *squirreling* season is in full swing! Feeling blessed.

Enjoy the sweet flavors of the season!

Your Farmers,

Jerry and Maydene

What's in the Bag

This week we were thinking about Cowboy Caviar! In your bag you will find **sweetcorn, onions, garlic, roma tomatoes, cilantro, a bag of sweet peppers and jalapenos**. You will also find a bag of **gourmet leaf lettuce and a bag of potatoes**. The red potatoes in your bag are French Fingerlings, a tasty old heirloom variety...enjoy!

A five star recipe*****!

Cowboy Caviar from spendwithpennies.com

3 Roma tomatoes seeds removed, diced
2 ripe avocados diced
1/3 cup red onion diced
15 oz black beans rinsed and drained
15 oz black eyed peas rinsed and drained
1 1/2 cups frozen sweet corn thawed (I just usually toss it in the salad frozen unless I plan on eating it immediately, it thaws quite quickly)
1 bell pepper diced (I used half a green and half a red, but color doesn't matter)
1 jalapeno pepper seeds removed, diced into very small pieces
1/3 cup Cilantro finely chopped

DRESSING

1/3 cup olive oil
2 tablespoons lime juice fresh preferred
2 tablespoons red wine vinegar
1 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon garlic powder
Tortilla chips for serving

Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.

In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.

Pour dressing over other ingredients and stir/toss very well.

Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

Cheesy Taco Casserole from bowl-me-over.com

1 pound lean ground beef
1 yellow onion diced
1 14.5 oz black beans drained
1 packet taco seasoning
1/2 cup white rice
3/4 cup water
1 cup frozen corn can substitute drained canned corn.
1 14.5 rotel tomatoes with chilies
1 1/2 cup corn chips Doritos, Fritos Tostitos - just use your favorite corn chip!
1 1/2 cups shredded cheddar cheese
** Optional Toppings - salsa, sour cream, jalapenos, minced cilantro, chopped tomatoes, olives

Directions

Preheat the oven to 375 degrees. Prepare a 9x13 casserole dish by spraying with non-stick cooking spray, set aside.

In a large skillet over medium heat - brown the ground beef, drain.

Add the onions and drained black beans. Sprinkle with taco seasoning and mix together well.

Top with the rice. Add the water, drained corn and canned tomatoes. Mix to combine. Pour into the prepared casserole dish and cover tightly with aluminum foil. Bake for 40-45 minutes or until the rice is tender.

Remove the cover and sprinkle with chips, top with cheese. Cover until the cheese melts or place under the broiler for 2-3 minutes.

Serve topped with your favorite toppings! Salsa, sour cream, jalapenos, minced cilantro, chopped tomatoes or olives!

Potatoes make French fries, chips and vodka...It's like the other vegetables aren't even trying!

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