

McDougal's Farm LLC

What's Growing On!

Sept. 7th, 2023

Farm News

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

This week was so hot we brought the field to the crew, instead of the crew to the field. It was onion pulling week and the conditions were perfect...if you were an onion, hot and dry! That also meant no mud and easy cleaning for us. We loaded the trailer up several times with thousands of onions and brought them up into the yard to be cleaned in the SHADE. Sweet, sweet Shade! About forty years ago, we dug out a small white pine sapling with a shovel and planted it behind our garage, never knowing that someday it would be 50 feet tall and sport a 2-person hugger trunk. Under it, would fit 2 cleaning tables, piles of onions and a much more comfortable onion crew. It has given us back as much as we have poured on it over the years. For the last 14 years every pail and tub of vegetable wash-water has gone on that tree. It has never known drought and this week more than any other, we appreciate each other.

We find the heat to be exhausting, so with that in mind, we put together a bag with the power of red/energy in it for you this week...red cabbage, red beets, red onions, tomatoes etc. We watched a documentary on living healthy to 100 this week and many of the centenarians they interviewed had one thing in common. They ate dark purple sweet potatoes and dark red and purple veggies and fruit. This would have been the perfect week to introduce you to our black (powerhouse) carrots, but there were already too many selected goodies for the bag and the ripe tomatoes were already nervous about their trip in a paper bag with a red cabbage and a spaghetti squash...and so were we.

About a month ago we had a tour and as we got to the brussels sprouts there was a muttering going through the group about how difficult and disappointing they were to grow. We were more than happy to show them our very scientific "Decap" and "Depants" method to successful



brussels sprout growing . Break the top of the plant off when they are mid-thigh high (decap) and remove the bottom leaves (depants). This allows all the energy to go into forming the little balls, and within two weeks...whala! You have full stems of brussels sprouts. Then a gentleman spoke up and *taught us* something. The top of the brussels sprouts that we have been throwing to the ground is...in his words, "*The Fillet mignon of the brussels!*". So, into your bag they went this week. Let us know what you think.

Have a REDiculously good week! Think rain, hope we all get wet!
Your farmers,

Jerry and Maydene

What's in the Bag

This week in your bag you will get **beets, spaghetti squash, red cabbage, sweet peas with edible pods, brussels sprout tops, oregano, thyme, onions, slicing tomatoes, garlic, peppers and koji greens.**

Ideas for Beets!

- Cooked beets with feta and cilantro...our favorite!
- Roasted beets
- Juiced with apples, 1/2 lemon, carrots, kale and few drops of almond extract...taste like Hawaiian Punch!
- Pickled
- baked in a chocolate cake...recipe at mcdougalsfarm.com
- cooked, cooled and added to a fresh green salad...with feta and mandarin oranges.

Spaghetti Squash Casserole Bake from tasteofhome.com

- 1 medium spaghetti squash (about 4 pounds)
 - 1 tablespoon butter
 - 1/2 pound sliced fresh mushrooms
 - 1 large onion, chopped
 - 2 garlic cloves, minced
 - 1 teaspoon dried basil
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon salt
 - 1/4 teaspoon dried thyme
 - 1/4 teaspoon pepper
 - 2 medium tomatoes, chopped
 - 1 cup dry bread crumbs
 - 1 cup ricotta cheese
 - 1/4 cup minced fresh parsley
 - 1/4 cup grated Parmesan cheese
1. Cut the squash in half lengthwise and scoop out the seeds. Place squash, cut side down, in a baking dish. Add 1/2 in. water and cover tightly with foil. Bake at 375° until squash can be easily pierced with a fork, 20-30 minutes.
 2. Meanwhile, melt butter in a large skillet. Add the mushrooms, onion, garlic, basil, oregano, salt, thyme and pepper; sauté until onion is tender. Add tomatoes; cook until most of the liquid has evaporated. Set it aside.
 3. Scoop out the flesh of squash, separating strands with a fork. Combine the flesh, tomato mixture, breadcrumbs, ricotta cheese and parsley.
 4. Transfer to a greased 2-qt. baking dish. Sprinkle with Parmesan cheese. Bake, uncovered, at 375° until heated through and top is golden brown, about 40 minutes.

Grilled Red Cabbage.... you won't believe how sweet this is!

Cut red cabbage into wedges, being careful to leave part of the core on each wedge to hold cabbage together on the grill. Drizzle olive oil over the wedges (both sides) and rub in a bit. Salt and pepper to taste. Throw on the grill, turning once. Edges will become blackened and the cabbage will become *just* tender when pierced with a fork (about 15-20 min.)