

McDougal's Farm LLC

What's Growing On!

October 12th, 2023

Farm News

Mornings are dark, but we head out anyway because the clock says it is time. On our way to the packing shed, we hear a weak cock-a-doodle-doo coming from a dark chicken coop...we woke *them* up again. Something is *off* here, and we don't think it is them. Their inner alarms have never had to be set or reset to match a clock. They are not on daylight savings time, just ordinary chicken time...which is beginning to make more sense than crawling around in the



dark. I think they got it right! Maybe this winter we will bu-cuc the system too .

Early mornings in October are not only dark, but frosty! We always harvest first thing in the morning and this week I think we woke up a few plants too. With the sun dragging behind, the romaine was still covered in frost when we gathered it in. The brussels sprouts still had their morning *droop* on too, but even so, they don't seem to mind the ice. Matter of fact, frost sweetens them up.... and just in time for your bag this week.

Teardown, pull out and pull up continues.... This week we tackled pulling up all the plastic mulch that goes down so dang easy! This is a lot of digging, pulling, tugging, and getting muddy. Really wish we would have grabbed a picture of the crew at the end of the day.... muddy good fellows!!

The hoop houses were next on the list. Pepper and tomato plants went out in wheelbarrow loads and the sides that have been open all summer will all be latched down for winter. We will work compost into the beds this fall yet and then let them rest.

The garlic will go in this week, a little later than usual but still in good time. We plant the garlic cloves into well composted beds covered in slit plastic to help keep the weeds down. Then we mulch it before the ground freezes. In the spring, with the help of the sun, the garlic will find its way up through the slits and thick mulch.

We get so many nice emails from our farm family, and every one of them is so appreciated. We always say they are the fuel to our tank that keeps us going. This week we received a particularly *cute* one we would like to share. Check out the picture attached of two of our little farm helpers we fondly call our "Twittles" (two littles) drinking their BLACK Beet juice that we highlighted in last week's newsletter. Told you, kids love it! Two thumbs up from our Twittles.

Thank you for letting us be your farmers,

Have a wonderful week!

Jerry and Maydene

What's in the Bag

This week is another bottom holder. In your bag you will find **brussels sprouts, carrots, onions, romaine, parsley, red potatoes, squash (Red Kuri-dark red orange and Butternut- pale tan color), a few hot peppers (jalapeno and/or chilies)** and the large shares will also get a head of Napa cabbage.

Roasted Butternut Squash and Brussels Sprouts from cookingformysoul.com

1 small butternut squash, peeled and cut into ½ inch cubes
1 ½ pounds Brussels sprouts, trimmed and halved from top to bottom
Olive oil
Kosher salt
Ground black pepper 4 tablespoons maple syrup - plus more for final drizzle
½ cup dried cranberries
½ cup pumpkin seeds

*Preheat oven to 450 degrees F.

*On a large sheet pan, toss the cubed butternut squash with about 2 tablespoons olive oil, Kosher salt (about ½ teaspoon), and ground black pepper to taste. Tip: Use additional sheet pans if needed to avoid overcrowding. Overcrowding leads to steaming instead of roasting.

*On another large baking sheet, toss the Brussels sprouts with about 2 tablespoons olive oil, Kosher salt (about ½ teaspoon), and ground black pepper to taste. Place the Brussels sprouts flat side down.

*Roast the butternut squash and Brussels sprouts. Brussels sprouts for 15-18 minutes. Butternut squash takes 22 to 25 minutes. Tip: Try not to flip the sprouts as they roasts so the flat side can develop a golden brown color.

*Remove from oven and drizzle about 2 tablespoons of maple syrup over each sheet pan and toss to coat, flipping the veggies for even browning on all sides. Return to oven and roast for an additional 5 to 8 minutes or until golden brown and tender. Note: Keep a close eye on the oven to make sure the maple syrup doesn't burn.

*Let the roasted vegetables cool down slightly for just a few minutes. Then, in a large serving bowl, toss the roasted butternut squash, roasted Brussels sprouts, dried cranberries, and pumpkin seeds together. Finish with an extra drizzle of maple syrup to taste. Enjoy!

Spicy Butternut Squash Soup wellplated.com

2 tablespoons extra virgin olive oil
4 cups ½-inch cubed butternut squash about 1, 2 1/2 pound butternut squash or 32 ounces pre-cubed
1 medium yellow onion chopped
3 tablespoons Thai red curry paste (I used Thai Kitchen brand)
1 teaspoon ground ginger
1/4 teaspoon kosher salt

1/8 teaspoon cayenne pepper use more for a spicier soup
1 tablespoon minced garlic about 3 cloves
1 (14-ounce) can reduced sodium vegetable broth
1 (14-ounce) can light coconut milk
3 tablespoons creamy peanut butter or cashew butter swap for sun butter or omit if there is an allergy
1 tablespoon rice vinegar
1/2 tablespoon coconut sugar or light brown sugar or honey
For serving: chopped fresh cilantro or toasted pepitas

*In a large Dutch oven or similar large, sturdy-bottomed pot, heat the oil over medium heat. Once the oil is hot, add the squash, onion, curry paste, ginger, salt, and cayenne. Stir to combine and evenly coat the squash and onion with the spices.

*Cook until the onion is softened and translucent, about 8 to 10 minutes. Stir occasionally and adjust the heat as needed so that the onion softens but does not turn brown.

*Stir in the garlic. Let cook, stirring constantly, until the garlic is very fragrant, about 30 seconds.

*Pour in the broth and coconut milk. Bring the liquid boil, then partially cover the pot and let simmer until the squash is fork-tender, about 15 to 20 minutes.

*Add the peanut butter, rice vinegar, and coconut sugar. Let simmer gently and stir until the peanut butter is mostly smooth. Taste the soup (get a bit of butternut squash and a bit of the liquid). If you'd like it spicier, add more red curry paste and/or another pinch of cayenne.

*With an immersion blender, puree the soup until smooth. Or working in batches, transfer the soup to a blender and puree until smooth. BE CAREFUL! Hot soup in blenders loves to splatter. Do not fill more than 2/3 the way to the top or your blender's max fill line for hot liquids (if it has one). Return the soup to the pot and stir once more.

*Serve the soup hot, sprinkled with cilantro and pepitas as desire

“My favorite color is October.” - Unknown