

McDougal's Farm LLC

What's Growing On!

October 19th, 2023

Farm News

This is the last veggie delivery of the season...thank you for



letting us be your farmers

Here we are at the end of another growing season....and what a ride 2023 was! Not a thing *usual* about it! September felt like July and June felt like August. April showers never came...not in June, July, **or** August! It was only when the crops were done, did the rain fall...and it fell, and it fell. This week the geese are flying...*north*?

We have learned a lot by mimicking nature, but this summer she had us confused. Copying her would have made for a lot of empty veggie bags. If we have learned anything this summer it is these two things; plants are incredible, versatile, adaptable, and tougher than we ever thought they could be, and the more our lives intertwine with theirs, the more in awe we are. And secondly; we as farmers are tougher and more resilient than *we* ever thought we could be



. We have pushed out our edges a little more, tried new ways and have learned a few things about plants and ourselves in doing so. Proud to have pulled this one off for you guys...and for us as well, because your trust means a lot to us.

The combination of drought and heat put our plants to the test this year, which our greens failed miserably. Romaine can bolt (go to seed and turn bitter) after just three consecutive days in the 80's, so it was a no-go if you were a romaine this summer. However, we did end up with an unexpected bounty in our packing shed, as we close out the season. It does not compare to years past, but all things considered, **we are grateful and thrilled to be able to offer you some Winter bounty.** We do not have all the distribution details yet. In the past we sold them as a one-time winter share package deal. The veggies included in this year's Winter bounty for storing are potatoes, carrots, onions, beets, green cabbage and hopefully broccoli! No squash this year. We will keep you updated and send out another newsletter hopefully by next week for sign up. You are welcome to share this info with your friends when you receive it. Winter shares are limited and sold on a first come, first served basis.

Thank you so much for allowing us to be your trusted farmers. It was quite the year, and we wouldn't have wanted to do it with anyone else but you guys. Thanks for all your support you showed in so many clever ways this season.

From your farm and crew, we all wish you peace, good health, and a restful winter.... eat



your beets

Jerry and Maydene

What's in the Bag

This week in your bag you will find a couple varieties of **squash, could also include a pie pumpkin, red cabbage, green cabbage or napa cabbage, golden flesh potatoes, carrots, sweet bell peppers or green tomatoes, onions, a bouquet of fresh oregano (broad leaf) and Thyme (fine leaf).**

Note: When using FRESH herbs vs dried you need to use 3x more fresh

Sautéed salted red cabbage with cranberries from bbcgoodfood.com

1 small red cabbage, quartered, cored and shredded.
25g unsalted butter
2 tbsp cranberry sauce
1 tbsp vinegar of your choice
½ orange, zested and juiced

1) Tip the cabbage into a bowl and sprinkle over ¼ tsp salt. Scunch the salt through the cabbage using your hands, then cover and set aside for at least 1 hr, or cover and chill overnight. The salt will start to 'cure' the cabbage, making it softer so it can be cooked for less time.

2) Heat the butter in a large frying pan or wok over a high heat until sizzling and stir-fry the cabbage for 5 mins until wilted. Stir in the rest of the ingredients and cook for another 5 mins until the cabbage is coated in a sticky glaze. Serve straightaway or leave to cool completely. Once cool, keep covered and chilled for up to two days. Reheat in a pan or the microwave until piping hot.

Roasted Roots are EZ

Chunk all veggies into bite size pieces. You can use whatever you have...

Carrots

Potatoes

Squash

Onions

Beets

Peppers

Mix all chopped veggies together, coating them all with **olive oil**,
Spread out on a cookie sheet that has also been oiled.
Sprinkle with fresh herbs and seasonings. Everything Bagel is a good one.
Roast in a preheated oven 425-450 Oven must be hot!
Toss veggies about 15 minutes in and then continue roasting until all veggies are easy to poke
with a fork.

*Here's a five-star recipe. Use your fresh green or red cabbage and carrots. Napa
cabbage can be substituted as well. You can also add your sweet pepper or apples.*

RAMEN NOODLE SALAD

14 ounces coleslaw mix
2 (3 ounce) packages dry ramen noodles broken into pieces seasoning packet discarded
1 cup matchstick carrots
½ cup sliced green onions
1 cup slivered almonds, toasted
Dressing

½ cup olive oil
¼ cup rice vinegar
2 tablespoons honey
2 cloves minced garlic
1 tablespoon minced ginger
1 teaspoon sesame oil
Salt and pepper to taste

In a mason jar with a tight fitting lid combine the olive oil, rice vinegar, honey, minced garlic,
ginger, and sesame oil. Shake the dressing well to combine. Season with salt and pepper to taste.
Break up the ramen noodles and add them to a bowl with the coleslaw mix, carrots, green onions,
and toasted almonds. Discard the ramen seasoning packets. Drizzle the salad with the dressing
and toss to combine.

If you want evidence that the world is a terrible place, watch the
news and surf the web. But if you want to remember how
incredible this planet is, go out into nature. Unlike social media
and the news, nature has no incentive to keep us agitated, angry
and anxious.

@austinperimutter