

McDougal's Farm LLC

What's Growing On!

October 5th, 2023

Farm News

It was powerlifting week! The back-buster crops are all in now...the potatoes, squash, beets and carrots. This week we hit the beets first and pulled out 820 pounds! A full tub of most veggies weighs about 50 pounds, but not beets. Beets weigh about 75 #! Beets are solid! Must be all the



iron in them . If ever there was a food that could energize tired blood quickly, it is the beet. Good for the heart, good for your blood and it raises your energy level. If you haven't caught on by now, we are notorious Beet Pushers. The benefits of beets are endless, especially now. New research has found them helpful in easing Covid. Particularly for the long haulers. Could that be the reason organic beets are now \$19.97 a pound on Amazon? What??! Some quick math says we have about \$16000.00 in beets sitting in our packing shed...LOL. Time to locker down and add security! They are gold this year but always have been to us because we know their value to our health. Not a fan of how they taste? You need to try the recipe below. You will need a juicer. Even kids love it, it kind of has a taste of Hawaiian punch. This juice is exactly what we need after a heavy harvest (reduces inflammation) and what *everyone* needs going into winter and the flu season. Eat your beets!

We decided after the beets, we were going to hit the carrots...but not alone this time. Tuesday morning four smiling faces with strong backs showed up ready for the task, and 4 ½ hours later, with pitchforks shined up, we had 27 tubs of carrots dug AND almost washed!! Thank you, Christeen, Gina, Sarah and Tom! Now, if anyone tries to break in to steal the beets, they will have to crawl over the Great Wall of Carrots.

We have had a few people asking about Winter Shares. We don't really know any details just yet. After the bags have been filled and everything has been brought in from the field, we will



have a better idea and YOU will be the *first* to know .

What a beautiful week to be a farmer...check out these pictures. We are such vegetable nerds. Have a great week!

Jerry and Maydene

What's in the Bag

Be sure to hold the bottom! Your bag of veggies is as colorful as the trees this week, oranges, reds, bright yellows and greens! The second crop of sweetcorn is in, so you will find **sweet corn**, and a **couple different kinds of squash**. Our apologies for having to cut some...they were soooo huge they wouldn't fit in the bag. You may have gotten a North Georgia Candy roaster (great for making sweet potato fries, peach colored), an Acorn or Carnival. These last two are very similar. The Acorn is dark green and the other, splashes of Fall colors. You will also get **carrots, beets, onions, sweet basil and tomatoes**. Enjoy the abundance!

How to cook Beets

- **To roast the beets**, place them on a baking sheet and roast in the oven at 400 F for 1.5 to 2 hours or until you can easily pierce them with a fork.
- **To boil the beets**, place them in a pot. Add water, make sure the water covers the beets. Bring the water to a boil and cook the beets for about 1 to 1.5 hours or until you can easily pierce them with a fork.

One of our favorite ways to eat beets is to cook them and then let them cool, then add to salads. Our favorite is beets, feta, cilantro, salt and pepper.

Beet B.L.A.C.K. JUICE Mix

...not black, just makes it easy to remember.

Beets-3

Lemon-1

Apples-3-4

Carrots 3-4

Kale

Wash and run all the ingredients through a juicer, then **ADD the secret ingredient** to fool the nose and make it smell like punch

Almond extract...just a touch

How To Make And Freeze Basil Pesto from thelemonbowl.com

4 cups fresh basil

1 cup grated parmesan

½ cup pine nuts toasted

3 cloves garlic

1 lemon juice and zest of

1 cup extra virgin olive oil

salt and pepper to taste

To toast pine nuts, place on a baking sheet in an even layer and bake at 350 for 6-7 minutes until browned.

In a large food processor, pulse together basil, parmesan, pine nuts, garlic, lemon juice and zest. Slowly drizzle in the olive oil and puree until smooth. Season with salt and pepper to taste.

To Freeze:

If you aren't using it all for your dish, take a clean ice cube tray and fill with the pesto. Cover (plastic wrap will work if your trays don't come with lids), and place in the freezer.

Alternatively, you could put dollops of pesto in plastic wrap or in Ziploc bags and freeze them that way! You'll now have basil pesto at the ready for months going forward!

May's note: We freeze ours in small jelly jars, being careful to remove all trapped air and then pour olive oil over the top and freeze them vertically until set. The olive oil keeps the pesto from oxidizing. What a sweet taste of summer in the middle of winter.

Corn on the Cob with Lemon Basil

Pesto from thelemonbowl.com

4 ears sweet corn (husks removed)

¼ cup basil pesto (homemade or store-bought)

Instructions

Bring a large pot of water to a roaring boil and add corn. Cook for 3-5 minutes then set corn on a platter.

Brush corn liberally with basil pesto and serve.