

McDougal's Farm LLC

What's Growing On !

July 27th, 2017

Farm News

We love this time of year. Instead of "How can we fill those boxes this week?", it's "What needs to get picked first for those boxes?"...love having options. Beets and turnips are pushing out of the ground, cabbages are swelling and the cucumbers and broccoli needs to get picked every day. We may even have new baby reds potatoes by next week and for sure green beans! Abundance is such a pleasure.

We had another busy week trying to sneak in a few extra task along with all the usual veggie demands... like painting. As the calendar almost flips to August, we realize time is running short for other projects that also need to get done during the heat of the summer....like replacing the plastic on the big greenhouse and maybe building a shelter for our firewood. All in good time. We did manage to squeak in some time for visiting guest, Anthony. Anthony of Channel 12 News was here on Tuesday to film your farm, talk with your farmers and was also interested in talking to someone on the receiving end of this whole CSA thing. Thank you Renee W. and Debbie B. for facing those cameras in such short notice! Can't believe you did that for us! You are the best! Also Thanks to Tanya at Sweet Thyme for spinning our produce into a work of art for Channel 12 news... beautiful AND yummy! The short segment will be aired Thursday 7/27.

This week we also enjoyed the company of a small enterprising group with roots from Kenya. It was really fun to show them our farm and how we do things and then compare how they do things there. We complained about the deer jumping our fence but quickly felt lucky when they said,...."It could be elephants going through your fence and taking everything along with them." The 12 hours of daylight every day, year around, was something else we never considered... perfect for fast growing. They have beautiful white sand coast with lush valleys....Nothing I pictured Africa to be like. They were fascinated with the CSA concept. They invited us to come visit and help them implement such an idea... tempting us with their delectable coffee bean harvests. I could tell seeds were being planted on both ends of the conversation. We love this farm and this business. We have met so many wonderful people. Feeling grateful.

What's in the Box

This week in your box you will find **sweet peas, kohlrabi, romaine, green onions, young zucchini's** (can be shredded and frozen for zucchini bread later), **cucumbers and broccoli**. the large shares will also have **cauliflower**.

No Yoga this week or next

Back to regular schedule August 10th at 5pm in the greenhouse.

Bodacious Broccoli Salad Allrecipes.com Recipe By: Cassandra Kennedy

"This recipe is requested at every family gathering. Let it be your next dish that they crave! I like this dish to be prepared at least two hours before serving. Be sure to have copies of the recipe on hand, as everyone will ask for it!"

- 8 slices bacon
- 2 heads fresh broccoli, chopped
- 1 1/2 cups sharp Cheddar cheese, shredded
- 1/2 large red onion, chopped
- 1/4 cup red wine vinegar
- 1/8 cup white sugar (can substitute honey in a lesser amount)
- 2 teaspoons ground black pepper

- 1 teaspoon salt
 - 2/3 cup mayonnaise
 - 1 teaspoon fresh lemon juice
1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, and crumble.
 2. In a large bowl, combine broccoli, cheese, bacon and onion.
- Prepare the dressing in a small bowl by whisking together the red wine vinegar, sugar, pepper, salt, mayonnaise and lemon juice. Combine dressing with salad. Cover, and refrigerate until ready to serve.

Kohlrabi and Apple Slaw Allrecipes.com Recipe

By: BRATTYBLUEEYES

- 3/4 cup mayonnaise
 - 2 tablespoons apple cider vinegar
 - 1 tablespoon lemon juice
 - 1 tablespoon prepared mustard
 - 1 teaspoon white sugar
 - 4 kohlrabi bulbs, peeled and grated
 - 4 apples - peeled, cored, and diced
 - salt and ground black pepper to taste
1. Whisk mayonnaise, vinegar, lemon juice, mustard, and sugar together in a bowl.
 2. Toss kohlrabi and apples together in a large bowl; pour mayonnaise mixture over kohlrabi mixture and toss to coat. Season with salt and pepper.

The following recipe is a hand-me-down from my Grandma, Anna Clark.

Cool Creamed Cucumbers

4-6 cucumbers

1/2 cup sour cream

1/2 cup 1/2 and 1/2 or whole milk

1 tablespoon salt

1 tablespoon vinegar

1 tablespoon of sugar

Peel and slice cucumbers. Put cucumbers in a bowl and salt them generously. Let sit in a bowl for at least 1/2 hour. Gramma told me this was necessary to remove the "poison" from the cucumber (?), just believed her). Drain all the juice off the cucumbers. Mix sour cream, 1/2 and 1/2 and sugar. Then add vinegar. You can add more or less sugar to taste as well as more or less vinegar. It all depends on how many cucumbers you start out with. Keep chilled until you serve. You may sprinkle with pepper. This is a favorite during the summer time when the cukes are coming in. Also taste great when served with corn on the cob and sliced fresh tomato.

Raspberry Poppy Seed Dressing Recipe from Taste of Home

- 6 tablespoons red wine vinegar
- 1/2 cup plus 2 tablespoons sugar (can substitute honey but use less)
- 1 teaspoon salt
- 1 teaspoon ground mustard
- 1 cup canola oil

- 1 cup fresh or frozen raspberries, thawed
- 1 teaspoon poppy seeds

1. In a blender, combine the vinegar, sugar, salt and mustard. While processing, gradually add oil in a steady stream. Add raspberries; cover and process until blended. Stir in poppy seeds. Serve immediately. Refrigerate leftovers. Yield: 2 cups.

Simple De-Bloat, Re-Charge Drink from a friend

This beverage is especially beneficial for boosting the energy levels and relieving the stomach bloating at the same time.

1 cucumber

1 lemon

1 tablespoon of aloe vera juice

1 tablespoon of grated ginger

a bunch of either cilantro or parsley

half a glass of water

Mix all the ingredients in a food processor and then drink it.

Fat burning properties of every ingredient:

Cucumbers are very powerful fat-burning tool. They are the most important ingredient in every weight loss program. Parsley and cilantro, being low in calories, but abundant in antioxidants, minerals and vitamins, are highly beneficial for treating bloating and water retention.

Ginger is an amazing metabolic booster and it is highly efficient in preventing constipation. This ingredient is able to burn the stubborn belly fat while you sleep. Aloe Vera juice is very beneficial for the weight loss process. Lemon juice can effectively stimulate the flushing out of the toxins built up in the body.