

McDougal's Farm LLC

What's Growing On!

July 6th, 2017

Farm News

We have good news and bad news. The bad news is; we have about 100 broccoli plants that bolted in the field before they even produced a head, making us 100 broccoli heads short. But the good news is there is probably 1000 good ones left to come and the variety that did flower, are making some very happy honey bees. You can hear them contentedly humming as they work a couple rows away. So all is not lost. That pretty strip of yellow broccoli flowers down the middle of our field is bringing in the pollinators. Mother Nature may have exchanged a few heads of your broccoli in for some additional juicy tomatoes and a little extra honey later down the road. So I guess, it's all good.

Everything seems to be growing really quickly now. We are seeing a few ripe cherry tomatoes already. The cucumbers and zucchinis are beginning to form. You can tell the tomato plants have their toes in deep now by their dark green color. The broccoli, cabbage, Brussels sprouts and cauliflower are out growing their flea beetle damage....AND nobody is under water. We are thankful. This is not the case in other parts of Wisconsin...or even Langlade County for that matter. We are feeling pretty lucky.

The 3 sunny days in a row gave us time to attack the field with hoes, tillers, knee pads and crew. We carved out a pretty nice looking field! We just want to give a shout out to all our help for all their hard work. Thank you, Thank you, thank you....you are appreciated!

We have a request from our drivers and drop site host that we would like to pass on. **Could you please remove the old newspaper from the box and then carefully collapse the box for easier storage and transporting?** We appreciate your help with this and so do they.

Enjoy your box this week.

What's in the Box

This week in your box you will find all the fixings for a stir-fry; A bag of **sweet peas** (edible pod kind, no shelling necessary), **bok choy**, **red stem turnips** and **garlic scapes**. Garlic scapes are those twisted snaky looking things that smell like garlic. They are cut off the top of the garlic plant so the garlic bulb grows larger. The bulb will be harvested later in the summer. The scapes can be chopped and added to any recipe in place of garlic. Really good in stir fries, excellent in potato soup or on pizza. They can also be chopped and added to a vinaigrette salad dressing (recipe mcdougalsfarm.com)....yum. You will also get some fresh **romaine**. The large shares will also get some very **small broccoli heads** we rescued before they too bolted...throw them in your stir fry. Bigger and better ones on their way.

Some people feel the rain, others just get wet.

-Bob Marley

The following recipe is from Susan A. I like these kind. It's simple. I have everything in my kitchen and it comes with a thumbs up approval. Thanks Susan, for sharing.

Wilted Lettuce Salad

1 head leaf lettuce, sliced or torn

6 strips crisp bacon, crumbled

½ sliced medium to large white onion

Dressing

1/3 cup sugar

1/3 cup cider vinegar

3 tbsp. canola oil

Put salad ingredients in bowl. Heat dressing ingredients to almost boiling in microwave. Pour hot dressing over salad. Toss, making sure all is coated evenly. Serve immediately

You can also add your turnips, radish and carrots if you have them

Garlic Chicken Stir Fry

from Allrecipes.com

Recipe By: Teresa Shields

"A stir fry recipe I developed to satisfy a family of garlic lovers."

- 2 tablespoons peanut oil
- 6 cloves garlic, minced (or use your garlic scapes or ramps)
- 1 teaspoon grated fresh ginger
- 1 bunch green onions, chopped
- 1 teaspoon salt
- 1 pound boneless skinless chicken breasts, cut into strips
- 2 onions, thinly sliced (or green onions)
- 1 cup sliced cabbage (or Bok Choy, recommend adding more than 1 cup))
- 1 red bell pepper, thinly sliced
- 2 cups sugar snap peas
- 1 cup chicken broth
- 2 tablespoons soy sauce (can substitute Brags Liquid Amino)
- 2 tablespoons white sugar (or honey)
- 2 tablespoons cornstarch

1Heat peanut oil in a wok or large skillet. When oil begins to smoke, quickly stir in 2 cloves minced garlic, ginger root, green onions and salt. Stir fry until onion becomes translucent, about 2 minutes. Add chicken and stir until opaque, about 3 minutes. Add remaining 4 cloves minced garlic and stir. Add sweet onions, cabbage, bell pepper, peas and 1/2 cup of the broth/water and cover.

[2.in](#) a small bowl, mix the remaining 1/2 cup broth/water, soy sauce, sugar and cornstarch. Add sauce mixture to wok/skillet and stir until chicken and vegetables are coated with the thickened sauce.

Serve immediately, over hot rice if desire.