

McDougal's Farm LLC

What's Growing On!

June 22nd, 2017

Farm News

Reminder: **No veggie box next week, June 29th**

This will allow the fields and your farmers to catch up.

Twelve plus inches of rain in two weeks....it's too much. Surprisingly, the fields have been taking it well, with very little, to no standing water. Your farmers on the other hand, are *not* taking it so well. We are getting tired of being wet all the time! We try to keep these newsletters light and avoid wining, but geeze! We were soaked to the skin three times today....and the weeds! They thrive in it. They gain ground as we watch. It's like watching somebody take a bat to your car. Weeds can cut your harvest in half! And when you are dealing with mud, hoeing becomes a waste of time. Message to weeds: "Don't get to comfortable. We have two professional weed pullers in-house and a crew that has their back...we are coming for you....soon."

There is a ray of sunshine to this whole whiny, "too much rain" story....It looks like we are going to have sweet corn!!!! It's up *and* in good measure. Haven't seen this kind of germination in years! So way to go "intenders", way to go constant rain that kept the soil soft and way to go secret herb concoction. Mother Nature always provides an answer, we just need to connect the dots. We are glad we stuck to our guns and figured out a nontoxic, non-chemical solution for those little buggers.

On another wet note, we've had two fair size snapping turtles in the yard this week. Not sure if all the water "smell" had them confused as to where the ponds were but they were about 10 acres away....a long truck for short legs. One of the snappers walked across our fairly large lawn, directly to our deck where we were having coffee, lifted his head straight up like a periscope and looked directly at us....right into the eyes. If we didn't get it the first time, he circled around and did it again. Seemed very deliberate. There is a Native American belief that when a turtle, the representative of Mother Earth, comes to you, it's usually to convey a message... "Slow down so you can appreciate life and all the wonders of it's creation". As long as it took that turtle to get to our porch...twice, I think we should honor that....this winter:) kidding. Note to self: " You have a beautiful life.....notice it, appreciate it, enjoy it."

What's in the Box

This week's box was a challenge...won't kid you. Sorry for any extra "wetness". This week you have a bag of **bunching greens** (Tokyo Bekana, please dry). You can eat these cooked or raw. Great in a stir fry (recipe at mcdougalsfarm.com) or raw, chopped in a summer pasta salad(recipe at mcdougalsfarm.com). They have a slight floral taste to them. You will also get a bundle of **radish**, a **bouquet of Scarlet Frill mustard** (kinda spicy, will add a little loft and zest to your salad.), also **romaine and green onions**. The sweet peas and turnips we were hoping for this week, didn't come in with the late start this spring but you should see them in your next box.

Two Reminders:

- No box delivery next week June 29th
- Bring back your empty boxes weekly to your drop site....part of your end of the bargain:)

Try adding apple chunks or sliced green grapes to the following salad....

Crispy Tokyo Bekana Salad

One head or bunch of Tokyo Bekana [this salad can also be made with Bok Choi or Napa cabbage, but Tokyo Bekana is tenderer]

Cilantro to taste

Green onions (scallions) to taste

2 tablespoons red wine vinegar

1 tablespoon rice vinegar

1 tablespoon soy sauce

1/2 teaspoon sesame oil

2 tablespoons canola oil

1 1/2 teaspoon agave syrup or honey

1 teaspoon canola or other mild oil

1 bag ramen noodles (use only the noodles, not the flavor packet)

1/3 cup slivered almonds

To prepare greens, cut the very end of the stems off the Tokyo Bekana stalks. Coarsely chop remaining leaves & stems into 1/2-inch pieces. Chop up the scallions and cilantro and add to the Tokyo Bekana (use as much or little scallion and cilantro as suits your taste).

Mix together all the dressing ingredients in a jar or bottle and shake well (shake again before using).

To prepare the "crunch", lay the unopened bag of ramen noodles on the counter and break them up until they're fully crushed. Heat a skillet over medium-low heat and add 1 teaspoon canola oil. When hot, pour in the noodles (discarding flavor packet) and the almonds. Stirring occasionally, cook till the noodles are golden brown. Combine everything in salad bowl, toss, & enjoy! Serves 2 -4

Weird Mosquito Yard Spray recipe....we tried it, it works! Great before outside parties.

Big bottle Blue cheap mouthwash

3 cups Epsom Salt

3 stale 12 oz. cheap beer

Mix those 3 ingredients until salt is dissolved....Spray any where you sit outside. Won't harm plants.