

McDougal's Farm LLC

What's Growing On!

June 15th, 2017

Farm News

Saturday was a blazing 90 degrees with wind gust up to 40 mph, but we got the sweet corn in before the rain...hoot, hoot! Now we need you all to "intend" eating sweet corn.... "The sweet corn is so sweet your eyes go shut to savor the moment. The butter drips down your chin....You don't care you appear to be an animal at the trough. It's just you and that sweet corn." *Intending* makes things happen and we need all the help we can get when it comes to growing organic sweet corn. It's not entirely our fault. We have trouble with a little fly that likes to lay her eggs in freshly plowed organic soil and when the little worms hatch...well, they love sweet corn too. Especially the untreated organic kind. This year we have a surprise for the little buggers...the McDougal's spiked the sweet corn seed with cayenne pepper and oregano powder. Let's all wait and see how this plays out...we should know in about a week...."think sweet corn".

The green sky and tornado warning on Sunday had us bustling as well. We got away lucky with 1.7" of rain in 20 minutes, penny size hail for a very brief moment, and no damage to the buildings or crops...the neighbors a few miles to the east, were not so lucky. As the rain continued we ended up with a total of 3" of rain!

The wet conditions may have kept our much needed help from attacking the weeds this week but we were still able to get some more transplants in, and then....head for woods to harvest ramps. Erin is a veteran ramp picker, but this was a first for Holly, Sarah and Renee. ...we were pretty sure they thought it was some kind of freakish initiation, but they all handled it with incredible good character. "Who doesn't like crawling through the woods, mosquitoes and wood ticks on your hands and knees?" We quickly we came away with a good harvest for you all to enjoy. Ramps have the crunch of a crispy apple but the taste of fresh garlic and can be added to any dish or soup as a substitute for garlic. They store refrigerated very well.

As fast as the transplants are leaving the cold frame and heading to the field now, more mid season plantings are being planted and set back into the cold frame. This constantly refilled cold frame doesn't always allow Jerry and I to feel accomplished, but the fields sure do. They are really getting beautiful....and it's about freakin' time:)

What's In the Box

This week in your second box of the season you will find thick white stemmed **Bok choy** (eat raw chopped in salads or cooked in stir fries, more recipes

at mcdougalsfarm.com), **French Breakfast radish**, **Romaine**, **Palco Spinach** (very mild and buttery. If you are not a spinach lover, try it!) and **ramps** (aka wild leeks, can be added to stir fries, fried or baked potatoes, pasta...great in creamy potato soup). You will also find **green onions**.

Had a taste for lasagna but it was too hot to turn the oven on this week, so we made it on the stove top. Here's how we did it, makes a big batch so feel free to improvise.

Stove top Spinach Lasagna

Cook, drain and set aside:

1 pound box of Penne Pasta

In large kettle throw in:

1- 1/2 quarts of spaghetti sauce

3-4 ramps chopped fine

ALOT of chopped spinach...like your whole bag

Let this cook until spinach is cooked through

Pre-mix the following 3 ingredients and then add to the cooked spaghetti/spinach sauce:

1- 8 oz crumbled Feta cheese(can substitute cottage cheese)

2 eggs

1/4 tsp ground pepper

Stir well...We had some salami/pepperoni slices so we cut them up and added that as well. I'm sure browned hamburger would go well too, but meatless works too.

Stir in the cooked pasta, heat through

Sprinkle with mozzarella...put the lid on until it melts.

While Renee W. embraces the whole eating local and loves her CSA farm, she admits Boc Choy is one of her least favorites. When she came across the following recipe, she thought even she could embrace Bok Choy if paired up with a little Nueskes or Besseys Meat Market bacon. Thanks for sharing Renee...

Bacon & Boc Choy Stir-Fry

1 lb. baby bok choy

4 oz. slab of bacon cut into 1/2" pieces

1 tbsp. peanut oil

4 garlic cloves (or use your ramps)

1 green chili, minced

1/2 tsp. kosher salt

Rinse boc choy and drain. Roughly chop and set aside

Heat a large skillet over medium heat until very hot. Add bacon and oil, cook, stirring occasionally until bacon is crisp, about 3-5 minutes. Add garlic (or ramps)and chilies. cook stirring until garlic is golden, about 1-2 minutes.

Increase heat to high and add bok choy and salt. Cook stirring occasionally until Bok Choy starts to wilt and shrinks by half, about two minutes. (Stems will be tender but not overcooked) Remove from heat and serve immediately...serves 4

Happy Father's Day to all our great Dads out there! Enjoy your weekend:)