

McDougal's Farm LLC

What's Growing On!

June 8th, 2017

Farm News

Welcome, welcome to our 2017 growing season!! Considering the late, wet start, the fields look pretty good with about 80% of the crops in already. The remaining transplants left behind in the greenhouse and cold frame are begging to be put into the ground so they can spread their toes...I can only imagine it would feel like kicking off your high heels:) We can't make them all happy at once, but we can make about 2000 of them happy a day. Some of them went from the greenhouse directly to the field. You can see they are finding the field not what it was cracked up to be. Some are sun burnt and bug bitten, others wind beaten and wilted (sounds like your farmers), but you can also see a healthy new surge of life growing out of their centers as they adapt and get stronger...also, like your farmers:).

So transplants we can keep on schedule...somewhat. They are started inside and tended to in the greenhouse and even when it's pouring 6.5 inches of rain just on the other side of the plastic, they continue to grow nicely. It's the seeding in the fields that falls way behind when the weather doesn't allow us on the fields. These would be crops like turnips, carrots, beets, green beans, sweet peas etc. These crops may be a bit delayed this year. We'll see what happens...Mother Nature rules! Last week she tried her best to drive us from the field before the lightening hit....it was like the 7 plagues. First the high winds, then the chilling drizzle. Then the clouds shifted and the sun seared us. Then she sent in the mosquitoes..big monstrous things. After that a full out down pour. Finally we decided to hang it up and took off running for the first greenhouse, just to arrive in the nick of time as a bolt of lightning cracked just above our heads...our scarecrow laid dead in the field. She can send mixed signals but I know she likes us.

Looking forward to spending the summer with you. Thank you for letting us be your farmers and allowing us to do what we love.

Peace, good health and a wonderful salad!

Jerry and Maydene

What's in the Box

This box is what your body has been waiting for all winter! This week in your box you will find **fresh crispy romaine**. We have an assortment of varieties. You will also get a bag of **spinach** (think spinach dip) and **green onions**. Green onions can be chopped up greens and all and added to soups and potato salads. Don't have time right now? Chop and freeze them in Ziplocs. You can also do this with your **rhubarb**. But I recommend you use it fresh. Rhubarb gives your body a very mild and natural Spring cleaning. You will also get a bundle of **heirloom radish**, and a little **chive "welcome" bouquet**. Enjoy your first taste of Spring! We also put a 2017 Farm Fresh Atlas in each box.

Don't forget to clean your veggies!

Though the veggies in your box may look clean, they have only been "field washed", meaning; wash just enough to get the mud off. The romaine is grown under row cover so it looks clean but has not been washed at all. Later in the season you may even get some root vegetables with the dirt on them. We are not just being lazy, we have found root crops in particular, store longer and retain more of their nutrient with some of the dirt left on them to help seal them.

Just a reminder: The boxes grow, as the season goes. Though the first few boxes may be light, they do get much heavier with more variety as the summer progresses. Stay tuned

Please return your clean empty box next week to your drop site

Thanks, Your farmer :)

A few Ideas to use your greens when you are not in the mood for a salad:

- Taco Dip: pile it high with the chopped greens, tomatoes and cheddar
- Wraps: You can hide a lot of greens in these babies
- Cooking on the grill: don't forget a big fresh leaf of romaine on your burger or a bed of greens for your grilled chicken breast.
- Spinach Dip: go heavy to the spinach...yum
- Another tip: You and your family will eat a lot more salad if it is chopped, so chop away!

The following recipe we ran last year. This year it comes with a two thumbs up approval from Renee W. and a "Run it again?" so here it is. Thanks Renee

Here's a recipe to pour over your spinach/romaine salad...don't forget the fresh strawberries!

Rhubarb salad dressing

2 cups chopped rhubarb

1/2 cup sugar or honey (little less than 1/2 cup if using honey)

1/4 vinegar

3/4 oil

2-3 tablespoons green onion (chopped fine)

1- 1/2 teaspoons Worcestershire sauce

1/4 teaspoon salt

Cook rhubarb, sugar and vinegar over medium heat until soft. Drain in sieve saving the liquid. discard pulp. To 6 tablespoons of this juice add remaining ingredients. Shake in jar or whisk together. Chill at least one hour before serving

Should have plenty left over for a rhubarb crisp....with cream:)