

McDougal's Farm LLC

What's Growing On!

July 13th, 2017

Farm News

Of all nine years we have done the CSA, never have we had to schedule and reschedule so often. We try to organize, arrange, follow a tight planting schedule and keep our helpers on a consistent work day of the weekin other words, "*control*" all situations. Well "*control*" got washed down the rain gutter this year with everything else. We are taking it as an opportunity to learn how to duck, punch and think fast. We have also learned to make the rain work for us, instead of against us...the way it should be. Sometimes it means putting in double time even when it is in the mid 80's. Yesterday was one of those crunch days when we had to bring in all the harvest AND plant 2000 transplants in a butts up, heads down position most of the day. We were all pretty red faced and stupid by noon, but nothing a little watermelon and shade wouldn't improve. An extra THANK YOU to our kick-ash Tuesday crew and to Betsy and Holly for showing up on Wednesday morning in full head-to-toe rain gear and a smile.

Walking through the fields, the plants don't seem to have any complaints. They are not trying to *control* anything. They feel happy...taking the rain and sun...whenever. They too have days when they have to put in double time. Like after a good rain, followed by 80 degree temperatures, but they seem to do it more gracefully than us. Their treat choice of the week...they passed on the watermelon and went for the liquid kelp.

We have been enjoying **yoga on the farm** with certified yoga instructor Keelin Packard every Thursday at 5 pm in the big greenhouse. **Please feel free to join us with your mat.** The greenhouse can be warm, so don't forget your water bottle and maybe a towel. A free will offering for Keelin to cover her time and gas is appreciated. Deep breath in, deep breath out....a time to relax and reward yourself. Our treat of choice for the week.

What's in the Box

The boxes may slightly vary this week. The cucumbers are just starting to come in nice, along with the broccoli but not quite enough for everybody to get both. So some may have **broccoli**, while others may have a **cucumber** instead. There is plenty of both coming very soon, just kind of on the bridge right now. Everyone will get **kohlrabi** this week (the thing in your box that looks like an Apollo space ship when you cut the leaves off). Just peel, slice, maybe sprinkle a little sea salt on and eat raw. These can be eaten cooked as well. Kids seem to really like these and are a nice substitute for chips. You will also get a bag of kale. **Kale** is such a nutrition dynamo! Please try to utilize it. Massaging it down with olive oil helps relax the leaf making it easier to chew in a salad mixed with romaine. You can also chop it and add it into soups, meat loaf, stir-fries, you name it. Hide it every where...even in a Breakfast smoothie. You will also get **romaine**, **green onions** and a few small **peppers**. These peppers we call the Leader peppers. They are the first pepper on the plant and by removing them early, we will increase our number of peppers on each pepper plant later. They are not that sweet yet because they have not fully ripen but will work beautifully on top a pizza, etc. You will also have a **bouquet of summer savory** in your box. This herb reminds me of the smell of spaghetti. It can be used fresh or dried. We use it on pork roast, potatoes, baked beans, on pizza..in our spaghetti sauce. Have fun with it. Enjoy your box this week.

I grow plants for many reasons: to please my eye or to please my soul, to challenge the elements or to challenge my patience, for novelty or for nostalgia, but mostly for the joy in seeing them grow.
-David Hobson

Breakfast Smoothie

2 c. chunked up watermelon
2 nice ripe peaches (organic w/ the skin)
a big handful of Kale or spinach

Blend well ~ throw in a couple of ice-cubes and blend again.

Optional: Berries, bananas, hemp seed, Chi Seed, Flax Oil, Bee Pollen, vanilla yogurt

Garlic Kale Parmesan

In large skillet in hot olive oil, sauté till slightly golden brown the following:

3 green onions (greens and all) chopped

2 chopped sweet red peppers

1 whole bulb of crushed garlic

Add finely

chopped kale (about two cups), you can discard the stems.

Sauté for a few more minutes, you may need to add more olive oil

Add:

2 tsp. onion powder

1 tsp. of sea salt

½ tsp of cumin

1 ½ cups of half and half or light cream

1 cup grated parmesan

1 T. butter

Blend and let simmer about 5 minutes or so then stir in:

Halved cherry tomatoes

Toss in about 1 pound of your favorite cooked pasta, heat through and top with a sprinkling of roasted sunflower seeds

Kale chips can be as simple as kale, olive oil and salt or dressed up like the recipe below....enjoy.

Another kid winner! Tip: keep the heat low.

All-Dressed Kale Chips from Ohsheglows.com

Vegan, gluten-free, grain-free, nut-free, refined sugar-free, soy-free

Crispy and chewy kale chips baked in the oven and seasoned to perfection. Enjoy these as a healthy alternative to potato chips.

per baking sheet:

- approx. 1/2 bunch kale leaves
- 1/2 tablespoon extra virgin olive oil or melted coconut oil
- 1.5 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 3/4 teaspoon chili powder
- 1/2 teaspoon onion powder

- 1/2 teaspoon smoked paprika
- 1/4 teaspoon fine grain sea salt or pink Himalayan sea salt
- 1/8 teaspoon cayenne pepper (optional)

Directions:

1. Preheat oven to 300F. Line a large rimmed baking sheet with parchment paper.
2. Remove leaves from the stems of the kale and roughly tear it up into large pieces. Compost the stems (or freeze for smoothies). Wash and spin the leaves until thoroughly dry.
3. Add kale leaves into a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Now sprinkle on the spices/seasonings and toss to combine.
4. Spread out the kale onto the prepared baking sheet into a single layer, being sure not to overcrowd the kale.
5. Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes more until the kale begins to firm up. The kale will look shrunken, but this is normal. I bake for 25 mins. total in my oven.
6. Cool the kale on the sheet for 3 minutes before digging in! This really makes all the difference! Enjoy immediately as they lose their crispiness with time.
7. Repeat this process for the other half of the bunch.