

# McDougal's Farm LLC

What's Growing On !

July 20th, 2017

## Farm News

The heat may be making us droop but the plants seem to be thriving in the hot weather. The broccoli is really taking off. Can't remember a year when they swelled to such big heads so quickly. The cabbage is not too far behind. The fields are *really* beautiful right now....well our version of beauty anyway. We have been staying ahead of the weeds (somewhat)... you can see the rows, plants are dark green with minimal bug damage and the veggies are beginning to swell. The flowers have perked up and are all about showing off their bling now. Over in the honey bee apiary, a fourth box has been added to each bee colony to keep up with their honey stores. The abundant wild flower crop this year certainly was convenient for them. The ponds are still filled to the brim and seem to be the go-to-place for the birds, deer and one happy farm dog. Summer has finally arrived.

This week we said "Hello" to a visiting, inspiring horticulturist who left us with some intriguing new ideas. We can't wait to implement some of them here on the farm. Most interesting concept...pumping in bubbles into the air walls of the greenhouses. The bubbles can work like a light shade cloth but can also help insulate in the winter. The insulating factor you get from a bazillion bubbles vs. just air, is suppose to be pretty remarkable. Like R-30 remarkable!...who would've guessed? We also said "Good Bye" to one of our workers that has become a good friend over the last five years. Erin is off to bigger and better things. We wish our dear friend the very best and know she is leaving with a bigger smile, a happier heart and more dirt than she came with....the gang will miss you, Erin.

### What's in the Box

This week is a broccoli week! So you will all find **broccoli** in your box along with some **cucumbers**, **green garlic** (green garlic just means it hasn't been cured or dried yet and unlike cured garlic it should be **stored in a refrigerator**) and a bag of **gourmet leaf lettuce mix**. You will also get a head of **bok choy** (check out the apple, bok choy recipe), a bag of **fresh sweet basil** and a small bag of **dill weed** and a **bouquet of parsley** . We came across a good homemade Ranch salad dressing recipe that included dill and parsley. Thought you guys may want to give it a try as well (recipes below)

### Yoga on the Farm

We will have yoga in the greenhouse again this Thursday (7/20) at 5pm with certified yoga instructor Keelin Packard. Keelin has a gentle flow style that can be adjusted to fit any fitness level. You are welcome to bring your mat and join us. Free will offering for Keelin welcome.

### The Best Homemade Ranch Salad dressing

by [barefeetinthekitchen.com](http://barefeetinthekitchen.com)

1/2 cup mayonnaise

1/2 cup sour cream

1/2 cup buttermilk or regular milk

3/4 - 1 teaspoon dried dill weed\*

1/2 teaspoon dried parsley\*

1/2 teaspoon dried chives\*

1/4 teaspoon onion powder\*

1/2 teaspoon garlic powder\*

1/4 teaspoon fine sea salt

1/8 teaspoon finely cracked pepper

freshly squeezed lemon juice to taste, approximately 1-3 teaspoons, adjust to taste

**\*When using fresh herbs use twice as much as you would if dried** Whisk together the mayo, sour cream and milk until smooth. Add the spices and whisk until combined. Add the lemon and whisk again. Pour into a jar and chill in the refrigerator until ready to serve. This dressing will keep nicely in the refrigerator for up to a week. Enjoy! Note: I frequently swap plain white vinegar for the fresh lemon juice in this recipe. Both acids work beautifully to provide the perfect amount of tang in the dressing.

## Apple Bok Choy Salad

[www.DrFuhrman.com](http://www.DrFuhrman.com)

6 cups finely chopped bok choy  
1 large apple, shredded  
1 large carrot shredded  
½ cup chopped red onion  
½ cup unsweetened soy, hemp or almond milk  
½ cup raw cashews  
or ¼ cup raw cashew butter  
¼ cup balsamic vinegar  
½ cup raisins  
1 teaspoons Dijon mustard  
1 teaspoon caraway seeds

Instruction:

Combine bok choy, apple, carrot and chopped onion in a large bowl. Blend non-dairy milk, cashews, vinegar, raisins, mustard and caraway seeds in a food processor or high powered blender. Add desired amount to chopped vegetables

Kristine Hyland says this recipe should be illegal! LOL. So EZ!

## Roasted Garlic and Broccoli

Preheat oven to 375 degrees.

Chop a head of broccoli (do not rinse immediately prior to preparing or wash and pat dry)

Mince 2-3 cloves of garlic.

Put broccoli, garlic, 2 tablespoons of olive oil and a few shakes of salt and pepper in a Ziploc bag. Shake it up!! Spread out on baking sheet, place on top rack, and bake for about 30 minutes. Broccoli will be crunchy and delicious

## Portobello & Basil Cheese Tortellini from Taste of Home (I'd add broccoli too:)

- 1 package (19 ounces) frozen cheese tortellini
- 1 pound sliced baby Portobello mushrooms
- 1 small onion, chopped
- 1/3 cup butter, cubed
- 2 garlic cloves, minced
- 1 cup reduced-sodium chicken broth
- 1 cup heavy whipping cream
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup grated Parmesan cheese
- 2 tablespoons minced fresh basil or 2 teaspoons dried basil

1. Cook tortellini according to package directions. 2. Meanwhile, in a large skillet, saute mushrooms and onion in butter until tender. Add garlic; cook 1 minute longer. Stir in broth. Bring to a boil. Reduce heat; simmer, uncovered, for 12-15 minutes or until liquid is reduced by half. 3. Add the cream, salt and pepper. Cook 4-5 minutes longer or until slightly thickened. Drain tortellini; add to skillet. Stir in cheese and basil. Yield: 4 servings.

## Classic Basil Pesto

Yield : Makes 1/3 cup

## Ingredients

- 1/2 cup basil leaves
- 4 large or 6 medium garlic cloves
- 1/3 cup shredded Romano cheese
- 3 tablespoons pine nuts
- 2 tablespoons minced parsley
- 1/2 teaspoon salt
- 1/4 cup plus 1 tbsp. extra-virgin olive oil

## How to Make It

1. Put basil in a mortar with garlic, Romano cheese, pine nuts, parsley, and salt. Pound until smooth, then add olive oil and mix until smooth. Or, whirl all ingredients in a blender. Add to your favorite cooked pasta. We love it with cherry tomatoes.