

McDougal's Farm LLC

What's Growing On!

June 14th, 2018

Farm News

Welcome everybody to the 2018 growing season! Our efforts for the last 3 months are finally starting to come together. The backfield looks like a large mosaic piece with greens and reds all beginning to show themselves. It's been a mighty push to get to this point. We cut wood, piled wood, stoked fires and kept the greenhouse warm at all cost. We planted, transplanted, watered relentlessly. Plowed, tilled, put up fence, laid down mulch and transplanted some more. Up at 4am, no weekends, we were relentless and running full throttleuntil we got the pigs. Two little turned up nose, floppy eared Pasture piglets. It was like someone put our feet in cement. We were piggy dazed as our "non-rooting" pigs completely turned over their whole pig pen in a matter of hours. Most hilarious and best tilling technique we have ever seen...gets a farmer thinking. Pulled up a log, sat down and had a beer.

Every year we like to try something new. This year besides raising a few turkeys, we decided to try our hand at sweet potatoes. They look a little iffy right now but so do our sun shocked tomato plants. Everything usually pulls out of their funk as soon as they get their toes buried in a little deeper. The romaine also suffered a little tip burn from those few 90 degree days, but that is trivial to what usually happens to romaine in heat like that. So we are feeling lucky. What else is new? Yellow carrots this year, a few new interesting tomato varieties and the "Buddy box" (or the every-other-week) box. We may need to rename that because the buddy system didn't work out...not enough "buddies" to go around at each drop site:) Everyone getting the Buddy box should have received an email with the pickup dates. If not let us know right away. **Everyone will be starting June 14th.**

The first box of the season always goes out with a thrill and a chill. We are passionate about good food, and sharing it with so many is our absolute joy. But when boxes go in so many directions to so many people, sometimes mistakes can be made, so let's make a deal. We will double check on our end (call us immediately, 715-627-4418 if there is any problems) and you guys double check on your end before you grab a box and go, we may be able to knock this one out of the park flawlessly:)

Being your trusted farmers is an honor and a privilege. Thank you for supporting, organic, local, the environment and our little farm:)

Jerry and Maydene McDougal

What's in the Box

The first box is a burst of Spring time with red **rhubarb, spinach, 2 varieties of romaine, a bundle of crispy radish 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. We also included a **chive blossom welcome bouquet**.

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 collapsed box next week to your drop site

Looking for something fun to do this weekend?

The Midwest Renewable Energy Fair (MREA) is being held in Custard (Stevens Point Area) this weekend. A true life changer for us that brought us to where we are today. It is not just about solar and wind power. This event covers almost every aspect of sustainable living and some of the best micro beers. This year they will also have "Tiny Houses" on display. They have workshops that change by the hour. Check out the whole schedule online. We placed a postcard with all the info in your box this week.

The following recipe came in from Amy J. Thanks Amy

Rhubarb BBQ Sauce

Ingredients

- 1 tsp. extra-virgin olive oil, divided
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 cups sliced rhubarb, fresh or frozen (thawed)
- 1/4 cup ketchup
- 1/4 cup packed light brown sugar
- 1 tablespoon cider vinegar
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon freshly ground pepper

Preparation

Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, until starting to soften, about 2 minutes. Add rhubarb, ketchup, brown sugar, vinegar, Worcestershire and 1/4 teaspoon pepper; stir to combine.

Bring to a simmer and cook, stirring, until the onion and rhubarb are soft, about 10 minutes.

Cover and remove from heat. I put this in the food processor or blender to puree when cooled.

(2T. serving is 1 WW points plus), I used it with pork loin and chicken.

Below is a Five star recipe from Taste of Home

Rhubarb Meringue Dessert Recipe

- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1 cup cold butter, cubed
- **FILLING:**
- 2 cups sugar
- 1/3 cup all-purpose flour
- 1 teaspoon salt
- 6 egg yolks, lightly beaten
- 1 cup heavy whipping cream
- 5 cups sliced fresh or frozen rhubarb
- **MERINGUE:**
- 6 egg whites
- 1/2 teaspoon cream of tartar
- 3/4 cup sugar
- 1 teaspoon vanilla extract

1. In a small bowl, combine flour and sugar; cut in butter until crumbly. Press into a greased 13-in. x 9-in. baking dish. Bake at 350° for 20 minutes. Cool on a wire rack.

2. In a large bowl, combine the sugar, flour and salt. Stir in egg yolks and cream. Add rhubarb. Pour over crust. Bake at 350° for 50-60 minutes or until set.

3. In a large bowl, beat egg whites and cream of tartar on medium speed until soft peaks form. Gradually beat in sugar, a tablespoon at a time, until stiff peaks form. Beat in vanilla. Spread over hot filling. Bake for 12-15 minutes or until golden brown. Cool on a wire rack. Refrigerate for 1-2 hours before serving. Refrigerate leftovers. Yield: 12-15 servings.