

McDougal's Farm LLC

What's Growing On!

June 28th, 2018

Farm News

**Reminder: No box delivery on July 5th next week,
We will resume July 12th**

A few years back, we had a very late wet Spring and were unable to harvest and were forced to take the week of the fourth of July off. We were humbled, embarrassed, stressed and disappointed. But after the initial boo-hoo session and then the "Get over yourself, so you CAN'T control the universe?" phase, we discovered it was the best thing going and we have done it every year since. Sometimes us stubborn ones need a good shove off the fence when we can't figure it out on our own. So next week will be our catch up week for the fields AND your farmers. No deliveries on July 5th. We will resume deliveries July 12th.

Out of curiosity, we added up how many transplants we put in the field *by hand* so far....over 28,000! And the whole time while we were focusing on trying to get everything in the ground, the weeds have formed a plan to take over the farm. This week's focus was... weed removal. We always feel a little *almighty* this time of year when one swipe of the hoe can drop 15-20 small weeds to their knees. They let us enjoy our weedfolly for a short time as they re-organize and comeback with a vengeance. Weedfolly - the foolish state of mind one exhibits when believing one may outsmart or beat a weed.

We had three crops that did not germinate well this Spring. All were planned for this week's box. It wasn't a total crop failure for any of them but the portion size will be lacking a bit this week for the French Breakfast radish, the Hakerei turnips and the sweet peas. But no worries, there is plenty more of each coming. The fourth planting of the peas was the charm...hope you love sweet peas.

The first two deliveries went amazingly well, so good job! We are off to a good start. Just a quick reminder to check your name off when you pick up your box (so we know who 'not' to yell at:)) and **DON'T FORGET TO RETURN YOUR BOX EVERY WEEK** when you pick up your new one.

Stay cool this weekend, it's going to be a scorcher! Good weed killing weather:) Peas and good stuff,

Jerry and Maydene

What's in the Box

This week in your box you have **kale**, a nutritional dynamo! If you find kale to be too tough for a salad, you can massage the kale leaves with olive oil making them limp and more tender. You can also increase the nutrition of any soup or casserole by simply adding chopped kale. Check out mcdougalsfarm.com for kale recipes. Besides the **French Breakfast radish**, **Hakerei Turnips** (look like white large radish, but sweeter) and **sweet peas** (edible pod...thank goodness) "sample bag", you will also get **green onions, a bundle of baby beet greens and Romaine**.

What veggie is good for what body part? Here's an ancient clue...

As we harvested your baby beet greens this week, the Doctrine of Signatures in fruits and vegetables came to mind. It is an ancient European philosophy that plants bearing parts that resembled human body parts had a direct useful relevancy to those organs or body parts they resembled. The red veins you see in your baby beet green leaves, look like blood veins...guess what beets and beets greens are good for? Here are a few more:

- a sliced carrot mimics the appearance of the pupil and iris of your eye
- celery- long bones
- avocado- uterus
- kidney beans-kidneys
- sweet potato- pancreas
- onions-body cells
- walnut-brain
- red wine-blood
- almonds-eyes
- grape clusters-lungs, also viruses

And years later after much scientific research they are finding this ancient European philosophy holds true..cool!

Upcoming farm tour for CSA members

July 21st, Saturday Farm Tour- Come see your Farm! See how we do things. Where your food comes from. Ask questions. Meet your Farmers. Tour begins in front of the big greenhouse at **1pm**. It will take about 1 hour and 15 minutes. Wear comfortable shoes. May be rescheduled if weather is rainy. This a **free** tour for our CSA members. There will be another Farm tour in August that is part of the Langlade County Sustainable Farms Tour. They are requesting a small fee for the August tour.

Warm Balsamic Kale Salad from Pinch of Yum

This warm balsamic kale salad has tons of flavor and includes sautéed mushrooms and peppers, bell peppers, and Asiago cheese.

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- 2 tablespoons butter
 - 1/4 cup diced onion
 - 1 red pepper, diced
 - 1 yellow pepper, diced
 - 8 oz. baby Portobello mushrooms, sliced
 - 4 cups kale
 - 1 teaspoon garlic, minced (can use your ramps from last week)
 - 1 tablespoon balsamic vinegar
 - 1/4 cup Asiago cheese
 - salt and pepper to taste

In a large skillet over medium heat, melt one tablespoon of butter. Add the onions and peppers; sauté for several minutes until softened. Add the mushrooms and one tablespoon butter; sauté for several minutes until browned.

Add the kale, garlic, and balsamic vinegar. Sauté until the kale is deep green but not yet wilted. Remove from heat and serve topped with Asiago or Parmesan cheese. Season with salt and pepper to taste.

Beet Greens and Kale sauteed with Bacon and Garlic

Heat olive oil in a large skillet over low heat. Cook and stir **bacon** until browned and crisp, 3 to 5 minutes. Add garlic; cook and stir until golden brown, 1 to 2 minutes.

Stir **beet** stems and **kale** into the skillet. Cover skillet and cook until **kale** wilts, about 3 minutes. Add **beet greens**.