

McDougal's Farm LLC

What's Growing On!

July 19th, 2018

Farm News

Another hot week has us scrambling with the universe sending us messages to keep it moving regardless of the heat. On a bench by the pond are the words "Dare to be Still", but with heavy, two inch irrigating hose looped over it, the last couple words are covered and it seems to be saying, "Don't even think about being still....keep watering." One of our favorite places for a little reprieve is our front porch. After a long hot day we headed out with two cold drinks. Plopped down on my favorite cushy chair and surprise!, found the cushion full of hornets...we both weren't as exhausted as we thought and were back in the house in record time. So another message to keep it moving. So onward little soldiers.

The spinach and some of the romaine took a digger this week. Greens are the first to go in the heat. We decided to pull the rest and get it in the cooler...not a bad place to be these days:) The other nice place to be?...under the sprinklers. We gave a tour this week to a group of *young* adults and completely lost them to the sprinklers. Love that kind of energy and laughter in the fields. Did us all good.

As we dipped your romaine in an ice bath this week, we came across this adorable little hitchhiker (tiny toad). He is here to remind us to "Wash our veggies!" He may not be salad worthy but certainly picture perfect.

This Saturday 7/21 is the Farm Tour for CSA farm members and their families. The fields are beautiful right now. Come see where your food comes from and meet your farmers and give us the opportunity to meet you. Meet in front of the big greenhouse at 1 pm. Tour will take about an hour. If it's raining on Saturday, tour will be rescheduled to Sunday (next day) at 1pm. Hope to see you there.

Stay Cool,
Jerry and Maydene

What's in the Box

This week in your box you will find **Swiss Chard, Sweet Basil, Cherry tomatoes** (cherry tomatoes in standard boxes only this week), **Icicle and Cherriette radish, Romaine, Red stem turnips, cucumbers and kohlrabi.** The large shares will also get **peas and zucchinis.**

Rigatoni Chard Toss

from **Taste of Home** shared by HOLLY:)

- 8 ounces uncooked rigatoni or large tube pasta
- 2 tablespoons olive oil
- 1 bunch Swiss chard, coarsely chopped
- 1 small onion, thinly sliced
- 2 garlic cloves, minced
- 3 medium tomatoes, chopped
- 1 can (15 ounces) white kidney or cannellini beans, rinsed and drained
- 1/2 teaspoon salt
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon fennel seed, crushed
- 1/8 teaspoon pepper
- 1/4 cup minced fresh basil
- 1/2 cup grated Parmesan cheese

Cook rigatoni according to package directions. Meanwhile, in a large skillet, heat oil over medium-high heat. Add Swiss chard and onion; cook and stir 4 minutes. Add garlic; cook 2 minutes longer. Stir in tomatoes, beans, salt, pepper flakes, fennel and pepper. Cook 3-4 minutes longer or until chard is tender. Drain rigatoni, reserving 1/4 cup pasta water. Add rigatoni, pasta water and basil to skillet; toss to combine. Serve with cheese.

Radish Dip

from cdkitchen.com

Ingredients:

8 ounces cream cheese
1 tablespoon lemon juice (room temp)
1 cup finely chopped radishes
1 clove garlic (minced)
1 tablespoon chopped fresh dill weed
OR
1 teaspoon dry dill weed

Directions:

Mix well. Refrigerate several hours before serving