

# McDougal's Farm LLC

What's Growing On!

July 26th, 2018

## Farm News

Plants are amazing! As we wilt in the middle of the field, they continue to thrive. The squash field is the most remarkable. Lush, green, with bright yellow blossoms 8 inches across. Of all the fields, this is the one where the bees hang out the most. In and out of those magnificent blossoms. Can't even imagine what that might feel like to walk into one of them. But what is really remarkable is, these squash plants have not been watered since they have been planted almost 2 months ago with very little rain fall. So what's their magic? Their perfect design. In the early morning you will find their leaves puckered up forming a shallow cup. The heavy morning dew gathers there and then dribbles down their stem, landing at the base of the plant, exactly where the plant needs it....not a drop wasted. The sweet corn is a pro at this as well. Plants have been adapting right along...unlike us humans who are still pretty attached to our faucets.

We had a couple little pairs of extra helping hands this week on the farm, Audrey and Zowie. While Audrey found good use of a trailer full of weeds and bolted romaine (a lettuce bed fit for a young princess), Zowie was drawn to a flower actually called the "Zowie". Both brought a lot of fun to the field and both good little workers.

All at once the tomatoes have begun to appear. Hopefully you will start seeing them in your boxes next week! The broccoli and green beans have exploded, (you'll see them both in this week's box) and the green cabbage heads will be ready for picking next week already. Send us your favorite cabbage recipes if you have one. Considering the intense, relentless heat this year, things are looking good on the surface. We will see soon if the dry conditions affected our "under the ground" crops. Beets are not far off and we are hoping there will be plenty of baby reds under those beautiful blossom covered potato plants. Keep your fingers crossed because potatoes really *do* need water. We hear rain is coming our way...think soft gentle rains over your farm ...for like 5 hours:) From 20 inches of snow, to 5.5 inches of rain, to drought in just a couple months....keeps us farmers guessing and humble.

Have a great week folks, enjoy your box.

*Jerry and Maydene*

### What's in the Box

Packed with goodies this week! You will find **green beans, broccoli, fresh garlic, onions, Napa cabbage, cucumbers, a bouquet of Summer savory** (can be dried, chopped, then frozen or used fresh...great on pizza), **a baggie of fresh dill** (also can

be chopped and frozen), **romaine, zucchini** (recipes at [mcdougalsfarm.com](http://mcdougalsfarm.com)) and the large shares will have **red radish** also.

## **Summer Savory and Garlic Green Beans** Lifesambrosia.com

- Ice
- 2 tablespoons olive oil
- 1 1/2 pounds trimmed green beans
- 3 cloves garlic, minced
- 1 tablespoon fresh summer savory removed from stem
- Salt and pepper

1. Fill a large bowl with cold water and ice.
2. Bring a large pot of water to boil. Once boiling salt liberally and add in green beans. Cook 3 - 4 minutes or just until bright green.
3. Use a slotted spoon to transfer beans to ice bath to stop cooking process. Once cool, remove and pat dry.
4. Heat oil in a skillet over medium-high heat. Add beans, cook 3 - 5 minutes or until beans are tender but crisp. Add in garlic and summer savory. Cook just until garlic becomes fragrant, about a minute. Season to taste with salt and pepper and serve.

## **Asian Beef, Broccoli, and Cabbage Stir-Fry** from Julia's Album

Asian Ground Beef, Broccoli, and Cabbage Stir-Fry - Gluten free recipe made with Tamari sauce. Cabbage is cooked in a simple homemade Asian sauce until soft and very flavorful!

- 1 tablespoon olive oil
- 1/2 pound ground beef
- 1 head Napa cabbage , finely chopped
- 4 garlic cloves, minced
- 1 cup broccoli, cooked, finely chopped
- 1/4 cup tamari sauce (use less if using regular soy sauce)
- 1/2 teaspoon ginger
- 1 tablespoon sesame oil
- 3/4 cup water
- 1 tablespoon cornstarch

### **Instructions**

1. Heat olive oil in a large skillet on medium heat. Add ground beef and cook until cooked through. Drain any fat or liquid.
2. To the same skillet, add chopped cabbage and garlic. Cook until cabbage is tender and reduces in volume. Stir in cooked (or blanched) broccoli.
3. Add tamari sauce, ginger, and sesame oil and stir to combine - on medium heat.
4. In a small bowl, combine 3/4 cup water with 1 tablespoon cornstarch - and mix it in the bowl until smooth. Add the corn starch water to the skillet, mix with cabbage and cook on medium heat until heated through and sauce somewhat thickens, constantly stirring.
5. Season with salt if necessary.

## **Easy Cucumber Dill Dip** from meatloaf and melodrama

A cool, creamy dip made with fresh dill, cucumbers and a little bit of sriracha sauce for extra flavor. It's perfect for potlucks, parties and picnics!

- 1 8-oz package cream cheese, softened
- 1 cup mayonnaise
- 2 teaspoons chopped fresh dill
- 1 large cucumber, peeled, seeded and chopped
- 1 teaspoons dried minced onions
- 1 tablespoon lemon juice
- 1 teaspoon sriracha sauce
- 1/2 teaspoon sea salt

1. In a medium-sized bowl, beat the cream cheese with a hand mixer until smooth
2. Add the mayonnaise, and beat until creamy
3. Stir in the remaining ingredients, cover and refrigerate until ready to serve

The flavors are even better after the dip sits in the fridge for a little while.

## How to Freeze Green Beans

**Step 1:** Trim green bean ends

**Step 2:** Cut the beans into bite-size pieces

**Step 3:** Blanch the green beans

Bring a large pot of water to boiling. Allow 1 gallon of water per pound of green beans

Fill a large bowl or sink with ice water.

Working in batches, carefully lower the green beans into the boiling water.

Boil small beans for 2 minutes, medium beans for 3 minutes, and large beans for 4 minutes.

Cool the beans quickly by plunging them into ice water.

After the beans have cooled, drain them from the ice water.

**Step 4:** Pack the drained beans into freezer containers or bags.

Shake each bag or container to compact the beans.

Add more beans, leaving a 1/2-inch headspace, squeeze out the air.

**Step 5:** Label each container or bag with its contents, amount, and date. Lay bags flat; add bags or containers to freezer in batches to make sure they freeze quickly. When frozen solid, the bags or containers can be placed closer together. Use frozen green beans within 8 to 10 months.