

McDougal's Farm LLC

What's Growing On!

August 23rd, 2018

Farm News

One of my Mother's Golden Rules was, "Leave it better than you found it.". It was not unusual to go for a picnic and end up picking up everybody else's garbage. She was meticulous about the way our cabin/campsite was left...for the next guy. She would even go as far as leaving canned-goods in the cupboard, in case the person who breaks into our cabin is starving....maybe even leave him a coat. She practiced what she preached. So when asked this week, what does sustainable farming mean to us, this all came flooding back. "Leave it better than you found it."...for the next generation. We need to think bigger and further out there. We need to be respectful to the soil today so it can continue to work its magic tomorrow. **This weekend is the Sustainable Farm Tour** and it is truly a privilege to stand with this fine group of local sustainable farmers as we share our farms and dreams of tomorrow with you. Pack a picnic and spend the day with us. More information at mcdougalsfarm.com.

Because we think we happen to have the best, of the best foodies in our circle of farm friends, we thought we would share some information on Sustainable raised beef and pork in the area....the following farms gets the two thumbs up from McDougal's Farm...

- The **White Bison Farm** (whitebisonfarm.com, 715-674-2287 or apache_jg@yahoo.com) located in Laona Wis. offers pasture raised Bison and Pork, free range chickens and rabbit. Dave and Jodi are wonderful people to deal with and you can tell they love their animals and their family farm life...the way it should be.
- The **Pierce Family Livestock LLC**. (715-216-5296, piercefamilyfarm6@gmail.com or on facebook) If you have been to the Antigo Farm market, you are familiar with the popular Pierce Family booth. They too raise their pork and beef on green pastures and smiles. They also offer beef sticks, bacon and so much more..check them out.
- The **Igl Farm** (715-627-7888) is located on Antigo's North side. The Igl farm is one of the largest organic potato farms in the state of Wis. and home to a beautiful beef herd. The Igl farm will be open to tour this Saturday if you would like to speak with them directly as to how their beef is raised.

Glad to connect the dots between your family and pure food. As sustainable farmers we have dreams as how things should and could be.....nothing but a dream, a big heavy log going nowhere....until people like you come together and start rolling that baby! We all play a valuable part on this planet. We *can* "leave it better than we found it". There is power in our food choices,

Enjoy the week folks:)

Jerry and Maydene

PS The farm is toasted to a crisp and Madison sits under 2 feet of water...We're not talking about the weather any more. We will not give it any more power!!.....frustrated in Deerbrook!

What's in the Box

After ten years we finally pulled it off...enough melons ripe at the same time to put in the boxes! So this week besides a **watermelon or muskmelon** you will also get a **spaghetti squash, slicer tomatoes, green beans, onions, garlic, kale and cilantro** (check out the Black Bean Salsa recipe at mcdougalsfarm.com). The large boxes will also get **cauliflower**. **Coming up soon SWEET CORN!!!:))))))**

A friendly box suggestion: If you are having trouble remembering to return your box every week, how about bringing a canvas bag for your veggies and leaving the box at the site? This would help us out as well....running out of boxes already.

Spaghetti Squash I from Allrecipes

"The flesh of spaghetti squash comes out in long strands, very much resembling the noodles for which it is named. In this recipe, the 'noodles' are tossed with vegetables and feta cheese. You can substitute different vegetables, but be sure to use ones that have contrasting colors."

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.
4. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.