

McDougal's Farm LLC

What's Growing On!

August 2nd, 2018

Farm News

We love this time of year, so much easier on the nerves. Instead of "Is there enough of that to put in the boxes yet?" or "Is it big enough?", the question now is; "What *has* to go into the box this week?". Our choices are endless...We love it...so American. We find these great recipes and we want to pack every ingredient in your box. Not a problem until it comes time to close them. We have some bulky, big hitters this week, like the cabbage and broccoli, so we need to control ourselves. You will notice the boxes are getting quite a bit heavier

The fields are doing well. The tomato plants are growing quickly and have a Medusa thing going on. The squash field has become one big happy snarl and we can't wait to see what's under them carrot tops. We peeked under the potatoes and the baby reds are ready!...next week, no room in the box this week

While most crops are still lush and green, the garlic that was planted last September is turning yellow...that means harvest time!! We will be pulling the rest of our garlic bulbs this week and start the curing process. The largest bulbs are always reserved for next year's seed...actually this September they will go in. September is officially the beginning of our 2019 growing season. But not so fast, let's enjoy August. Which reminds us....

August 25th is the Sustainable Farm Tour in Langlade County. You can chose three of 6 different sustainable type farms to visit; a dairy, a vegetable, an apple orchard, a hydroponic business, a potato/beef or a tree/maple syrup farm. You guessed it, McDougal's Farm is the vegetable farm. Tours times are 9am, 11am, and 2pm. Tour cost \$5. and tickets can be purchased at Sweet Thyme or the Green Hen in Antigo. More information can be found at <https://conta.cc/2I0s7y4> or at the Antigo Chamber of Commerce.

Thank you everybody for the great response on the extra beans! We were able to find good homes for 150 extra pounds of beans while they were still fresh. If you purchased beans, be sure to pick them up at your drop site Thursday. They will be off to the side with your name on them and a purple BEANS tag. We'll apologize right now if you're the one that gets all the way home to find you have nothing but beans in your veggie box this week....oops wrong pile:)

Have a good weekend folks ...enjoy the bounties of summer. We sure are.

Jerry and Maydene

PS. PLEASE REMEMBER TO RETURN YOUR BOXES and carefully collapse them being careful not to tear them, this weakens them and we have some heavy weeks ahead of us.

PSS. One of the perks of this job is we get credit for growing cute healthy babies. Thought we would share Zara, one of our CSA box loving girls eating her kale chips. Way to go Zara!!

What's in the Box

It's a heavy one, this week in your box you will get a green cabbage, garlic, zucchini, cucumbers, tomatoes, cilantro, broccoli, romaine, sweet peas and packer backer beans (green and yellow beans).

Tomato, Corn, and Quinoa Bowl with Kale and Avocado from Tastefood.com

Dressing:

**2 tablespoons lime juice
1 tablespoon balsamic vinegar
1 small garlic clove
1 teaspoon Dijon mustard
1 teaspoon honey
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
Dash of hot sauce, such as Tabasco
1/2 cup extra-virgin olive oil**

Salad:

**1 small bunch Tuscan/Lacinato kale, ribs removed, torn into bite-size pieces
Extra-virgin olive oil
Salt
3 scallions, white and green parts thinly sliced
2 ears of corn, husked, kernels cut from the cobs
1 red bell pepper, diced
1 poblano pepper, diced
1 cup cherry or grape tomatoes, halved
1/2 cup tricolor or red quinoa, cooked and cooled
1 small handful Italian parsley leaves, chopped, about 1/2 cup
1 small handful cilantro leaves, chopped, about 1/2 cup
1 avocado, cut into 1/2 inch pieces**

1. Whisk all of the dressing ingredients, except the oil, until blended. Add the oil in a steady stream, whisking constantly to emulsify.

2. Place the kale in a large bowl. Lightly drizzle with oil and a sprinkle of salt. Rub the

leaves until thoroughly coated, about 1 minute.

3. Combine all of the remaining salad ingredients, except the avocado, in a separate bowl. Pour 1/4 cup of the dressing over the salad and gently stir to combine. Mound the salad over the kale. (Or divide between individual serving bowls.) Top with avocado and drizzle with additional dressing to taste.

BLT Pasta Salad from spendwithpennies.com

- 10 slices bacon cooked and diced, grease reserved
 - 12 oz pasta cooked and cooled
 - 1/2 cup mayonnaise
 - 3/4 cup [ranch](#) dressing homemade ranch is best
 - 1 1/2 cup diced tomatoes
 - 1/2 avocado diced
 - 1 cup cheddar cheese shredded
 - 1/3 cup red onion diced
 - 1 cup romaine lettuce
 - fresh parsley for garnish optional
1. Whisk together mayonnaise, ranch dressing and 1 tablespoon bacon grease (optional).
 2. In a large bowl assemble the pasta, tomatoes, avocado, cheese, red onion, lettuce and bacon.
 3. Pour the dressing over and toss to combine.
 4. Garnish with parsley and serve.

My favorite coleslaw recipe! The secret is the lemon juice so don't make it without. Somehow it gives it a pineapple taste...no kidding.

Cabbage Coleslaw (KFC knock-off)

1/4 cup buttermilk

1/2 cup mayonnaise

1-1/2 T. vinegar

2T. lemon juice

1/3 cup(or less) sugar

1/2 tsp salt

1/8 tsp. black pepper

1/2 tsp celery salt

1 head of green cabbage, shredded

Mix together first 8 ingredients and then pour over shredded cabbage. Can also add shredded carrots or kohlrabi