

McDougal's Farm LLC

What's Growing On!

August 9th, 2018

Farm News

The cabbages always herald in the heavy lifting. From here on out, expect those boxes only to get heavier and this week is no exception. The colors become more vibrant and varied and the sugar content of the veggies begin to shoot for the moon. What a nice coincidence that late summer veggies pack more energy, just as our bodies need more energy to lug them around. 1300pounds of veggies will get moved this week's to get the veggie boxes out the door. We don't do this alone, it is definitely a team effort and it is all done in a very timely fashion.

Holly and **Mary** pull in early Tuesday morning and work till noon. Mary is new to the farm this year and is learning all about hamstrings and upper body strength...she has been a trooper...never a complaint. Holly is a seasoned veteran on the farm and could (and would) run the place if she had to. Early Wednesday morning **Sarah** and **Elise** roll in. We pull out the harvest plan and get going....we have until noon. Sarah brings the calm (a necessity) to the field and Elise, an indestructible good nature. We have tried to break her with pestilence, wind, rain and a searing blaze....still smiling and a hell of a good worker. Then there is **Ashlyn**. Ashlyn is truly a committed volunteer, as she even sports a permanent tattoo specifically designed to match the color of McDougal's Farm kale! She also honors us with midmorning break-out stretch sessions among the rutabagas:) The lifting does not end even after the produce leaves the field. Early Thursday morning, Jerry and I pack the boxes and then sort them to the different drop site locations. We then text our drivers, "the boxes are ready:)" and within 15 minutes they start rolling in. But **Kimmy**, who has been with us like...forever, has this innate, uncanny sense to show up early on just those mornings when we need some added hustle...and she hustles! **Heather** is our farthest traveler. She delivers north to Rhinelander and sometimes returns with Bessey's Meat Markets famous brats:). **Cindy** and **Barb** pack more veggie boxes into their little blue Bug than we ever thought possible and then off to Merrill they go. Jerry and I pack up the rest and head to town...one last lift. Our appreciation for our team grows as our bumper drops lower every week.

Enjoy the abundance!!!

Jerry and Maydene

What's in the Box

This week in your box you will find **Broccoli, new potatoes, kossak (large kohlrabi), kale, beets, onions, zucchini, romaine, the last radish of the season and cucumbers**. The large shares will also get **cauliflower**...more for everybody next week. You will also find a Sustainable Farm Tour brochure.

Upcoming Sustainable Farm Tour

The enclosed brochure does a beautiful job explaining the upcoming Sustainable Farm Tour and what it all includes. Please note there will be a picnic area on each farm if you wish to pack a lunch and spread a blanket. As you can see the main objective to these tours will be education and awareness, however McDougal's Farm will also host a small farm market set up in the packing shed. This will be open for sales *following* each tour. We will have trial CSA boxes (with recipes to go with) available for non-members that may want to give it a try. We will also have other farm products like fresh produce, flowers, maple syrup, soaps, etc. available. Come see us August 25.

A few Beet hints

Two EZ ways to peel beets and a sneaky way to get your kids to eat them:

1) Rinse your beets off. Leave on roots, skins and 1 inch of stem (this helps retain the color). Throw into a large kettle of water and cover. Bring to a boil and simmer until you can stick a fork into the beets. Drain off the hot water and then throw the beets into a sink of cold water. The beet skins will slip right off.

or

2) wrap your beets in tin foil and bake at 350 until you can pierce with a fork. Cool down and skins will slip right off

3) In a hurry? Wash, cut in small chunks, boil til tender, put in cold water...separate out the peel.

4) Check out our Beet Chocolate Cake recipe at mcdougalsfarm.com

Broccoli Salad

3 cups broccoli florets

1 cup raisins

10 slices bacon (fried, crumbled) or ½ cup bacon bits

½ cup red onion (diced)

½ cup raw sunflower seeds

½ cup cheese (shredded; optional)

Mix together in a large bowl. Set aside.

2 tbs sugar

1 tbs apple cider vinegar

¾ cup plain yogurt or mayonnaise

Combine sugar and vinegar and stir to dissolve. Stir in yogurt until well blended. Pour over the broccoli mixture and stir together.

Cucumber Limeade from Jodi H.

1 cucumber (1 Pound)

1 -1/2 cups water

1/4 cup sugar

juice of 1 lime

1/4 teaspoon coarse salt

1 cup ice cubes

Peel cucumber, remove seeds. Coarsely chop and combine in a blender with water, sugar, lime juice, coarse salt, and ice cubes; blend until smooth. Serve over ice, garnish with cucumber spears.

May's Breakfast Blueberry Zucchini Bread w/ Flax

Preheat oven to 325 degrees

1 cup oil
1 ½ cup sugar
3 eggs
2 2/3 cup flour
1/3 cup flax meal
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
2 cups grated zucchini
1 cup blueberries

Blend oil, sugar and eggs well. Add flour, flax meal, salt, baking soda, baking powder and cinnamon and mix well. Stir in the grated zucchini and blueberries. Spread into 2 well greased bread loaf pans and bake for 1 hour and 15 minutes or until the center is firm to the touch. You can also make this into cupcake form for a quick breakfast on the go, just make sure you decrease your baking time

Kale Potato Soup

1 large bunch kale (chopped)

Steam and set aside. (Don't try to cook it with the potatoes; the flavor will be too strong.)

1 Tbls. butter

1 large onion (chopped)

1 clove garlic (minced)

Melt butter in soup pot. Add onion and sauté until golden. Add garlic and sauté another minute.

2 large potatoes

2 cups hot water or broth

Add, bring to boil, reduce heat and simmer until potatoes are soft. Remove half of the cooked potatoes; puree the rest with the cooking liquid and return to the soup pot. Return reserved potatoes and steamed kale to soup pot. (Puree everything if a smooth texture is desired.)

3 cups water or broth

1.2 tsp salt or to taste

Pepper to taste

Add along with additional hot water or milk to preferred consistency. Heat gently until hot and serve.