

# McDougal's Farm LLC

What's Growing On!

April 5, 2019

## Farm News

What's going on, on the farm right now? With snow banks still 6 ft deep over our Spring rhubarb patch, you would think *nothing*. But that couldn't be further from the truth. Our plantings have already out grown two greenhouses, with the third to be tapped into tomorrow. This week 2000 peppers were transplanted up, the second crop of broccoli, cauliflower and cabbage were seeded, along with lots of flowers. The germination speed the last couple of weeks, has been incomparable to any other year. We have seed popping up in two days!! It's like the plants know something....we're hoping it's not, "The season is going to be short, so we need to *move it!*" :)

The midnight strolls to the greenhouse to chuck wood continues and our humongo' wood pile has dwindled to just a single row. Probably should be concerned, but can't help feeling happy about it:) Woodstove reload alarms in the middle of the night are not cool. Sitting under the moon one night while I was stuffing the wood eating beast, a little ditty came to mind:

*How much wood,  
could a 'Dougal chuck,  
if a 'Dougal chucked wood,  
all night long?*

Answer...more than you could imagine. There were nights in March that the germinating table was 100 degrees different than the temperatures outside the big plastic bubble. Maybe the seeds are popping up faster this year because they are just dang happy to be inside.

Field work looks like something we don't need to worry about this week but **it is time** to get your sign up form in if you are interested in joining our CSA for the 2019 growing season...time is running out and so are the slots to be filled. The sign ups are coming in daily now...you guys have no idea how grateful we are for these early sign ups. Yes, the monetary end of this is great to cover all the expenses right now, but what we are shorter on is *time*, once May strikes. So if you love your farmers, please consider humoring us and getting your paperwork in. In return, we will do our absolute *best* to give you the finest CSA experience we can this summer.

## Big News! Rhinelander drop site change

The Rhinelander drop site has changed from **Bessey's Meat Market** to **Advanced Health** located at 401 S. Pelham St. (Just a block off Courtney St.). **We are so grateful to Glen Bessey and his great crew for hosting us the past few years.** They have done a great job! But as Glen's growing business expands, and our numbers increase, it left us both a little short on room. **Dr. Ida Bergman of Advanced Health was quick to give us a new home...thank you Dr. Ida:**) Together we will find a location at the clinic that is convenient for everyone. We want to

remind everyone to collapse their boxes carefully before returning them. This will help keep Advanced Health's reception area neat and tidy and show them our respect and gratitude.

## Cooking Sexy

Cooking together can be a very intimate part of the day. In our household, it is the last meal of the day. It can be looked at as yet another chore to be completed before you collapse into a chair OR a mindful unwinding event that can be shared. Add a glass of wine, another pair of hands, good company and a big sexy knife...supper prep can be something to look forward to...and should be. Food is our life force, we love it, desire it, think about it during the day. The thought of food can excite us into salivating before the spoon ever hits our mouth. Food is an event that should be shared not just for the nutrition, but the psyche of it...the unseen pleasure contribution of the brain. The heart has something else important to add...

When our youngest had friends over, they would always request homemade granola bars. What was different about this recipe (below)? The kids played an important role....after all the ingredients were placed in the bowl, they added the *love*. Which means 6 eager little hands in one big Mix and Fix bowl...together, mixing, squishing, giggling. A perfect example of that missing ingredient you usually only get in home cooking.

Studies have shown that families that share mealtime together stay more connected, and if they are *home* cooked meals, have better health in general (I think it's the *love*). Another study found that 40 % of American families eat dinner together only 3 or fewer times a week! Hard to believe, but if it is correct, what a missed opportunity for the American family. Let's turn this boat! Bring back home cooking and family mealtime. Embrace your CSA box this summer with a sexy attitude!

### Thrifty Granola Bars

From the Green Hen aka Natural Living

2 c. rolled oats  
¾ c. packed brown sugar  
¼ c. wheat germ  
¼ c. milled flax seed  
¾ teas. Cinnamon  
1c. whole wheat flour  
¾ c. chocolate chips or raisins (optional)  
½ unsweetened coconut flakes  
¾ teas. Salt  
½ c. honey or maple syrup  
1 egg, beaten  
½ c coconut oil or butter  
2 teas. Vanilla extract

Preheat oven to 350 degrees. Grease a 9x 13 pan. In large bowl hand mix (with love) all the ingredients till moist through. Put into pan, use a roller or pat evenly to make them flat. Bake only till edges turn lightly brown.(about 18 minutes.) Cool 5 minutes and then cut while they are still warm.

