

McDougal's Farm LLC

What's Growing On!

June 13th, 2019

Farm News

Welcome to the 2019 growing season!! Officially one of the most bazaar since we started. Our fields are planted (YAY)...AND there is still a snow bank in our backyard! The snow bank is under a sawdust pile, but still, bazaar! We have also learned the power of intention this Spring and how careful we need to be with our wording. Our intention was simply, "May it rain every time we transplant this season". We have put in over 30,000 transplants and we believe it has rain all 30,000 times! The fields are soggy but there are no dead transplants from lack of water this year. No dead weeds either, we might add.

The seeds are beginning to pop and you can make out the rows in the backfield. Germination wasn't excellent this Spring, but fair. This was due to the late, cooler, soil temperatures when we planted. We could have put off planting, but patient farmers we are not. When it's go time, it's hard for anyone to be around us (or in front of us). We eat fast, talk fast, plant fast, walk fast, sleep fast, plant fast and plant some more! All fired up and totally obnoxious! This week we welcomed in our farm helpers. Not sure what they found harder to deal with; their new found muscles or us two hyper farmers. Regardless, they are a great bunch and we are truly looking forward to working with them this summer. Your veggies are in good hands!!

While new life is popping up all over the farm and the baby chicks and curly pigs have settled in, life beneath the row cover for a sweet potato has not been easy. We are pretty sure all the sweet potato slips took a digger. They are very sensitive to cold (even protected) and they have had their share of cold nights. We'll keep an eye on them for you. Three other sensitive crops...the squash, peppers and tomatoes. Tonight it will get down to 38 degrees. Keep your fingers crossed it doesn't drop any further. On the positive side, maybe the cold will reduce the mosquito population.

Food is a powerful thing. It is key to good health. And when you choose to eat in a way that is good for you AND the planet....that's huge! Thank you for joining our CSA this summer and allowing us to be your trusted farmers.

Jerry and Maydene

What's in the Box

The first burst of Spring!! and it's about time:) This week you will find the first pickings of Spring....**crispy radish, fresh romaine, green onions, spinach and rhubarb**. You will also find a little **welcome chive bouquet**. Enjoy!

Don't be Poo-Pooing your radish!

Maybe the last thing usually left on the veggie platter, but the **radish** should not to be ignored! Adding more **radishes** to your diet could help lower your blood pressure, cleanse your kidneys, and improve your hydration. Radishes are also good for your liver and stomach as they act as powerful detoxifiers and help aid in digestion.

NOTE from your farmers: As your growers, we sometimes have to make choices for you. One of our choices is to not spray the radish greens, the part most people discard anyway. Every time you spray a pesticide (even organic), it has the power to kill your beneficial insects and bio-life.

Wash those veggies!

Though the veggies in your box may look clean, they have only been "field washed", meaning; wash just enough to get the mud off. The romaine is grown under row cover so it looks clean but has not been washed at all. Later in the season you may even get some root vegetables with the dirt on them. We are not just being lazy, we have found root crops in particular, store longer and retain more of their nutrient with some of the dirt left on them to help seal them.

Just a reminder: The boxes grow, as the season goes. Though the first few boxes may be light, they do get much heavier with more variety as the summer progresses. Stay tuned

***Please return your clean collapsed box next week to your drop site**

"If you are eating in a way that's good for your planet, and good for your community, it kind of forces you to eat in a way that's good for your personal health." -Dr. Dan Kalish

Strawberry Rhubarb Crisp

from Wellplated.com

- 1 pound strawberries — hulled and quartered
- 1 pound rhubarb — cut into 1/2-inch dice (about 4 or 5 stalks)
- 2 tablespoons all purpose flour
- 1/3 cup honey
- 1/2 orange — zested and juiced
- 1 tablespoon vanilla extract

FOR THE TOPPING:

- 3/4 cup old fashioned rolled oats
- 2/3 cup white whole wheat flour — or all purpose flour
- 1/4 cup shredded sweetened coconut
- 1/4 cup light brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon kosher salt
- 1/4 cup plain yogurt
- 1/4 cup cold unsalted butter — cut into small, thin pieces
- Vanilla ice cream — or yogurt for serving

Place rack in the center of the oven and preheat oven to 350 degrees. Place the strawberries and rhubarb into a 9x9-inch or other similarly sized baking dish, then sprinkle the flour over the top. Add the honey, orange zest, orange juice, and vanilla extract. Stir gently to combine and evenly coat the strawberries and rhubarb.

In a large bowl, stir together the oats, white whole wheat flour, coconut, brown sugar, cinnamon, and salt. Add the Greek yogurt and stir until the ingredients are somewhat moistened, then add the butter. Working quickly with your fingers, rub in the butter, until it is in small pieces about the size of your thumbnail (some pieces will be larger than others). Break the topping mixture over the fruit, placing it so that the fruit is lightly and evenly covered (some fruit may show through).

Bake the crisp for 50 to 55 minutes, until the filling is bubbly at the edges and the top is light golden brown. Let rest for 5 to 10 minutes. Serve warm, topped with vanilla ice cream or yogurt as desired.

Spinach Dip

- 2 cups finely chopped fresh spinach
- 1/2 med sweet onion chopped fine or use your green onions
- 1 tsp. red wine vinegar or Brags vinegar
- 1 tsp. of sugar or honey
- 1/2 c. Miracle Whip salad dressing
- 1/2 c. Hellman's salad dressing

Directions: Chop spinach and onion very fine. Add vinegar, sugar and salad dressings and refrigerate. This recipe is about the veggies, not the filler. It is much greener and healthier than the store bought spinach dip.