

McDougal's Farm LLC

What's Growing On!

June 20th, 2019

Farm News

It was another soggy week but we were still able to move forward with the last of the transplants going in! A couple of weeks ago we covered several beds with plastic mulch. This helps warm the soil but it also gives us the option to continue to plant on rainy days when the rest of the field is too wet. We pop holes through the plastic and place the transplant roots into warm drier soil. But it occurred to us this week, as the rain continued to fall, and we were completely covered in mud, with no concern about our *own* feet, that they may have the edge on us. "Vegetables Rule Here!".

Another option we have when it rains, is to work in the Hoop Houses. This week the hoop houses were cleaned out and replanted for the second time with the help of our wonderful crew!! This time, the peppers and tomatoes went in. Unlike other vegetables, these two crops thrive in the heat of the hoop houses, even with their sides up, they are uncomfortably warm in the summer. Picking cherry tomatoes midsummer can make anyone wilt. If only we could transfer some of that heat into the cool damp soil right now. Our sweet corn could certainly use it and it looks like we will be reseeding some of the root crops that don't like cool damp starts either. One of the items planned for this week's box (red stem turnips) didn't make it in time due to the cold start. We heard one farmer say he figured the season was about a week behind according to the soil temps, another said, "two weeks". I suppose we could have postponed the season a week or two but we have lived in Wisconsin long enough to know she can bounce up to 90 degrees by next week....all a guessing game. The box may be a little lighter this week. Nothing lost though. All up ahead, just need to be patient. Remember, they're the boss! We don't control them, ...they control us:) The boxes do get much heavier as we go. Soon we will be trying to figure out how to get them closed.

Here's to a healthy, bountiful, beautiful, full box season up ahead.

Jerry and Maydene

What's in the Box

This week in your box you will find a bag of **gourmet leaf lettuce**. Here's a leaf lettuce tip from my sister: Let it sit in a sink of ice cold water for 20 minutes to bring it back to peak crispness and flavor, then drain. pat dry, never store wet. You will also find a **bundle of green onions**, a Rosebud (my name for it) head

of **Romaine** and **Palco Spinach**!! If you aren't a spinach person, still give this one a try. Has a sweet, mild flavor and is a POWER HOUSE of nutrition! You will *feel* it. Great in breakfast smoothies. You will also get a **mint plant**. This is our way of saying, "Thank you for your patience as the crops take their sweet time this year!". Mint grows quickly and can fill a hanging basket in no time. We keep all our mints in hanging baskets to keep them from touching the ground (they spread). Some of the mints in this week's box; Strawberry, Mojito (hope you get this one, Darlene), Chocolate or Peppermint. They all make wonderful teas or can be added to refreshing summer drinks. Mint also aids in digestion and is a symbol of protection of illness and warm feelings. The large shares will also get **Bok Choy**. Enjoy.

Spinach Penne Salad

from Taste of Home

- 1 package (16 ounces) uncooked whole wheat penne pasta
- **VINAIGRETTE:**
- 1/2 cup olive oil
- 1/2 cup white wine vinegar
- 1/3 cup grated Parmesan cheese
- 1 tablespoon Dijon mustard
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- **SALAD:**
- 1 package (6 ounces) fresh baby spinach
- 3 medium tomatoes, seeded and chopped
- 3/4 cup (6 ounces) crumbled feta cheese
- 4 green onions, thinly sliced
- 1/2 cup sliced ripe or Greek olives

1. In a Dutch oven, cook pasta according to package directions. Drain and rinse in cold water; drain again.

2. Meanwhile, in a small bowl, whisk the vinaigrette ingredients. In a large bowl, combine the pasta, spinach, tomatoes, feta cheese, onions and olives. Add vinaigrette; toss to coat. Serve immediately.

Apple Lettuce Salad from Taste of Home

Can be downsized. This recipe serves 12

- 1/2 cup unsweetened apple juice
- 2 tablespoons lemon juice
- 2 tablespoons cider vinegar
- 2 tablespoons canola oil
- 4-1/2 teaspoons brown sugar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon pepper
- 1/8 teaspoon salt

- 1/8 teaspoon ground cinnamon
- Dash ground nutmeg
- 1 medium red apple, chopped
- 1 medium green apple, chopped
- 6 cups torn green leaf lettuce
- 6 cups torn red leaf lettuce

1. In a large salad bowl, whisk the first 10 ingredients until blended. Add apples; toss to coat. Place lettuce over apple mixture (do not toss). Refrigerate; toss just before serving.