

McDougal's Farm LLC

What's Growing On!

June 27th, 2019

Farm News

Reminder: No box next week July 4th. Enjoy the holiday...be safe.

We headed to the woods this week to do a little wild-crafting. We went in with all the artillery; long sleeves, mosquito dope, rubber bands around our pants, hats and the expectation of black mosquito swarms....but, nothing! All the mosquitoes on the 40 must live under our porch. What an enjoyable morning coaxing ramps out of the dark, fertile, *alive* soil. They don't add up quickly and are merciless to clean, but what a treat sautéed with mushrooms, and then piled on a steak off the grill, or added to a creamy potato soup or scrambled eggs with fresh green onions. And the *best* part is the part you can't see or taste. Wild Leek or Ramps are high in selenium. In central Wisconsin many suffer from thyroid and prostate issues. Selenium can help with both of these issues and it grows wild all around us in the rich, moist Wisconsin deciduous forests. How perfect.

Our newsletter this week may have had a more "doom and gloom" feel to it if we wouldn't have taken a little spin around the fields and spotted some hope before I sat down to write. Earlier this week we felt a little beat up as we tilled under 1500 feet of root crops to reseed because of poor germination. When seeds sit too long in cool damp soil, they become prey to insects and fungal attacks. It's nature's way of cleaning up. So if you want to sprout and live in Wisconsin, it's best you be born on your feet like the two little fawns that have been entertaining us. Keep moving or get cleaned up! We were thrilled to see some of the new seedlings are up already! How is that even possible? Two days vs. two weeks! The tomato plants are turning deep green as they bury their toes in further and the kale is beginning to spread its wings. Kohlrabies are beginning to form and the field is filling in better than the vision we only imagined just a month ago. The week off and humid temperatures are *exactly* what the fields need to catch up....us too:)
Big *Whew!*

Have a wonderful weekend. Finally feels like summer....enjoy!

Jerry and Maydene

PS The radishes were an epic fail this week. A win-win for the pigs. Some of you may find a few random radish...or not. You have our permission to poo-poo them this week.

What's in the Box

This week in your box you will get **Bok Choy, Ramps** (also known as wild leek), **Romaine or gourmet lettuce /spinach mix**, a **bundle of green onions** (high in vitamin C! Chop up and add

to salads, soups, taco dips, pizza etc), and young **kale**. More Bok Choy recipes at mcdougalsfarm.com. Stay tuned, so much more to come!

Bok Choy: Is great chopped up and added to a stir fry or eaten raw in a fresh salad like the recipe below. Gently pulling the stalks apart will help you remove any dirt trapped in the base of the stalk. If you are going to add Bok Choy to your stir Fry, add the chopped heavy stalks first. Let simmer a bit before adding the chopped green tops. Don't forget your RAMPS if you are making stir fry...yum! You can also add your chopped kale and beet greens.

Kale: Either people can't get enough of kale or like to pass on it all together. Here's the thing about Kale; you can increase the nutrition of any dish just by simply adding chopped up kale to it and most people won't know the difference. It is a health dynamo! If you struggle with inflammation in your body, kale is an anti-inflammatory. Inflammation is the gateway to many diseases....eat your kale. Kale can be tough...even when it is young. Here's a tip: massage the leaves with olive oil until limp, *then* add to your salad.

Ramps (aka wild Leek): Ramps have a combined flavor of garlic and onions and have a crispy snappy texture like an apple. They can be used just like you would a garlic clove but NO peeling:)...and they store very well in the refrigerator. Cut them in thin slices and insert into roast., chop and sauté with mushrooms, add to meatloaf or even the top of your pizza with pesto...the only thing that limits their use is your imagination. Have fun with them.

Kale Smoothie from [Happy Kitchen](#)

1 cup fresh kale

1 banana

1 tablespoon unsweetened peanut butter

1 tablespoon maple syrup or honey

1 tablespoon lemon juice

1 cup almond milk or any other nut milk

a pinch of sea salt water or ice optional

Blend all the ingredients in a blender, add a bit of ice or water to adjust the consistency and a pinch of salt to balance the taste. Enjoy!

Bok Choy Salad from allrecipes.com

½ cup olive oil

¼ cup white vinegar

1/3 cup sugar or sugar substitute

3 Tblsp. Soy Sauce

2 bunches bok choy (or 1 large), cleaned and sliced

1 bunch green onions, chopped

1/8 cup slivered almonds, toasted

½ (6 oz.) package chow mein noodles

In glass jar with lid, mix together olive oil, white vinegar, sugar and soy sauce. Close the lid and shake until well mixed.

Combine bok choy, green onions, almonds and chow mein noodles in a salad bowl. Toss

with dressing and serve