

McDougal's Farm LLC

What's Growing On!

July 11th, 2019

Farm News

Love this time of year! Don't even mind the heat. Plants (and weeds) grow like crazy and every trip to the field looks completely different than the previous visit. With no deliveries last week, we tackled a couple extra projects around the yard, and ignored the field a couple days...didn't even recognize it when we returned. Of course the weeds were an *obvious*. Their little heads were stretched higher than anyone else's in the field....probably waiting to see our reaction...which was mortifying, BUT..we know how to deal with weeds. A day of carving out the crops with weed whackers and tillers and the field looks pretty good. The crops are doing well! The only two veggies that took a hit this week were the romaine and the beans....We row cover (like a thin gauze) our romaine to keep it clean from rain/mud splatter, but with the heat this week, it got very hot beneath it, so we loosened the edges to help with ventilation. After we left the field a wind must have flipped the row cover off to the side. Any romaine exposed was eaten by deer that night.....230 heads of young romaine! and if that wasn't enough to fill their bellies, they hit the beans the next night. They didn't take much...YET, but Jerry is out right now peanut buttering the electric fence and bringing in scarecrows that smell like Downy to the bean patch. I'm sure the deer will find them humorous....as most of our visitors do.

Speaking of visitors, we had an exotic looking little creature visit the farm this week and it appears it is planning to stay. It has surprised Jerry in his shop a few times but mainly bunks out next to the chickens and pigs.... seems to feel like part of the gang. We have yet to see it fly. Walks every where it goes. It is a Chukar partridge! Beautiful, intriguing little fellow. We attached a photo.

Love summer! Little surprises everywhere.
Have a wonderful week
Jerry and Maydene

What's in the Box

This week in the box we have **Napa cabbage, kohlrabi, green onions, red or pink radishes, romaine, garlic scapes and Sweet Basil!** You may find a few very small **lead peppers.**(Explanation below)

Napa cabbage: can be eaten raw or cooked. Great chopped up in a cool summer salad like the coleslaw recipe below or chopped up and thrown into a stir fry. A

whole head quickly disappears when cooked up. Napa cabbage can be substituted for most Bok Choy recipes and is a nice substitute for green cabbage in slaw recipes because it is much easier to chew...very crunchy and crispy. If you are going to cook with it, always add the chopped stalk end first and the leafy greens at the end.

Kohlrabi: This is one of the easiest veggies to eat. Peel it and slice it into thin slices, sprinkle with a little Sea Salt and YUM...all ready! You can also shred kohlrabi and add them to a slaw. Kohlrabi's can also be roasted. Peel, chunk, oil, season and roast at 450 degrees for 30 minutes...sprinkle with parmesan cheese.

Garlic Scapes: Garlic scapes are tomorrows garlic. We remove these curly little wonders off the top of the stem so the plants energy goes into the garlic bulb not the seeds in the pod (aka tomorrows garlic) making the bulb grow larger. But garlic scapes have a lot of garlicky goodness. Remove the pod and discard, chop the remaining stem up finely and add to soups, potatoes, top a pizza, or make a vinaigrette. The recipe this week uses them in a pesto made with sweet basil.

Sweet Basil: Of all our herbs, Basil is our finicky little princess. She is beautiful, rich and doesn't want to be treated like a commoner. Sweet Basil does not want to be refrigerated or left in a plastic bag. She wants to be treated like a flower bouquet (with water) to adorn your cupboard...yes she is a princess. Basil can be added into lasagna, topped on a pizza or made into pesto. We make enough pesto to last through the winter...added to noodles and cherry tomatoes with some Feta...YUM!

Saving your Pesto in the Freezer: one of the great things about pesto is how easily it can be frozen and saved for later. The best method for saving pesto, in my opinion, is a flexible ice cube tray. Just fill as many spaces as you want, freeze the cubes, then remove them and place them in a ziploc bag for future use. Pull out one or two each time you want to use this pesto in a recipe. tip from the Happyhivehomestead

Lead Peppers: A Lead Pepper (as in Leader of the band) is the first peppers to show up on a pepper plant. We remove it so more of the plants energy can go to the rest of the plant. Now instead of one pepper, we will hopefully get 5 or 6 per plant. The lead pepper is not a fully ripe pepper and lacks the flavor of a ripen one but we had so many of the little buggers we thought it would be a waste to throw them out...so into your box they went:)

The following recipe is from Holly...thanks for Sharing Holly!

Garlic Scape & Basil Pesto from the Happy Hive Homestead

1 1/2 cups chopped garlic scapes (about 15-20 scapes)

1 cup basil (lightly pressed to fill the full cup)

3/4 cup parmesan cheese, grated

1/4 cup sunflower seeds or walnuts
3 Tablespoons lemon juice (or the juice of 1-2 lemons)
salt (to taste)

Place the garlic scapes in a food processor and use your pulse setting to chop them up pretty well (about 15 one-second pulses). Add the Sunflower seeds or walnuts and pulse another 15 times. Scrape the sides and give it a few more.

Turn the food processor on and add the olive oil through the top opening while the scapes and sunflower seeds continue to process. Once well incorporated, remove the cover and add the basil, parmesan cheese, and lemon juice.

Add the salt, one pinch at a time, testing until you get the flavor you want.

Serve immediately, store in the refrigerator for 3-5 days, or freeze in ice cube trays for later use.

Summer Slaw with Napa Cabbage

3-4 cups chopped Napa Cabbage
3-4 grated peeled kohlrabi
3-4 chopped green onions (greens and all)
3-4 thinly sliced radish
1 thinly sliced pepper

Dressing:

1/4 - 1/3 Cup Sugar or substitute honey or maple syrup (we use less)

1/2 Cup Mayonnaise.

1/4 Cup Buttermilk Well Shaken.

1/4 Cup Whole Milk.

1 - 1/2 Tablespoons White Vinegar.

2- 1/2 Tablespoons Fresh Lemon Juice.

1/2 Teaspoon Salt

In a medium mixing bowl, whisk together the dressing ingredients. Pour over the veggies and stir in well. Refrigerate