

McDougal's Farm LLC

What's Growing On!

July 18th, 2019

Farm News

No complaints working in the mud this week. The 1 inch of rain was just what we needed and welcomed surprise. What Mother Nature can do in an hour, would take us 4 days...AND it wouldn't be done as well. We took a little time on the front porch just to take it all in. We don't get to watch somebody else doing our work very often.....deep breath...wonderful!

We were sharing a kohlrabi with our dog, Basil, when it occurred to us how much she may be under appreciated. She gets up every morning, goes to work with enthusiasm. Starts out with her morning ritual of biting the tractor tires as we start rolling out and then charges the chicken coop, sending chickens in every direction...now they are all up and raring to go too. She watches the tree line for deer, the skyline for hawks and keeps a close eye on the snack situation. She munches on whatever we are eating; beans, peas, kale, kohlrabi, but only when offered first!...Except for unsupervised protein bars. She considers them free game. She stays close..sometimes too close. This week while napping she was buried under a 3' pile of discarded kohlrabi leaves. Of all our workers she likes rock picking the most. She can work all day moving rocks from the field to our lawn. She hurt her leg this winter but continues to gimp around the field following us up and down the rows and does a nose check on the hour. We got Basil as a pup in our early years of farming...she tore down fences and even got ran over a few times because of her tire biting obsession, but today she knows the drill. She is a reliable, hard working part of our team that deserves a mention. Whoop, whoop for Basil!

As we mentioned earlier, it was a muddy week and apologize for any grit that might have found its way to your box...Remember your produce may look clean but it has only been field washed...meaning; the mud removed. So wash it up and enjoy your very hydrated veggies. Your farmers also got "hydrated" a couple times this week...right down to the skin...but it was hot and dry enough beforehand to appreciate and enjoy it.

Enjoy your Summer weekend,
Jerry and Maydene

PS.- PLEASE RETURN YOUR BOXES EACH WEEK...WE HAVE BEEN RUNNING SHORT.

What's in the Box

This week in your box you will find **fresh garlic, a bouquet of sweet basil, a bouquet of Summer Savory, Kohlrabies, Napa cabbage, kale, cucumber and a gourmet salad blend of colored leaf lettuce greens, spinach and young pea tops.** You will also find a Fresh Food Atlas. To those of you who don't get a box this week; if you would like a Fresh food Atlas please contact us and we can hook you up.

Fresh Garlic: Also know as green garlic because it has not been cured yet....meaning it hasn't set to air dry for a couple of weeks but still ready to eat. Can be used the same way you would use regular garlic but **keep it refrigerated** or cure it yourself at room temperature, out of the sun in a **well ventilated area**....like your kitchen cupboard. Garlic has many good health attributes and all of them are increased by *crushing* the garlic verse slicing it. Garlic can be added to just about anything and pairs well with your fresh Basil this week.

CUCUMBER DAMAGE-the little squiggly lines and patches you may see on your cucumbers were caused from cucumber beetles. They may look a bit rough but this will not affect the cucumber itself and is quite safe to eat. We misted our plants with Kaitlin Clay..a fine organic powder made from clay that the beetles dislike. Better cucs ahead!

Summer Savory- The Herb of love...but makes me think about spaghetti....which I love. Summer savory is less pungent than Thyme and can be used fresh or dried as a substitute in recipes. Summer Savory is used in many bean dishes as an accent flavor but can also be added to meatloaf, spaghetti, pizza, soups etc. **Easy to dry.** You can use a dehydrator and it will maintain a little more of its color, but it is not necessary. Simply remove the rubber band, spread it out and leave it on your counter until crumbly dry. I like to flip it over once in a while. The leaves will strip away easily when dry. Crush them or not. When completely dry, store in a glass spice jar...don't forget to label it.

Napa Cabbage, Sweet Basil and kohlrabi-check out last week's newsletter for more information on these three and recipe at mcdougalsfarm.com

Langlade County Sustainable Farm Tour

August 3rd

\$5. per person (pre-tickets available at Sweet Thyme, Green Hen or on Farms day of tour)

Choose 3 of the five designated farms to visit

Tour times 9am, 11am and 2pm

Farms include:

- Canopy Gardens-Hydroponic tomatoes
 - Grandview Orchard-Apples
 - Igl Farms- potatoes and beef
 - McDougal's Farm-vegetables
- Bures Organic Dairy Farm-dairy

Come explore, learn, ask questions and get to know your farmers!

Chicken Pasta in Garlic Basil Butter Sauce

from Blessherhearyall.com

- 2 TBSP olive oil
- 2 large chicken breasts, halved or 4 small chicken breasts
- 10 oz gluten free pasta

- 3 cups vegetables chopped (Napa Cabbage, mushrooms etc)
- 1/2 cup butter (1 stick)
- 1 TBSP minced garlic
- 1 TBSP lemon juice
- 3 TBSP fresh basil chopped

Instructions

1. In a large pot, cook pasta to al dente according to package instructions. While your pasta is cooking, make your chicken and sauce. Heat oil in a large skillet over medium heat and add in chicken.
2. Cook chicken until fully cooked, flipping when necessary to cook both sides. Add in the butter, garlic, chopped vegetables, and lemon juice. Cook until the vegetables are bright and start to become tender, about 4-5 minutes.
3. Add in the chopped basil and stir for another 30-60 seconds. If you want more sauce add in up to 1/4 cup of reserved pasta water to your sauce. Once the pasta is cooked and drained, add it to the skillet with the chicken and vegetables. Toss the pasta to coat it in the sauce. Serve the chicken pasta hot with extra fresh basil and parmesan cheese on top. Enjoy!

Easy Greek Yogurt Cucumber Sauce from allrecipes

- 1 cup plain yogurt
- 1 cup sour cream
- 1 teaspoon white vinegar
- 1/2 teaspoon lemon juice
- 1 small cucumber - peeled, seeded, and finely chopped
- 1 green onion

- 1 garlic clove, minced
- 1/4 cup crumbled feta cheese
- 1/2 teaspoon oregano
- 1/4 teaspoon lemon zest
- salt and pepper to taste

Stir together the yogurt, sour cream, vinegar, lemon juice, cucumber, green onion, garlic, feta cheese, oregano, lemon zest, salt, and pepper in a bowl; cover and chill 8 hours or overnight before serving.