

McDougal's Farm LLC

What's Growing On!

Aug. 1st, 2019

Farm News

The scale has tipped! Instead of the fields not keeping up with the boxes, the boxes aren't keeping up with the field. The broccoli and cucumbers grow so fast we need to pick them almost every day, the cabbages are swelling and the most adorable little watermelons are showing up. The fields are really beautiful right now and just in time for the **Langlade County Sustainable Farm Tour this Saturday, Aug. 3rd.**

Last Thursday afternoon was a different kind of pick up day at the farm. Some of our storm damage was close to the pickup area so we were able to visit a little bit as farm members came in. So many big smiles and we were HAPPY to see each of them. Gramma use to say, the bigger your family is, the more you have to worry about. She didn't mean it in a bad way...it was just a matter of facts. And we knew exactly what she was talking about after last week's storm. It was good to see everyone safe and hear their stories. What we gathered...Wisconsinites are a tough breed and to people from out of state we can be downright impressive! Farm member Jeff moved back to Wisconsin recently and was surprised how everyone here owns their own chainsaw....he said, "I even saw a woman pull one out of her purse the other day!....I'm going home to buy a tractor", and Jerry added,..."and maybe a skidder". Yes, this was a bad storm and it left lots of damage, but good came from it too. Neighbors met neighbors for the first time, people shared generators and many realized they should have been better prepared. Few comments; "I should have saved more water before the storm.", "When the electric went out even the grocery stores closed, had no extra food in the house and don't have a garden...made me think.",...."Without gasoline (because most of the gas stations were closed) you can't run a generator". All good things to acknowledge and improve upon. We would like to add another....

Eighty percent of our food is trucked into Wisconsin from out of state!! We need to have a back-up plan! A garden in everyone's backyard is a good place to start, **as well as** learning what to do with the produce to preserve and store it. Another step in the right direction is to buy local,...financially supporting a local system so small stores can stay in business to serve you... and one more idea; get to know your local FARMERS! This weekend you have the opportunity to meet some of your local farmers and tour their farms. Besides McDougal's Farm (CSA veggie Farm), you will also have the opportunity to visit Grandview Orchard (apples), The Bures Farm (Organic dairy), Canopy Garden (hydroponic tomatoes) and the Igl Potato Farm (Organic potatoes and grass fed beef). There is more information on our website at mcdougalsfarm.com under "Events". There is a very helpful link that has all the details, tour times and descriptions of each tour. The cost is \$5 for the day and tour times are 9am, 11am and 2pm (you choose up to 3 farms to visit.)

..and the last item on our list but a very important one, **YOU MUST RETURN YOUR BOXES**....that was part of the deal folks! We are running short. We want to keep this convenient for everyone so you can grab and go, but if boxes aren't returned, they will not be leaving the pickup sites in the future. Everyone will need to bring a bag...which is actually a great idea! The Menominee Nation has already implemented this and it has works well for them...and us too:) Way to think 'out of the box', MEOW's!!:)...pardon the pun

Have a wonderful weekend! Enjoy your bounty!!

Jerry and Maydene

What's in the Box

Summer is in full tilt and this is a yummy week! You will find **young summer squash** (zucchini or crookneck, interchangeable in recipes), **crispy cucumbers**, **new potatoes**, **yellow beans**, **kossak (large kohlrabi)**, **green onions**, **broccoli**, **romaine** and **parsley**.

- **Young Summer Squash:** No need to peel. This can be chunked and put into stir fries or shredded and put into sweet bread recipes like Zucchini bread.
- **New potatoes:** these need to be refrigerated, they are not yet fully matured so the skins are not set, but boy are they tasty!! Boil them in their jackets until tender and dab on some butter and sprinkle with some fresh parsley flakes, salt and pepper...YUM. If you decide to fry them, try chopping green onions in with them. Welcome to McDougal's Farm where you never have to peel another potato! Rest easy, you can eat the skins!!
- **Yellow beans:** Very similar to green beans with little difference in flavor and are easy to prepare. Wash, snap, and boil until tender, drain your water and top with a pad of butter and maybe a sprinkle of salt. If you want to try freezing them, just snap off the ends, cut into bite size pieces and drop into boiling water for 3-4 minutes and then quickly put them in cold water. Pack in freezer bags, releasing all the air out of the bags, then label and date. Freeze and enjoy this winter.
- **Kossak:** like an oversized kohlrabi. Just peel and slice...maybe sprinkle with a little salt and eat raw. These can also be roasted.
- **Broccoli:** Good raw or cooked and found in many recipes. Always best eaten fresh and as soon as possible but if you would like to freeze it, it does need to be blanched first. Wash, cut into florets and drop into boiling water for 3-4 minutes. Chill down in ice water, drain and put into freezer bags releasing all the air out. Be sure to label and date.

Amish Broccoli Salad from weight watchers shared by KIMMY!

-2 heads broccoli,[*chopped*]
-1 Cup mayonnaise
-1 Cup sour cream
-2 Tbsps sugar
-1/2 Tsp salt
-1/2 Cup red onion,[*diced*]

- 1/2 Pound bacon,[*fried and crumbled*]
- 1 Cup cheddar cheese,[*shredded*]
- In a bowl, mix mayonnaise, sour cream, sugar and salt to make a creamy sauce.
- Add broccoli and stir until broccoli is coated evenly.
- Stir in the bacon, onion and cheese.
- Refrigerate until serving.

Yellow Bean Soup old family recipe, **I like to add minced garlic and new potatoes!**

- 1 small onion, finely chopped
- 2 tablespoons chopped parsley 3 tablespoons
- butter
- 1 pound fresh yellow beans, washed and sliced
- 2 cups vegetable juice or broth
- 4 cups water
- 2 cups milk
- 2 tablespoons flour
- 1 cup sour cream, for garnish
- Chopped parsley, for garnish

In a heavy 3 quart saucepan, sauté onions and parsley in butter until onions become transparent. Add beans, season with salt and pepper, vegetables juice, and water. Cover and cook until beans are tender, about 35-40 minutes.

In a small saucepan, heat milk, and whisk in flour and cook for 30 seconds. Pour this into soup after beans are tender, and cook for 5 to 10 minutes, until soup is slightly thickened. To serve: garnish with sour cream and parsley. Salt and pepper to taste.

May's Breakfast Blueberry Zucchini Bread w/ Flax

Preheat oven to 325 degrees

- 1 cup oil
- 1 ½ cup sugar
- 3 eggs
- 2 2/3 cup flour
- 1/3 cup flax meal
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 2 cups grated zucchini

1 cup blueberries

Blend oil, sugar and eggs well. Add flour, flax meal, salt, baking soda, baking powder and cinnamon and mix well. Stir in the grated zucchini and blueberries. Spread into 2 well greased bread loaf pans and bake for 1 hour and 15 minutes or until the center is firm to the touch. You can also make this into cupcake form for a quick breakfast on the go, just make sure you decrease your baking time