

# McDougal's Farm LLC

What's Growing On!

June 18th, 2020

## Farm News

### First CSA delivery for every week deliveries starts this Thursday! Every Other Week will start next week June 25th

The first box is always an exciting one and this year it was no different. Saturday morning we woke happy to see the temperature held a half degree above the 'freeze' mark. Then right before the sun rose, the temperature dropped and frost covered the garage roof! The coffee we were enjoying, suddenly didn't taste so good. We had just planted out all your *tenders*...700 tomatoes, 2000 pepper plants, 400 cucumbers, all the flowers and a field of delicate squash transplants. They all pulled through..whew! but they *do* bear the mark of a couple nervous farmers. The night before we covered them in white Kaitlin Clay. Better frosted plants, than frost-dead plants,... right? This spring has certainly been a roller coaster ride. Today it is sunny, 80 degrees, our helpers just arrived... a good day to be a farmer.

We have always used waxed cardboard boxes in the past for our CSA deliveries. This year, due to the Coronavirus, we have chosen to use disposable, non returnable paper bags. We are pretty sure we don't like them already *but* need to give it a try as a safety precaution. Will this be another inconvenient cautionary step or will you all love the convenience of not having to return your boxes? Whichever way it goes, we are asking for a little constructive feedback. Is your romaine still crisp? How is it going on the receiving end? We know we will have to switch over to the boxes later when the harvest gets hefty, but even for now..."Hold the bottom!" We will figure this all out *together*.

Food is a powerful thing. It is key to good health. And when grown properly, it can be good for the planet's health too. Where and how you spend your food dollar is as important as voting...because it *is* voting. Thank you for joining our CSA this summer and voting for a local, healthy food system.

Honored to be your trusted farmers. Good things up ahead:))

*Jerry and Maydene*

## What's in the Bag

Appreciate every item in your bag this week. Each has had several opportunities to die, but chose not to:). They have survived lows of 23 degrees and highs of over 100 degrees...Yet in all past 11 years, we have never had such beautiful produce come out of the hoop houses. This week in your bag you will find **Romaine, Rhubarb, a bundle of radish, a bag of spinach and a welcome chive bouquet**. To the farm members that start next week; you may have missed out on the welcome bouquet, but we have decided to place random flowers in the bags throughout the growing season, because this year, we all need more random flowers. Agree?

### **Wash those veggies!**

Though the veggies in your bag may look clean, they have only been "field washed", meaning; wash just enough to get the mud off. The romaine is grown under row cover so it looks clean but has not been washed at all. Later in the season you may even get some root vegetables with the dirt on them. We are not just being lazy, we have found root crops in particular, store longer and retain more of their nutrients with some of the dirt left on them to help seal them.

***Just a reminder: The weekly shares get heavier, as the season goes. Though the first few weeks may be light, they do get much heavier with more variety as the summer progresses. Stay tuned...much goodness to come.***

### **Anonymous Gratitude**

You know the old saying, "You don't know what you got, till it's gone!"? For some of us, material things may come to mind, but usually, it is the people we have lost that shake us to the core. Our eyes, mind and heart are completely opened...but only *after* we lose them. That is why it was so inspiring to meet a family who decided not to wait till it was too late to show gratitude for all they have...particularly their healthy family. So in gratitude, in the name of family and blessings, they anonymously chose to make a large fresh food donation to the Antigo Food Pantry. They wanted it to be fresh, organic, and available to anyone who doesn't have the opportunity to enjoy what they do every day. On their behalf, McDougal's Farm will proudly be delivering weekly produce to the Antigo Food Pantry this summer. We just wanted to give the spirit of "Anonymous Gratitude" a big shout out. The world needs much more of it.

**EZ Rhubarb Dump Cake** from the Itsy bitsy Kitchen recommended by Holly...Thanks Holly!

4 cups sliced fresh or frozen rhubarb from about 15-16 ounces

3- ounce box strawberry jello or any red jello

3/4 cup granulated sugar

1 15.25-ounce box white or yellow cake mix\*

1/2 cup butter melted (salted butter is better here)

2 cups cold water

Preheat the oven to 350 degrees. Lightly spray a 13- by 9-inch baking dish with cooking spray.

Arrange the rhubarb in an even layer in the bottom of the baking dish. Sprinkle the jello over that, then top with the sugar.

Sprinkle the yellow cake mix powder over all of that, then top with the melted butter and the cold water. Bake for 45 minutes to an hour, until the top is lightly browned and the rhubarb is bubbling.

It's possible to serve the dump cake warm but it's MUCH easier to serve if you chill it for a couple of hours, until it sets up a bit. Serve with whipped cream or ice cream if desired.

Uneaten cake can be stored in the fridge, covered, for up to 4 days or frozen (tightly wrapped) for up to 2 months.

## LEMON CHICKEN ORZO SOUP FROM MEDIAVINE SHARED BY DEBRA B.

[ ] 1 pound boneless, skinless chicken breasts

[ ] 1 tablespoon olive oil

[ ] 1 medium onion, diced

[ ] 3 carrots, diced

[ ] 3 celery ribs, diced

[ ] 3 cloves garlic, minced

[ ] 6 cups chicken stock

[ ] 1 bay leaf

[ ] 1/2 teaspoon oregano

[ ] 3/4 cup uncooked orzo

[ ] 8 ounces fresh baby spinach

[ ] Juice of 1 lemon

[ ] Salt and pepper to taste

Chop the chicken into bite-sized pieces. Season with salt and pepper.

Heat the oil in a dutch oven or large pot over medium heat. Add the chicken and cook, stirring often, until golden on all sides, about 5 minutes. Remove chicken to a bowl and set aside.

Add the onions, carrots, and celery to the pot and cook over medium heat, stirring often, until softened, about 5 minutes. Stir in the garlic and cook for 30 seconds more.

Add the chicken stock, bay leaf, and oregano to the pot and bring to a boil.

Add the orzo and chicken to the pot and simmer for 10 minutes or until the orzo has softened. Stir in the spinach and cook until wilted, about 2 minutes.

Remove from the heat and stir in the lemon juice. Season with salt and pepper, as needed.