

McDougal's Farm LLC

What's Growing On!

June 25th, 2020

Farm News

One of the disadvantages of being a farmer is having to work outside... regardless of the weather. BUT also one of the *advantages* of being a farmer is....you *get* to work outside! Everyday our workplace changes and life is never boring. Heading out to the field last week we noticed a little fur ball of a raccoon hanging out in the gazebo. Cute as a button we thought...until sweet corn season...then we may reconsider. Stepping into the greenhouse to pick up plants, we noticed the bird eggs in one of the seedling trays finally hatched into 3 ugly little buggers...again, we may reconsider when they finally bloom:) Then, the fawn seen running around the field last week that we declared was *NOT*, by no means, our pet!...was spotted sleeping curled up under one of the greenhouse tables behind some pots! Pretty darn adorable!...again, cute until he eats our beans. In the porta- potty lives a large tree toad. He is *not* a surprise. He has made his home there for the last 3 or 4 years. Every time we clean, we set him out. He goes back in. We have chosen to cohabitate....or he has. We make all our workers aware of him on their first day....we don't want any surprises there. We learned that one the hard way:))) When we finally arrived at the field, we were in for another surprise. The plants doubled in size from all the rain!...and so did the weeds. Weeds are never a surprise, nor are they cute.

Feeling productive and grateful this week. Mother Nature has done most of the watering for us, the crew helped us tackle the field, the last of the transplants went in and my brother and nephew came to help build a lean-to off the packing shed for those rainy days when we still need to work. We have some long rows to hoe ahead but feeling pretty grateful for all the team work this week.

Thank you to everyone who gave us feedback regarding the first delivery. It was 100% positive regarding the veggie freshness in those paper bags. We were a little nervous, but it sounds like the bags performed just fine. We also enjoyed hearing what you created with all your goodies...Korean Beef! Radish dip! Sautéed radish! A tofu scramble! and the one that raised our eyebrows...Chocolate Rhubarb Cookies! You guys rocked it!

Truly enjoyed being your farmers this week...thank you for the opportunity.

Jerry and Maydene

What's In the Bag This Week

Another bag of green goodness coming your way this week. In your bag you will find **Bok Choy, Romaine, green onions, leaf lettuce and a bundle of radish**. Adding more **radishes** to your diet could help lower your blood pressure, cleanse your kidneys, and improve your hydration. Radishes are also good for your liver and stomach as they act as powerful detoxifiers and help aid indigestion.

Remember as the season goes, the crop grows and so do the weekly portions:))) 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 green onions if you are making stir fry...yum!

Bok Choy Salad

Serves 4 (printed from allrecipes.com)

½ cup olive oil
¼ cup white vinegar
1/3 cup sugar or sugar substitute
3 Tbsp. 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 a glass jar with a 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

Wilted Lettuce Salad with Bacon and Strawberries

From allrecipes.com including Kimmy's recommended additions. Thanks Kimmy!

5 slices of bacon
2 tablespoons of red wine vinegar
1 tablespoon of lemon juice
1 teaspoon of white sugar or honey
1/2 teaspoon black pepper
leaf lettuce- rinsed, dried and torn into bite size pieces
6 green onion with tops thinly sliced
Strawberries, washed, dried and sliced

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove from the skillet, crumble and set aside. To the hot bacon drippings, add the vinegar, lemon juice, sugar and pepper. Stir over medium heat until hot. In a large bowl, combine the lettuce and green onions. Add the warm dressing and toss to evenly coat. Sprinkle it with bacon and sliced strawberries and serve.

The following recipe is for people who don't like radish because of their heat. The cream cheese minimizes the heat and the flavor is perfect on a good cracker.

Kimmy's Radish Dip

8 ounces cream cheese
1 tablespoon lemon juice (room temp)
1 cup finely chopped radishes
1 clove garlic (minced)
1 tablespoon chopped fresh dill weed
OR
1 teaspoon dry dill weed

Directions:

Mix well. Refrigerate several hours before serving

Below: from the Journal-Sentinel long ago but sent to us from Sister Therese. Thanks for sharing Sister!

Chocolate Rhubarb Cookies

makes @36?

8 oz semi-sweet chips
3 T unsalted butter
1 c sugar
3 eggs
1 tsp vanilla extract or 1/2 tsp almond extract
1 c flour
1/4 tsp baking powder
1/4 tsp salt
1 additional cup semi-sweet chips
1 c small-diced rhubarb

325°F

- 1) melt butter & 8 oz chips over low heat. Stir until smooth. Cool
- 2) In a medium bowl whisk sugar and eggs. Add to the cooled chocolate mix with vanilla or almond extract and stir until smooth.
- 3) Stir in flour, baking powder and salt.
- 4) Stir in 1 c chocolate chips and rhubarb
- 5) Chill dough in fridge about 30 minutes but no longer (rhubarb will begin to leak)
- 6) Heat oven. Drop rounded tablespoons of dough onto greased or lined baking sheets. Cookies will spread so leave 2-3 inches between blobs.
- 7) Bake 12-15 minutes until just beginning to crack. Bake like brownies—don't overbake.
- 8) Cool on sheet for 3-5 minutes and transfer to rack.