

McDougal's Farm LLC

What's Growing On!

July 16th, 2020

Farm News

A very soggy crew and harvest this week. The new lean-to, which was completed just the day before, sure came in handy. The Tuesday crew were troopers! Regardless of the inch of rain that morning, we were still able to get in 160 garlic, 450 romaine and 430 green onions. All washed, trimmed and chilled between and during cloudburst. The next morning crew had the monotonous job of picking 800 feet of green beans...in the mud. And all the rain that fell on Tuesday, ended up on our britches on Wednesday. Wet to the skin on Tuesday and muddy to the core on Wednesday, the crews stood solid and pretty damn good natured!?!...Proud of them...Hope they come back next week.

Last week when we delivered, it was raining...something we didn't consider with the new *paper* bags. They kinda went limp. We will be better prepared this week. Anything that was harvested soggy this week, we will be sure to bag in the biodegradable plastic bags. Gathering from the emails we received, we are the only ones that *don't* like the bags. For us, they are more difficult to pack and driving to town with 63 un-stackable bags in our van is a hoot! We had to remove all the seats and build another level....we feel like the Beverly Hillbillies heading to a bag lunch convention. We will continue to use them as long as we can. When our "meat and potato" crops start coming in, we may have to switch to our wax boxes.

Which brings us to our second thought....Our meat and potato crops; sweet corn, potatoes, squash, carrots, etc., look really good this year! Keep your fingers crossed. We still have to get past the usual; storms, deer, raccoons and insects....and because it's 2020, we're going to add locust! But right now, they are off to a good start. The *second* planting of broccoli and cauliflower took a hit earlier from the heat. We reseeded right away and replanted 1400 new little replacement transplants this week. The rain could not have come at a better time. You will get some of the *first* planting of broccoli in your box this week. The lighter green heads are the new ThunderDome...very tasty.

Enjoy your veggies this week. They have been doused with a large dose of sunshine and rain this week....like your farmers:)

Jerry and Maydene

What's in your Bag

This week in your bag you will find **green beans, fresh uncured garlic, green onions, romaine, a bouquet of sweet basil, kohlrabi, a cucumber* and broccoli.**

***Cucumber note: The golden marks on your cucumbers were caused from the Striped Cucumber Beetle as seen in the attached photo. We are still fighting the good fight with them. The damage does not affect the cucumber in any other way but to make it ugly. These may be the best tasting ugly little cucumbers you have ever tasted, so give them a try.**

My Nana's Famous Green Beans from Mumontimeout.com

- 6 slices of bacon
 - 2 pounds of rinsed and trimmed fresh green beans
 - 1/2 cup diced yellow onion
 - 1 1/2 cups chicken broth or water
 - salt and pepper to taste I usually don't add salt because the bacon is plenty salty
1. Cut the bacon into small pieces and cook over medium heat in a heavy 3 qt saucepan until the bacon is fully rendered.
 2. DO NOT remove any of the bacon grease - it's what makes these green beans so amazing!
 3. Add the onions and saute with bacon until transparent.
 4. Add green beans and pepper and stir making sure the bacon drippings are getting mixed in well.
 5. Add chicken broth and reduce heat to low.
 6. Cover and continue cooking the green beans for 30 minutes up to two hours, stirring occasionally. Make sure there is liquid in the bottom of your pot so that the beans don't get scorched.
 7. Check for seasoning levels and add salt and pepper if necessary.

20 minute garlic basil brown butter pasta from Halfbaked Harvest

- 1 pound bucatini pasta
 - 6 tablespoons salted butter
 - 2-3 cloves garlic, minced or grated
 - 1 1/2 teaspoons freshly cracked black pepper
 - 1/2 cup pecorino cheese, freshly grated
 - 1 cup fresh basil, roughly chopped
 - 2 cups cherry tomatoes, halved
 - 2 tablespoons extra virgin olive oil
 - crushed red pepper flakes
 - kosher salt
1. Bring a large pot of salted water to a boil and cook pasta according to package directions until al dente. Just before draining, reserve 1 cup of the pasta cooking water. Drain.
 2. Melt 4 tablespoons butter in a large skillet over medium heat. Add the garlic and pepper and cook 1-2 minutes, until the butter is browning and the garlic is golden and fragrant. Reduce the heat to low and add 1/2 cup pasta water, the pasta, remaining butter, and pecorino. Tossing until melted. Remove from the heat, add 3/4 cup basil and toss, adding in more pasta water if needed to thin the sauce.

3. In a bowl, combine the tomatoes, remaining 1/4 cup basil, olive oil, red pepper flakes, and a pinch of salt.
5. To serve, divide the pasta among bowls and serve topped with tomatoes. Eat and ENJOY.

Broccoli Salad with Apples, Walnuts, and Cranberries

from Bowl of Delicious

- 1 cup [mayonnaise](#)
- 2 tablespoons [honey](#)
- 2 tablespoons [apple cider vinegar](#)
- salt and pepper to taste
- 4 cups [fresh broccoli florets](#) cut into small pieces
- 1/2 cup dried cranberries
- 1 apple unpeeled and diced
- 1 cup [walnuts](#) coarsely chopped
- 1/2 cup diced red onion
- 1/4 cup chopped fresh parsley

1. In the bottom of a [large mixing bowl](#), whisk together mayonnaise, honey, apple cider vinegar, and salt and pepper until smooth.
 2. Add the remaining ingredients; stir well to coat.