

McDougal's Farm LLC

What's Growing On!

July 23rd, 2020

Farm News

The fields are beautiful right now. The plants are full and dark green. The flowers are just beginning to strut their stuff. The tomatoes are producing fruit and the potato field is in full bloom. The bright yellow blossoms in the squash field are doing what they do best....enticing the Bumbles and Honey bees. Soon the field will be all a buzz...one of our favorite feel-good places to be on the farm. All the rain has made our little farm quite lush. You would think we would be pretty content with all this progress.... But instead our cautious minds and eyes tend to go to the bugs, the weeds and the newest threat with all this rain... Late Blight.

One doesn't usually hear about Late Blight here in Langlade County until it has already arrived....which we feel is too late. Organic gardeners can only avoid Late Blight by taking preventative steps BEFORE it arrives. So gardeners be vigilant, the conditions are perfect! Know what to look for and start a routine spraying schedule now. We have had success with a Soap Shield solution, alternating with a liquid kelp (seaweed) foliage spray. Both form a film that don't allow the air traveling little spores to attach to the leaves, but be aware, both solutions do get washed away in the rain. Again, be vigilant. The plants mostly threatened by late blight are potatoes and tomatoes. Sound the trumpet...acting early will assure us all a full pantry this winter:)

We get a lot of volunteers in the field, most of them weeds..but this week we had a *real* volunteer that knew how to kick butt! Our weekly helpers declared him the Weed Terminator! Thank you Levi...you're an animal!..and always welcomed:)

Just a little reminder: If someone is picking up your bag for you, please make sure they know **what size** they are supposed to pick up. When the wrong size is taken, it trickles down, causing a lot of confusion for the last guy AND extra running for us to square things up with the patient farm member:)

Green cabbage will be in the bags next week!! Looking for recipes and ideas as to how to support the bottom of those bags!! Abundance is a wonderful problem:))

Enjoy your weekend.
Your dirty happy Farmers,
Jerry and Maydene

What's in the Bag

This week you will find everything to make a great stir fry! We packed your bag with **Sweet Peas, Napa Cabbage, Garlic, green Onions, Broccoli** and **Cilantro**. You also have a **Kossak** (huge kohlrabi) and **romaine**. The **standard share** will get a **cucumber** and the **large shares** will get the first of the **young zucchinis or bok choy**.

The following two recipes don't include the Napa cabbage but when we make stir Fry, everything goes in...have fun with it. When adding Napa cabbage or Bok Choy always add the chopped stalk pieces towards the beginning, adding the chopped leafy parts in last. The end is also a good time to stir in your chopped cilantro.

The following recipe is from my sister who says, "it's an Easy **Peasey** that has never disappointed." She has added additional veggies...tip: just don't overcook. Thanks Glenda!

Beef and Broccoli Recipe

- 1 lb flank steak very thinly sliced into bite-sized strips
- 2 Tbsp olive oil (or vegetable oil or sesame oil), divided
- 1 lb broccoli (cut into 6 cups of florets)
- 2 tsp sesame seeds optional garnish

Stir Fry Sauce Ingredients:

- 1 tsp fresh ginger grated (loosely packed) or 1/4-1/2 tsp of ginger powder
 - 2 tsp garlic grated (from 3 cloves)
 - 1/2 cup hot water
 - 6 Tbsp low sodium soy sauce (or GF Tamari)
 - 3 Tbsp packed light brown sugar
 - 1 1/2 Tbsp cornstarch
 - 1/4 tsp black pepper
 - 2 Tbsp sesame oil
- Add fresh mushrooms and green peppers chunked if available. Fresh tomatoes in 1/8's or cherry tomatoes are also good (add at very end).

Prep: Start cooking white rice first so it's ready when the stir fry is done. Cover and freeze steak 30 minutes for easier slicing.

1. Combine all stir fry sauce ingredients in a bowl, stir well to dissolve the sugar, and set aside.
2. Place a large skillet over medium heat and add 1 Tbsp oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender then remove from pan. Tip: If you prefer softer broccoli, add 2 Tbsp water before covering with the lid and it will steam cook the broccoli. Remove broccoli and set aside.

3. Increase heat to high heat and add 1 Tbsp oil. Add beef in a single layer and sauté 2 minutes per side or just until cooked through. Quickly pull out a piece to test for doneness.
4. Add the sauce, reduce heat to medium/low and simmer 3-4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1-2 Tbsp water to thin the sauce if desired. Serve over white rice.

Chicken Stir Fry with Broccoli and Snap Peas

from Life Made Sweeter

3/4 - 1 pound boneless skinless chicken breast cut into 1 inch pieces
salt and pepper to taste
1 teaspoon cornstarch or arrowroot powder
3-4 Tablespoons cooking oil
3 cloves garlic minced
1 teaspoon minced fresh ginger
2 cups broccoli florets
1 cup sugar snap peas can also use or add snow peas, red bell peppers or zucchini
sesame seeds for garnish
chopped green onions for garnish

Sauce:

1/4 cup low sodium soy sauce for gluten free use gluten free tamari or coconut aminos
2 Tablespoons oyster sauce if allergic - leave out and use more soy sauce - can also sub hoisin sauce but the flavor won't be quite the same since it's sweeter
2 Tablespoons honey or coconut sugar
2 teaspoons toasted sesame oil
2 Tablespoons cornstarch or arrowroot starch
1/2 cup water plus more as needed to thin out sauce
1 teaspoon Thai chili garlic sauce or Sriracha optional to taste
1/2 teaspoon fish sauce optional but if you have this in your pantry already - it adds an exceptional rich umami flavor

1. In a medium bowl, season chicken with salt and black pepper. Sprinkle cornstarch over chicken and stir until combined. Set aside.
2. In a separate small bowl, whisk together all the ingredients for the sauce. Set aside.
3. Heat 2 tablespoons oil in a large wok or pan over medium-high heat. Add the chicken and cook for 3-4 minutes, or until chicken is slightly brown and cooked through. Transfer to a medium plate and set aside.
4. Add the remaining oil, then add broccoli and snap peas to the pan. Add garlic and ginger and cook for 3-4 minutes or until vegetables are just tender-crisp (cook a little bit longer if you like your vegetables softer).
5. Return the cooked chicken back to the same pan. Give the sauce a whisk and pour over top. Allow the sauce to thicken and bubble (about 30 seconds - add more water as needed to thin out sauce if desired. Toss until coated and adjust seasonings as needed. Sprinkle with sesame seeds and green onions, if desired and remove from heat. Serve hot with your favorite rice, cauliflower rice, quinoa, noodles or zoodles.