

McDougal's Farm LLC

What's Growing On!

July 30th, 2020

Farm News

Two week ago in the newsletter, we listed all the possible plagues that could happen before the sweet corn and potatoes were harvested. We forgot one...flood! This week 5.25" of rain fell on the farm in 6 hours! The fields took it like a pro...we were happily impressed. We have two ponds on our property. When the first over flowed, it sent a cascading river down through the center of our property, to a ditch that directed it to the second pond. We nervously watched as the culverts fell behind and the water started flooding into our yard. We considered taking the kayaks out for some fun pictures but the lightning quickly chased us back indoors.

The Eau Claire River that wraps around our property was a much more serious issue. She swelled and was vicious!...taking out banks, roads and trees. Leaving behind debris, harmful runoff and a lot of misplaced items . We were pretty stoked about finding a nice pipe wrench until the neighbors told us they found patio furniture and a cow! They win.

Always interesting living here in Wisconsin. Some of the storms have you running down the steps with water and some storms have you running up the steps with water. Regardless, proud to be Wisconsinites long enough to know the difference.

Earlier this Spring we had two late frosts. We were so happy to see our plants pull through, that we were blind to see the actual damage and loss it caused. The plants may have survived, but any blossoms at the time, dropped...meaning we lost a lot of produce, mostly fruit. We lost all our orchard cherries, all our wine grapes (have grapes?) and almost all of our apples. Some of the early tomatoes and squash blossoms must have dropped as well..we usually see zucchini way before this. Finally, they are in the bag this week..enjoy. Always looking for new ways to be creative with zucchini...anyone? Check out our website, mcdougalsfarm.com for more recipes.

The green beans and beets are going to make their way to your table this week. The beets are phenomenal! Enjoy them and please overlook any extra grit:)

Have an **unbeetable** weekend and keep your socks dry:)

Jerry and Maydene

What's in the Bag

Attention: It's a bottom holder!! This week you will find a head of **green cabbage** ready to meet the grater for a yummy slaw. You will also find **beets, green beans, broccoli, young zucchini, cucumber, a bouquet of fresh parsley, radish** (Daikon-long white or/and Pink Beauties), and **romaine**.

***Daikon radish** gets mixed reviews. Some people are quick to say they are not their favorite, while others will travel to get them. Daikon radishes have been known to help stabilize blood sugars, so diabetics search them out. They are used in Asian cooking, stir fries and very good pickled.

***Zucchini:** When zucchinis are young there is no need to peel, just chop and add to stir fries or grate up for zucchini bread. If the Zucchinis are larger, you may want to peel them first and remove the seeds. The larger ones are what we usually freeze for zucchini bread for the winter...makes a great Christmas gift. Peel first and then grate it. We pre-measure the amount our recipe will use and put that amount in each freezer bag...usually 2 cups. Date and label.

***Parsley:** Extra parsley can be chopped and put directly into the freezer for later. No blanching required. Fresh parsley is high in vitamin C and can help keep your PH levels alkaline

***Beets:** If you are suffering from tired blood or constipation, beets should be your veggies of choice. Beets are packed with iron and other rich blood builders...feeling tired? Eat your beets. Constipated? Go home, take two, and call me in the morning:) **Tip on removing beet skins EZ:** cut stems off leaving 1 inch on the beet root (this helps retain the color which is so good for you). Wash, rinse and then put unpeeled beets into a pot of water making sure the beets are covered. Bring to a boil and then simmer until you can pierce beets with a fork. Drain. and put immediately into cold water. Peelings will slip right off. They are already to eat. Can add butter, salt and pepper

How to Freeze green beans

Rinse with cool water, drain. Cut the ends off the beans and then cut into whatever length you prefer. Put the snipped beans into rapidly boiling water, cover and blanch for 3 minutes. Remove the beans from the hot water (hot water can be reused for another batch) with a slotted spoon and immediately plunge them into ice cold water. Let them cool for at least 3 minutes in the water and then drain well. They now can go into Ziploc freezer bags...make sure you squeeze all the air out of each bag and label and date. Put into your freezer.

My favorite coleslaw recipe

Cabbage Coleslaw (KFC knock-off)

1/4 cup buttermilk
1/2 cup mayonnaise
1-1/2 T. vinegar

2T. lemon juice
1/3 cup(or less) sugar
1/2 tsp salt
1/8 tsp. black pepper
1/2 tsp celery salt
1 head of green cabbage, shredded
Mix together the first 8 ingredients and then pour over shredded cabbage. Can also add shredded carrots or kohlrabi

Lemony Raspberry Zucchini Bread with a Lemony Glaze

Makes one 9" loaf

For the Bread:

2 cups unbleached all-purpose flour
2 teaspoon baking powder
1/2 tsp salt
2 eggs
1/2 cup vegetable oil
2/3 cup sugar
1/2 cup milk
1/4 cup fresh lemon juice Zest of 1 lemon
1 cup grated zucchini
1 cup of raspberries

For the Glaze:

1 cup powdered sugar
2 Tablespoons fresh lemon juice

1. Preheat the oven to 350 °F. Grease and flour a 9×5" loaf pan, set aside.
2. In a large bowl, blend flour, baking powder, and salt.
3. In the mixer bowl of a stand mixer/medium-sized bowl, beat 2 eggs well. Then add oil and sugar, and beat on low until well combined. Add the milk, lemon juice, and lemon zest; blend everything well.
4. Gently mix in the zucchini until just evenly distributed in mixture.
5. Add dry ingredients and fold everything together, but don't over mix.
6. Fold in the raspberries.
7. Pour the batter into the loaf pan. Bake for 45 minutes or until a toothpick inserted in the center comes out clean. Cool in pan for 10 minutes then remove to a wire rack and cool completely.
8. While the loaf is cooling, in a small bowl, mix the powdered sugar and lemon juice until well blended. Spoon the glaze over the cooled loaf. Let the glaze set prior to slicing and serving