

McDougal's Farm LLC

What's Growing On!

June 17th, 2020

Farm News

First veggie delivery tomorrow, Thursday 6/17

Every-Other-week farm members will start next Thursday 6/24

...and we're off! We started growing in March with snow on the ground, enjoyed a bazaar early heat wave (a teaser..."Go ahead, put all your plants in"), then dodged a killing frost (good thing we didn't listen) and then completed our transplanting in one of the hottest pre-seasons so far. Never would've we considered putting transplants in when it was 93 degrees!...but this year the weather left us no choice. So onward little soldiers...we sun screened *them* up (with Kaolin Clay), we sun screened *us* up, put on a big hat and pushed through. They seem to be doing remarkably well and surprisingly, so are your two farmers☺,... even better now that our work crew showed up this week!! Every one of them has been through a full season with us and yet they still return! They are an amazing bunch of hard working, good humored people we call friends now and we couldn't do it without them, so tickled to have them back in the field again.

Few updates on DROP SITES:

Sweet Thyme will now be open until **5pm** instead of 4. This will help accommodate those who pick up later there....say thanks!

CT's Deli has a new **entrance in the back** with easy parking (use the door with the steps next to the Pub in CT's new addition side). You will find your veggies in the **Community Room** just down the hall a short ways. If steps are hard for you, you may want to use the front entrance.

Farm, the veggie pickup area is located behind the garage, watch for signs. We attached a picture of what you should be looking for☺

Looking forward to another ad-vegg-ture with you. So glad you joined us!

Honored to be your trusted farmers.

Jerry and Maydene

What's in the Bag

The first *fresh* greens of the season! This week in your bag you will find **Romaine, Rhubarb, a bundle of radish, a bag of spinach and green onions....enjoy!**

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. My thoughts go to cherry tomatoes!

The coconut caught my attention in this recipe. Let's try something new.

Rhubarb Crisp

AUTHOR Holly Nilsson from Spendwithpennies.com

Sweet and tart rhubarb is topped with a buttery crumb topping and baked until golden.

Ingredients

- 6 cups rhubarb
- 3 tablespoons all purpose flour
- $\frac{2}{3}$ cup sugar
- $\frac{1}{2}$ teaspoon cinnamon

Topping

- $\frac{3}{4}$ cup rolled oats
- $\frac{3}{4}$ cup brown sugar packed
- 6 tablespoons flour
- $\frac{1}{2}$ teaspoon cinnamon
- 6 tablespoons butter
- $\frac{1}{3}$ cup coconut optional

Instructions

Preheat the oven to 375°F.

1. Wash and rinse rhubarb and cut into $\frac{1}{2}$ " pieces.
2. Toss rhubarb with flour, sugar, and cinnamon. Place in a 2 qt baking dish.
3. In a separate bowl, combine topping ingredients with a fork or pastry blender. Sprinkle over rhubarb mixture.
4. Bake for 35 minutes or until rhubarb is tender and topping is golden.
5. Cool 5-10 minutes before serving. Top with ice cream or cream.

Notes

To make **strawberry rhubarb crisp**:

Use 3 cups strawberries, 3 cups rhubarb. Increase flour in the filling to $\frac{1}{3}$ cup.

Creamy Spring Onion and Radish Dip

From the view of great island

- $\frac{3}{4}$ cup sour cream
 - $\frac{1}{2}$ cup mayonnaise
 - $\frac{1}{8}$ tsp salt
 - $1 \frac{1}{2}$ cups radishes, very thinly sliced. You can use a mandoline slicer for this because it slices the radishes paper thin, but a sharp knife will work fine.
 - $\frac{1}{2}$ cup green onion, trimmed and thinly chopped. Use the white and green parts.
 - fresh cracked black pepper, to taste
1. Combine all the ingredients in a bowl and mix well. Reserve a little of the sliced green onion for a garnish.
 2. Chill until ready to serve, sprinkle with extra green onion and black pepper. Serve with crackers, chips, bread, or vegetable crudité.

You can substitute unflavored yogurt for some of the sour cream and/or mayo in this recipe if you need to cut the fat.

Out of salad dressing? Here's an easy solution. Recipe from Gimme Some Oven

EVERYDAY SALAD DRESSING

- 3 tablespoons olive oil
 - 1 small garlic clove, pressed or minced (*or $\frac{1}{2}$ teaspoon garlic powder*)
 - 1 tablespoon freshly-squeezed lemon juice (*or red wine vinegar*)
 - 1 teaspoon Dijon mustard
 - $\frac{1}{2}$ teaspoon fine sea salt
 - $\frac{1}{4}$ teaspoon freshly cracked pepper
1. **Combine ingredients.** Whisk all ingredients together in a small bowl (or shake all ingredients together vigorously in a sealed jar) until completely combined.
 2. **Serve.** Serve immediately or store in the refrigerator for between 1-7 days. (See notes on storage times below.) If you choose to refrigerate the dressing, it will need to be stirred or shaken again prior to serving.