

# McDougal's Farm LLC

What's Growing On!

June 24th, 2021

## Farm News

One of the perks of being CSA farmers is, we get to grow lots of different crops all at the same time. One of the disadvantages of being a CSA farmer is; we *have* to grow lots of different crops all at the same time☺. But because of this we have learned a lot about plants, like, who gets along with whom and who needs more attention. Most do just fine paired up, but others like the onion, have very few friends....two to be exact, the tomato and the pepper. Some plants are more comfortable being with their own family...like the broccoli, cauliflower and cabbage and some just want to be in the hottest part of the field...others like it cold and faint easily in the heat. It's always a challenge to establish a crop rotation with this kind of diversity..... It makes me think of my Mother years ago as we piled into the church pew. She sorted us as we went in. She knew who could sit by whom, who needed to be separated out and who wasn't allowed to sit at the end of the pew, LOL....brilliant lady!

The extra effort put towards crop diversity is well worth it though, it gives us/and you a little more food security and helps us sleep at night. We are never quite sure what the weather will be doing by the end of the day...(we had rain, hail, sunshine and blue sky by noon today)...let alone all summer! It's a crap shoot! So *variety*, including lots of different plants with different needs, may be a little mind boggling, but it is key to filling those bags all season. We may lose some crops but we try to stack the odds in our/your favor.

Last winter while going through the seed catalogues we came across this beautiful bright yellow radish, named after the Greek sun god, Helios. Had to have it! They were expensive, even had a low germination rate, but we bought them anyway because we thought they would add a little sunshine surprise to your bag this week. Well, the surprise was on us. We pulled them out of the ground this week and they look like....potatoes☺...humf...but they *do* taste good. Enjoy your *brown* radishes.

Weed report: Weeds are way out ahead, the 'Dougal crew not even close to closing in but seem foolishly optimistic.

It was a beautiful week, thank you for letting us be your trusted farmers,  
*Jerry and Maydene*

### What's in the Bag

Besides the bundle of *lovely* brown **radishes**, you will also find **Bok Choy**, **green onions**, a bag of **gourmet leaf lettuce mix**, a bag of **spinach** and a small token of our appreciation, a **McDougal's Farm pen**.

**Bok Choy** is a versatile vegetable that can be stir-fried, steamed, blanched, grilled, or boiled. **Bok Choy can also be eaten raw like in the recipe below.** You can eat both the leaves and stems, but here's a tip: If you are using your Bok Choy in a stir fry, add the thick stem portion cut to bite size, to your skillet or wok first...adding the chopped leaves towards the end.

**Leaf lettuce Tip:** Leaf Lettuce is always best if you soak it in cold water first, and then remove all the water with a salad spinner. This will crisp it up, it will even taste fresher.

I think we need to add strawberries to this...?

## Wilted Spinach Salad with Bacon and hard boiled eggs recipe from Hey Jude at Food.

- 6 cups Spinach, washed drained very well and torn into bite size pieces
- ¼ cup sliced green onion
- 3 hard boiled eggs, coarsely chopped
- 5 slices of bacon, chopped
- ¼ cup vinegar
- 2 tablespoons sugar
- 2 tablespoon water
- ½ teaspoon salt
- ¼ teaspoon pepper

Combine spinach, onions, and eggs in a large sauce pan.

Cook bacon in skillet until crispy; remove bacon and drain on paper towel

Pour off all but 3 Tablespoons of bacon drippings

Add vinegar, water, sugar, salt and pepper to bacon drippings, heat to boiling, stirring to blend.

Pour over spinach mixture; toss gently

Sprinkle with bacon

## Bok Choy Salad 5 Star recipe! From TasteofHome.com

1 head bok choy, finely chopped

2 bunches green onions, thinly sliced

2 packages (3 ounces each) ramen noodles, broken

1/4 cup slivered almonds

2 tablespoons sunflower kernels

1/4 cup butter

### **DRESSING:**

1/3 to 1/2 cup sugar

1/2 cup canola oil

2 tablespoons cider vinegar

1 tablespoon soy sauce

1. In a large bowl, combine Bok Choy and green onions; set aside. Save seasoning packet from ramen noodles for another use. In a large skillet, sauté the noodles, almonds and sunflower kernels in

butter until browned, about 7 minutes. Remove from the heat; cool to room temperature. Add to bok choy mixture.

2. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Just before serving, drizzle over salad and toss to coat.

## Wilted leaf lettuce Salad another 5 star from TasteofHome.com

4 cups torn leaf lettuce  
1 small onion, sliced  
3 radishes, sliced  
6 bacon strips, diced  
2 tablespoons vinegar  
1 teaspoon brown sugar  
1/4 teaspoon ground mustard  
1/4 to 1/2 teaspoon salt  
1/8 teaspoon pepper

In a large salad bowl, toss lettuce, onion and radishes; set aside. In a skillet, cook bacon until crisp; remove with a slotted spoon to drain on paper towel. To the drippings, add vinegar, brown sugar, mustard, salt and pepper; bring to a boil. Pour over lettuce and toss; sprinkle with bacon. Serve immediately.