

Not an EOW week

McDougal's Farm LLC

What's Growing On!

July 15th, 2021

Farm News

Every other year we head to the woods to collect wild leek (also known as ramps). Last year was the year we were supposed to *harvest*; but we decided not to, and figured nobody would notice.....we were wrong! You guys *have* been paying attention! Good job keeping your farmers in line....you have wild ramps in your bag this week! Collecting ramps is putzy work and we are geared more for bulldozing..... "get er' done!" Collecting 3000 of the little buggers takes time...*slow* time, but during that time spent in the woods, the *speed* thing naturally falls away. Your breathing slows and your hands feel good in the dark loose soil and it is impossible to ignore the smell of garlic and damp earth all mixed together. None of us are too far away from each other, but we are quiet as we work and keep count. The tree canopy shades us like an oversized umbrella, a luxury we don't usually have, allowing just enough sun to trickle through to set a relaxing mood. Your mind slowly blends in with this slow simple work.... and before you know it, someone yells, "I think we got our 3000!". Now it is off to the cleaning tables where we can finally talk☺ Digging ramps in the woods was exactly what we all needed this week. Thanks for the reminder. Hope you enjoy Nature's little wild garlic on your table this week. They are rich in vitamin A, super high in vitamin C, and contain selenium that boosts your immune system. Wild leek is also an antibacterial, antifungal **and** an antiviral, all in one sweet little package! Enjoy.

The next day's crew wasn't so lucky, it was back to weeding before the big rain came. The fields look absolutely amazing. Thank you crew and volunteer Jared! You are all rock stars!

We took a few pictures to share with you this week. Looks like we may have broccoli and green cabbage by next week if we get the rain they are forecasting, you may even see the sweet peas in your bag as early as next week!

Thank you for letting us be your farmers and do what we love,
Jerry and Maydene

What's in the Bag

This week in your bag you will find a very healthy portion of **Sweet Basil** (our crop outdid itself this year). Hoping it will make a nice batch of pesto with the **wild leek** (in baggie; use like garlic, no need to peel, keep refrigerated) and **green garlic** (hasn't been dried yet, peels easy). We also added to the bag, **Bok Choy**, a bag of **spinach** and **romaine**. As our crops transition, sometimes we have a variety of extra odd and ends. You may find an extra in your bag that is not listed...shhhhh, enjoy☺

Dare to be *still*

We have an old bench that sits by the pond and on the backrest are the words “Dare to be Still” as a reminder to us busy bodies to stop and take life in *fully*. This year the words take on a new meaning. Inside the backrest of the old bench is a beehive!!!!

Hot Artichoke and Spinach Dip from allrecipes.com

1 (8 ounce) package cream cheese, softened
¼ cup mayonnaise
¼ cup grated Parmesan cheese
¼ cup grated Romano cheese
1 clove garlic, peeled and minced
½ teaspoon dried basil
¼ teaspoon garlic salt
salt and pepper to taste
1 (14 ounce) can artichoke hearts, drained and chopped
½ cup frozen chopped spinach, thawed and drained
¼ cup shredded mozzarella cheese

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish. In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt and pepper. Gently stir in artichoke hearts and spinach. Transfer the mixture to the prepared baking dish. Top with mozzarella cheese. Bake in the preheated oven for 25 minutes, until bubbly and lightly browned.

10 Minute Lemon Garlic Sauteed Bok Choy from inspiredtaste.net

1 pound baby bok choy
1 1/2 tablespoons extra-virgin olive oil
3 garlic cloves, minced
Pinch crushed red pepper flakes
Sea salt
Half of a lemon, cut into wedges

Remove any discolored outer stalks of the bok choy and discard them (or save for stock later). Place the bok choy into a colander and rinse with cool water, rubbing any grit or dirt from between the leaves. Trim the ends then slice each bok choy in half lengthwise. Or if they are large, cut them into quarters. Pat dry.

Add the oil, garlic and red pepper flakes to a wide room-temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before the garlic starts to turn light brown.

Toss in the bok choy and spread into one layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes.

Flip then cook for another 2 minutes or until the green leaves have wilted and the white bottoms are beginning to soften, but still have some crunch.

Transfer to a platter then squeeze 2 lemon wedges on top. A teaspoon or so of olive oil is nice, too. Serve with more lemon wedges on the side.

Lemon Basil Chicken from wellplated.com

1 tablespoon extra-virgin olive oil

1/2 large yellow onion *finely chopped, about 1 cup*

4 **cloves garlic** *minced*

1 1/2 pounds boneless skinless chicken breasts, *cut into 3/4-inch pieces*

2 tablespoons low-sodium soy sauce

1/4 teaspoon ground black pepper

5 cups loosely packed baby **spinach** *about 5 ounces*

1 tablespoon lemon zest

2 tablespoons freshly squeezed lemon juice

2 cups **fresh basil** leaves

Kosher salt and pepper *to taste*

Prepared brown rice *for serving*

In a large skillet, heat the olive oil over medium. Once hot, add the onion and cook, stirring often, until softened, about 4 minutes. Add the garlic and cook until fragrant, about 30 additional seconds. Add the chicken, increase the heat to medium high, and let cook for 3 minutes, browning all sides. Stir in the soy sauce and black pepper. Let cook until the chicken is completely cooked through, about 3 minutes longer.

Stir in the spinach a few handfuls at a time, letting the heat of the pan wilt it as you go. Stir in the lemon zest, lemon juice, and basil. Cook and stir just until the basil is wilted, about 1 additional minute. Taste and season with additional salt or pepper as desired. Serve warm with rice as desired.

Have a great week!