

# McDougal's Farm LLC

What's Growing On!

July 22nd, 2021

## Farm News

Our week was full of reminders to be grateful and not to take things for granted. It started with a quick check-in with a friend as she picked up her veggies. She had lost all her belongings to a house fire about a year ago and after a year of waiting for replacements, things *finally* came in. She flashed us the **biggest** smile and said..."I have everything!" Of course she meant all the things we take for granted everyday...a refrigerator, a stove, cupboards, an extra pair of pants, etc. Made us think.....why do we wait?

Next, we gave a farm tour to a group of kids....one ran off after a chicken, another couldn't pee in the porta potty because it was too dark, another really wanted to be over by the bee hives instead. This scattered energy reminded us of us...but then they saw the flowers. The flowers pulled their attention right in. They were not only in awe, but fascinated. A closer look and they found baby toads, overloaded pollinators and other crawly things....they were hooked and we didn't have to do a thing. Flowers have the superpower to take you to the NOW, something we need to work on. The children's visit really helped us re-see our farm....feeling grateful.

Next gentle reminder was actually a back breaker. So far this season any time we needed rain, it rained. Yep, we were grateful, but obviously not enough. This week Mother Nature backed off on the watering and she let us do it. It took us 4 ½ hours to put 2400 gallons of water on our tomato patch. When Mother Nature waters, she can put an inch of rain on an acre of land in no time, equaling 27,143 gallons of water! And she does it effortlessly! And it is done more even than we could ever do it. She has our gratitude, respect and wishes for more rain.

The last little nudge came late in the day. We were hot and tired and could only think of finishing up, grabbing a cold drink and sitting in the shade. The Honey bees had listened to us all morning telling our little farm visitors how lazy they have been all summer, and then we added to the insult by showing these little, future farmers how to do *their* job...how to hand pollinate. Must not have set just right with the bees, by 5pm that day, they were swarming....moving out...adios...arrivederci...under appreciated for all the unseen work they do. We did end up catching the swarm, but also recognized our lack of gratitude *and* care, and set them up in a new home....with our appreciation.

Thank you for allowing us to be your trusted farmers this week. It is humbling and awe inspiring all at the same time.....such a trip!

*Jerry and Maydene*

## What's in the Bag

A lot of the crops decided to come ready this week, so you have quite the variety in your bag this week. You have **fresh broccoli, green beans, sweet peas, a bouquet of fresh oregano** (hang up and let dry naturally or use fresh on pizza etc) and **Napa cabbage**. Also in your bag is a bundle of **green onions**, a few **Hakerei young white turnips**, and **collards**.

**Collards are popular in the south but may be new to you, here's a little tip: combining collards with sausage or bacon or even a sprinkle of salt helps balance out what some people consider the bitter taste in collards.** Collard greens are an excellent source of **vitamin A, vitamin C, and calcium**, a rich source of vitamin K, and a good source of iron, vitamin B-6, and magnesium. They also contain thiamin, niacin, pantothenic acid, and choline.

## Bacon Collard Greens fromTasteofhome.com

- 2 pounds collard greens
- 4 thick-sliced bacon strips, chopped
- 1 cup chopped sweet onion
- 5 cups reduced-sodium chicken broth
- 1 cup sun-dried tomatoes (not packed in oil), chopped
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes

Trim thick stems from collard greens; coarsely chop leaves. In a Dutch oven, saute bacon for 3 minutes. Add onion; cook until onion is tender and bacon is crisp, 8-9 minutes longer. Add greens; cook just until wilted.

Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer until greens are tender, 45-50 minutes.

## Sautéed Asian Cabbage, Sugar Snap Peas and Egg [foodandwine.com](http://foodandwine.com)

2 tablespoons grapeseed or canola oil (or other high flashpoint oil)

1/2 medium onion, sliced

3 cloves garlic, minced

8 cups shredded Napa cabbage (about a 2-pound head of cabbage)

1 cup sugar snap peas, sliced

1 tablespoon fish sauce

1/2 teaspoon sesame seed oil

2 large eggs, beaten

Fresh cracked black pepper, to taste

Heat a large skillet over medium-high heat. Add the oil and then stir in the onions and garlic. Cook for about 2 minutes or until the onions are soft and lightly browned.

Stir in the cabbage, sugar snap peas, fish sauce, sesame seed oil, eggs, and pepper. Stir well to coat the cabbage with the egg, and then cook for 1 minute or until the egg is cooked and the cabbage is wilted. Taste for seasoning and serve warm.

# Broccoli Salad with no Mayo fromCremedelacrumb

6 cups broccoli chopped  
1/3 cup chopped onion  
4-6 strips of bacon cooked and chopped  
½ dried cranberries  
½ cup white cheddar shredded  
3 tablespoons of sunflower seeds roasted

## Dressing:

3 Tablespoon Dijon mustard  
¼ cup honey  
3 tablespoons of olive oil  
2 tablespoons apple cider vinegar  
½ teaspoon of garlic powder  
¼ teaspoon salt  
Pinch of black pepper  
Water to thin

Combine all top salad ingredients in a large bowl.

Combine dressing ingredients in a jar and shake. Add water as needed to reach desired consistency. Taste, add salt and pepper to taste if needed, and pour over broccoli salad. Toss salad to coat. Serve immediately or cover and chill for up to 24 hours.