

It's an EOW (Every Other Week) week!

McDougal's Farm LLC

What's Growing On!

July 8th, 2021

Farm News

Awww...it's growing week 18 for us. It is the week we stop focusing on what could go wrong and start actually *seeing* what is going right! The broccoli is so dark green; there is a hue of blue to it. The peppers have dug their toes in deep and all the centers are turning dark green. The tomatoes are on their second tying and for some reason the deer have decided to move out of the peas and beans. It could be the new dose of peanut butter on the electric fence, the aroma of Downy Softener in the air, the black waving garbage bags or Basil's dog hair strategically placed around the outside of the perimeter of the fence...or maybe it's the new scarecrows? Whatever it may be, the plants have outgrown the deer and bug pressure this week, a phenomenal growth period... for the weeds as well. It was nip and tuck for awhile, and with all the rain we couldn't get ahead of the weeds, but Tuesday morning our crew, plus two volunteers (thank you Linda and Levi) showed up and kicked some royal weed ass! Two hours later it began to rain *again* but the barasica patch (cabbage, broccoli, cauliflower, Brussel Sprouts) has never looked so good! Happy dance!...love our crew. Note to crew: You have just put in the 4 hardest weeks of the whole season (McDougal Boot Camp). You have assumed the weeding position for hours, crawled through the mud, (and the important part), came out smilingyou made it! Congratulations! We love ya to bits!

We are hearing little rumbles of possible food shortages again by the end of summer, mostly from the trickle down effects of what is going on in California. Severe drought conditions have forced some farmers to make the difficult decision to let hundreds of acres of crops (like asparagus) perish in the field in order to keep higher priced crops (like watermelon) alive with the limited amount of water they do have. We are fortunate in Wisconsin, this is **not** the situation...however *it will* impact us all with higher prices in the grocery stores....it just may be in 18 weeks. It's that number again...the time span that most don't give much thought to (unless you are hungry and waiting), the time it takes to start seedlings, prep fields, allow a growth period for transplants and then the time to apply the muscle to plant it, water it and weed it. Years ago, I believe it was Haiti, all incoming food was suddenly shut off, the average person lost 20 pounds before they were able to turn every empty lot into a garden plot and somewhat pull through. We don't support *fear* talk, it seems irrational, and listening to it makes you *think* irrational,...but awareness, knowledge, local connections and good old common sense...these all seem sensible and *constructive* to us. Things you could wrap your brain around and really get some good things done with.

Thank you for letting us be one of your local connections. We are looking forward to another abundant summer with you all. The sweet peas and green beans are right around the corner and it looks like there will be buttered sweet corn on all our plates late summer! Yahoo!

Jerry and Maydene

What's in the Bag

This week in your bag you will get **kohlrabi with the tops**, young **Hakerei turnips (white)**, **romaine**, **green onions**, **a bag of kale**, **a bouquet of fresh Summer Savory** and **garlic scapes** (the curly things☺) ...and maybe an early cucumber?

Kohlrabi with the tops: All parts of the kohlrabi are edible, even the tops. When we harvested we used to cut off all the tops and "*leaf*" them behind☺ but then we came across some recipes and found out how nutritious they are. They can be added to soups, sautéed even made into chips like kale. The bulb part of the plant can be peeled and eaten raw or roasted.

Hakerei turnips: These are best harvested young; they normally don't get bigger than 2 inches in diameter. They are white, sweet, crispy and mildly spicy...not hot like a radish. We eat them raw but these too can be roasted or added to a soup or salad.

Garlic Scapes: These little curly-Q's are removed from the top of the garlic plant to allow all the plant energy to go into growing a larger bulb of garlic. These little buggers are a powerhouse of garlic. They can be put into a food processor and added to a pesto, they can be chopped and made into vinaigrette or added to chicken soup to add a kick of garlic.

Be patient with yourself...Nothing in nature blooms all year.

Stir-Fried Kohlrabi with Bacon and Scallions

from bon appetit.com

- 4ounces slab or thick-cut bacon, cut into small pieces
- 1pound medium kohlrabies, peeled, cut into 1/3-inch-thick wedges, plus 6 cups coarsely torn kohlrabi greens
- 6 scallions, white and pale-green parts only, cut into 1-inch pieces (or green onions)
- 3garlic cloves, thinly sliced....(farmer note: can substitute your garlic scapes)
- 1tablespoon soy sauce
- Kosher salt, freshly ground pepper

Step 1

Cook bacon in a large skillet over medium heat, stirring occasionally, until bacon begins to brown, 5–7 minutes; transfer to a bowl.

Step 2

Increase heat to medium-high and cook kohlrabies in a skillet, tossing occasionally, until golden brown, about 5 minutes. Add scallions and garlic and cook, tossing, until scallions are soft and garlic is golden, about 3 minutes. Add kohlrabi greens and 3 Tbsp. water and cook, tossing, until greens are tender, about 2 minutes. Add bacon and soy sauce and toss to combine; season with salt and pepper.

The following recipe can be used as bread or cracker spread, on pasta or a sandwich. You can also add additional greens like kale or kohlrabi leaves to smooth out the garlic a bit.

Garlic Scape Pesto

15 or so garlic scapes
1/2 cups grated Parmesan cheese
1/2 cup olive oil
1/2 tablespoon lemon juice
black pepper to taste

Cut up the garlic scapes into 1 inch pieces and put into a food processor with Parmesan cheese, olive oil, lemon juice, and pepper. Blend until smooth.

Savory Kale, Cannellini Bean, and Potato Soup allrecipes.com

- 2 tablespoons extra-virgin olive oil
- 1 onion, diced
- ¾ cup diced carrot
- 4 cloves garlic, minced
- 3 cups low-sodium chicken broth
- 2 cups water
- 1 cup white wine
- 3 potatoes, halved and sliced
- ½ teaspoon chopped fresh rosemary
- ½ teaspoon chopped fresh sage
- ½ teaspoon chopped fresh thyme (Farmer note; substitute in the fresh savory...great w/beans)
- 1 (16 ounce) can cannellini beans, rinsed and drained
- 2 cups finely chopped kale leaves
- 1 small red chile pepper, seeded and chopped fine
- ground black pepper to taste

Heat the olive oil in a large Dutch oven over medium heat; cook and stir the onion until softened and translucent, about 5 minutes. Stir in the carrot and garlic, and cook for 5 minutes more.

Pour in the chicken broth, water, and white wine; stir in the potatoes, rosemary, sage, and thyme. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes. Add the cannellini beans, kale, chile pepper, and black pepper, and simmer, covered, for 30 more minutes.