

McDougal's Farm LLC

What's Growing On!

June 23rd, 2022

Farm News

First veggie pick up tomorrow, Thursday June 23rd

So much happens before the first bag of veggies leave the farm. Seeds are ordered, fires are stoked, we've seeded and watered, seeded and watered...we are still seeding and watering, but the initial planting is done...hallelujah! The greenhouses have been cleared out, all 3 hoop houses planted and the first seeds planted in the fields are up and at em'. The transplants are turning dark green and our farm team has all returned...yahoo! It feels so good to have them back in the field. We don't mind pushing a tiller or a hoe around all day but it is certainly much more fun when we do it with them. Words of wisdom fly and by the time we are all done, the field has been whipped back into shape and all the problems of the world solved. So through the summer we will be sharing some of these "Crewdiddles" with you...brilliant thoughts, ideas and quotes from the crew. Watch for them. This week our Crewdiddle is a picture of Kimmy and Holly and their brilliant scarecrow creations...packing a lot of movement and noise...and my sister's wedding veil☺

We were pulling radishes out of the ground this week and couldn't imagine what that must be like. Up to this point the ground has been cool, with nighttime temperatures in the 40's...nobody loved this more than the spinach...but this week was the week for the radishes to make their debut...yanked out of the cool darkness and right into a blazing scorching 94 degrees,...and if that didn't shock them, the ice water that followed most certainly did. Now let's talk about your farmers and how radish harvesting went for them...also blazing hot, also shocking when hit with a blast of cold water out of the hose! Don't ever ask for a "misting". Temperatures have been all over the place this year. It makes things a little unpredictable for us, but also a nice little reminder that we are not in charge and keeps us humble.

Few updates on DROP SITES:

Auntie E's will now be open until **5:30pm** 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 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☺

Bass Lake-NEW address: the Brad Garvey residence **W10780 Bass Lake Rd., located in the garage** (and just a few houses down from the old pick up site.) Thank you Brad for making this transition so easy.

Looking forward to another vegg-tastic summer with you all, 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, a 'welcome' chive bouquet and a complimentary McDougal Farm pen.....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 following recipe is a family favorite sent from Mary G, had me at BUTTER sauce!!....thanks for sharing Mary!

Rhubarb cake with warm butter sauce

8x8 or 9x9 pan greased

Preheat oven to 350 degrees

Mix:

2 cups flour

1 cup sugar

1 tsp baking powder

Add:

1 cup milk

2 TBSP melted butter

Fold in:

2 cups cut rhubarb

Spread in pan and bake 45-50 minutes or until tester comes out clean - cool on rack

Sauce

In saucepan over medium heat

Mix:

1 cup butter

1 cup sugar

1 cup half and half

1 generous tablespoon cornstarch

Stirring constantly until thickened

Serve warm over cooled cake

Easy Spinach Lasagna with White Sauce from Allrecipes.com

2 cups fresh chopped spinach (more is good)

29 oz Alfredo style pasta sauce

½ cup milk

1 8oz pkg. of lasagna noodle

1 pint of ricotta cheese

1 egg

8 oz shredded carrot

8 oz. sliced fresh mushrooms

½ sup shredded mozzarella cheese (more is good)

Preheat the oven to 350 degrees. Coat a 10 x 15 inch lasagna pan with cooking spray.

Place chopped spinach in a medium mixing bowl. Mix in ricotta. Beat the egg with a wire whisk and add it to the spinach and ricotta. Stir well to blend

Combine pasta sauce with milk in a medium bowl. Mix well.

Spread about 1/2 cup pasta sauce mixture evenly in the bottom of the dish. Place 3 uncooked noodles over the sauce. Spread half of the spinach mixture over the noodles. Sprinkle with half of the carrots and half of the mushrooms. Place 3 more noodles over the vegetable mixture. Pour 1 1/2 cups sauce over the noodles. Spread the remaining spinach mixture over the sauce, followed by layers of the remaining carrots and mushrooms. Place 3 more noodles over the vegetables. Pour remaining sauce evenly on top. Sprinkle with the mozzarella cheese. Spray a sheet of aluminum foil with cooking spray. Cover the dish tightly with aluminum foil, spray side down.

Bake for 50 to 60 minutes. Remove from the oven, uncover, and spoon some sauce over the exposed top noodles. Turn the oven off, and place the uncovered dish back into the warm oven for 15 more minutes. Serve at once, or let rest until ready to serve.