

McDougal's Farm LLC

What's Growing On!

June 30th, 2022

Farm News

Our vet once told us our dog was overweight, and we told him, "No, she's just fluffy". He then humored us by explaining the difference between the two....so now we know....Your bag is "fluffy" this week, Come August, Sept. Oct, it will be "fat". So hang in there, this little farm is just warming up her engines....and it looks pretty good down the tracks.

The weather man gets a lot of our attention lately as we cling to false hope stories of *possible* rain....*scattered* thunderstorms...*isolated* showers...they use more terms to get a farmer's hopes up than a good auctioneer. We watch the rain on the radar roll right up to us.... and then split and go around us...its exasperating! Until it rains all our Sundays and free time is spent watering and no matter how well we do it, nothing compares to a good rain....nothing. One inch of rain on one acre equals about 27,000 gallons of water. It would take us 135 trips, and days going back and forth to the field with our 200 gallon water tank to water just one acre...we have 7! Mother Nature could do all of them in one hour. Next good soaker these two farmers are plopping their butts down on the front porch and are going to happily watch, while someone else does our work. Right now, we believe she is just letting us sweat-it-out to get some real appreciation. Think rain!

Our farm team has been on weed control for the last two weeks and with the dry conditions, it actually looks like we may be winning... not a single one of us is **weediculous** enough to believe this is even possible...but this week we are *feeling* like winners...thanks team!!

Just a quick reminder: Please don't forget to pick up your veggies on **Thursday afternoons**. Any veggie not picked up by Friday at closing time becomes the property of the host. With that said, "You guys ROCKED your first pick up!...you did well, no reported mix ups and everyone got the right size bag....good job!

Thank you for allowing us to do what we love. We truly appreciate your support.
Your farmers,

Jerry and Maydene

What's in the Bag

This week in your bag you have **Gourmet leaf lettuce, a bundle of green onions, radish, a bag of spinach and ramps** (the white things that look like grizzly teeth, also known as wild leek or wild garlic). Next week Bok Choy...have a great recipe you would like to share? Send it our way

Crewdiddles...

Field wisdom and quotes from the knees

Crewdiddle #1-**“Did you know that if you don’t give your chicken water they can stop laying eggs for up to 3 weeks?”**

We Googled this, it's true! A dehydrated chicken can go into a force molt and this can affect its production for up to 7-8 weeks! Good thing we bounce back quicker than that 😊

Crewdiddle #2- **“Strawberries grow better if planted away from your chickens”** LOL....*wise words!*

Crewdiddle #3- **“What’s a Farmer's Smile?”. “It’s that burn you get across your lower back when your shirt rides up from weeding and hurts like no other.”**

*Here is a Mayo-less version of artichoke dip. You can substitute your **ramps** (aka wild leek or wild garlic) for the garlic and of course replace the frozen for **fresh spinach**...the more the better*

Chef John's Hot Spinach Artichoke Dip from Allrecipes.com

2 tablespoons butter

½ cup green onions, white and light green parts only, thinly sliced

2 cloves garlic, minced

salt

1 (14 ounce) can artichoke hearts, drained and chopped

1 (10 ounce) package frozen chopped spinach, thawed, drained and squeezed dry

8 ounces cream cheese

½ cup shredded Gruyere cheese

½ cup finely grated Parmigiano-Reggiano cheese (parmesan can be substituted)

¼ teaspoon hot sauce

1 pinch ground nutmeg

salt and freshly ground black pepper to taste

¼ cup shredded mozzarella cheese

Preheat the oven to 400 degrees F (200 degrees C).

Melt butter in a saucepan over medium-low heat; stir in onions and pinch of salt. Cook, stirring occasionally, until onions are soft, about 5 minutes. Stir garlic into onions and remove from heat.

Mix green onion mixture, spinach, artichoke hearts, cream cheese, Gruyere, Parmigiano-Reggiano, hot sauce, nutmeg, salt, and pepper in a large bowl until combined.

Spoon artichoke mixture into baking dish. Top with shredded mozzarella cheese.

Bake in the preheated oven until the top is golden brown and bubbling, about 25 minutes.

Leaf Lettuce Tip: Rinse well in ice water to remove dirt and any possible hitch hikers...twice! Spin out in your salad spinner or remove as much water as possible without crushing the leaves. Spread out onto a slightly dampened paper towel or thin linen and roll up. Store in the refrigerator until ready to use.