

McDougal's Farm LLC

What's Growing On!

July 14th, 2022

Farm News

We took a 24 hour mini-vacation this week and were delighted how invigorating it was. We headed up north and sat on the shores of Lake Superior, enjoyed a stunning sunset and a complete change of scenery....sail boats, harbors, sandy beaches, seagulls, sand dunes...a completely different world just a few hours away. It all just made us go ahhh. Just the "chill pill" we needed. When we returned home our front field was in complete weed bloom!....like how does that happen in 24 hours?

Monday we welcomed a bus load of kiddos to the farm. That was also refreshing. It helped to remind us why we do what we do and the importance of HOW we do it. These kids are going to be the ones our decisions today are going to impact the most...not us. It was fun to plant little seeds in their heads to be future farmers and watch them react to eating kale under peer pressure....what a hoot! When the first one gave it a nod, they all agreed it was alright. Only *one* couldn't hide it and ran off spitting and sputtering. Next came the garlic which was mistaken for sweet corn. It wasn't until we waved a piece of the stem under their noses like smelling salts that one of them threw their head back and wailed, "garlic!". And we only had to say once, "Whoever tries it has to sit in the back of the bus."....and they all tried it!...and they all smelled like garlic when they left☺. We found this oddly satisfying.

Next **Saturday, July 23rd** (weather permitting) **Farm tour (7pm) and bonfire (8:30pm)**; We would like to invite you all to the farm! Some of you have never been here or seen the fields. **We will be doing a single guided tour that leaves from the greenhouse at 7pm**, (tours take about an hour) and then you are welcome to stay for a "bring your own bottle and chair", bonfire. Come get to know your farmers and all the other fun, like minded people this little farm has attracted. If you want to come just to the bonfire, you are more than welcome...**bonfire will be lit around 8:30pm**. It's a no fuss get together, come as you are and say ahhhh *with* us.

Have a great week, hope to see you next weekend!

Jerry and Maydene

What's in the Bag

This week in your bag you will get a **gourmet lettuce spinach mix, green onions, Bok Choy**, a bouquet of fresh **cilantro, kohlrabi** (peel, slice thin and eat raw with a sprinkle of salt or dill dip) **and broccoli**.

Spinach, Feta & Rice Casserole from Eatingwell.com

3 tablespoons extra-virgin olive oil
½ cup chopped onion
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
3 large cloves garlic, grated
3 cups cooked brown rice
¾ cup crumbled feta cheese
¼ cup chopped fresh dill
½ teaspoon ground pepper
¼ teaspoon salt
4 large eggs
¼ cup sour cream
1 tablespoon lemon zest

Preheat oven to 425 degrees F.

Heat oil in a large ovenproof skillet (preferably cast-iron) over medium heat. Add onion and cook, stirring, until beginning to brown, about 4 minutes. Add spinach and garlic; cook, stirring, for another minute. Remove from heat and let cool slightly. Add rice, feta, dill, pepper and salt to the pan; stir to combine.

Whisk eggs and sour cream in a medium bowl. Add to the rice mixture and stir well to combine. Smooth the top with a rubber spatula. Bake until lightly browned in spots, about 25 minutes. Let stand for 5 minutes before serving.

Bok Choy Salad.....easy AND yummy!

Serves 4 (printed from allrecipes.com)

½ cup olive oil
¼ cup white vinegar
1/3 cup sugar or sugar substitute
3 Tbsp. Soy Sauce or Braggs Liquid Aminos
2 bunches bok choy (or 1 large), cleaned and sliced
1 bunch green onions, chopped
1/8 cup slivered almonds, toasted
½ (6 oz.) package chow mein noodles

In a glass jar with a lid, mix together olive oil, white vinegar, sugar and soy sauce. Close the lid and shake until well mixed. Combine bok choy, green onions, almonds and chow mein noodles in a salad bowl. Toss with dressing and serve.