

# McDougal's Farm LLC

What's Growing On!

July 28th, 2022

## Farm News

We got **3/4 of an inch of rain**, not as much as other areas, but no wind and no hail...perfect. The ground soaked it up like a sponge and because we didn't have to spend our Sunday watering, we went fishing! Even more perfect. The earlier storm forecast that canceled our farm tour, sounded like it could get messy, so we snapped a few pictures of the field beforehand just in case. Thought we would share a few with you.

Before we started our CSA we went to CSA school down in Madison (yep, this is a real thing). We remember sitting there in awe of the people teaching the course. They were the front runners, the pioneers of this new Community Supported Agriculture wave. Many of them had farms themselves and had already made the mistakes they were teaching us to avoid. They taught us a few tricks of the trade, shared their favorite tools and made us all rethink what we were getting into when they flashed us pictures of their spreadsheets. There were greenhouse charts, field planting charts, maintenance charts, member charts and the list went on. Now thinking back, they had to enjoy... just a little bit, the power they reeled, to instantly cast scared shitless expressions on every face in the auditorium. They were great teachers, not just educated by the book, but from their own muscles, sweat, trials and errors. We bumped into one of them at the Madison Farm Market just two years into our CSA. She asked us if we were up nights worrying about what was going into the bag?" We said, "Yep!", and she said, "Well, you're doing it right then...lol". We think of this encounter once in a while in the early season, but this is NOT the case this week or for the weeks ahead. When you get your bag this week you'll understand our new pickle; "How are we going to fit that all in the bag?" It's a wonderful dilemma! **Enjoy this season of abundance.**

We want to give a **shout out to our crew this week**. The harvest and cleaning went so well we had enough time to weed a whole potato field AND tie up 500 tomato plants!!☺...made for some tired backs but still unwavering attitudes...what troopers! Tom, Sarah, Julie, Eva, Kimmy, Holly and Dawn, you guys are un-*beet*-able....a dilly of a crew!

Have a great week folks,

Your farmers,

*Jerry and Maydene*

### What's in the Bag

You beet-cha you have a dilly of a bag this week! In your bag this week you will have a head of **green cabbage, a bundle of beets** (with the tops as requested), **green beans, kohlrabi, dill weed, cucumber, broccoli or cauliflower, Swiss chard and green onions**. The large shares will also get the first of the **young zucchini**...much more to come.

**EZ way to peel beets:** cut off stems leaving 1 inch of stem on the beet root, boil beets until you can pierce with a fork... (approximately 20 min for smaller beets, 30 for larger beets). Drain off the hot water and put beets immediately into cold water. The skins will now slide right off!!

**To Freeze green beans:** wash, snap off tips, cut into bite size pieces, drop into boiling water for 3-4 minutes, remove beans and immediately put them into ice cold water. When chilled, drain and pack into a freezer bag, label and date.

## Swiss Chard with White Beans and Parmesan from New York Times

1 bunch of Swiss chard (a “bunch” is about as many stalk as you can grip in one hand)  
2 tablespoons extra virgin olive oil  
1 onion, finely chopped  
4-5 garlic cloves, finely minced  
4 cups water or unsalted vegetable or chicken stock  
1 bay leaf  
2×4-inch Parmesan rind  
2 cans cannellini or white beans, drained and rinsed  
2 teaspoons salt (or to taste)  
1/2 teaspoon black pepper grated Parmesan for garnish

Wash and dry chard. Cut off chard stems and finely dice. Roughly chop chard leaves.

Heat olive oil in a large pot over medium heat. Add the onions and diced chard stems. Cook until chard stems soften (but try not to let brown), about 10 minutes. Add garlic and cook additional 1 minute until garlic gets fragrant (try not to let onions and garlic brown too much).

Add water/stock, bay leaf, Parmesan rind to pot. Bring to a boil, then reduce the heat and simmer for about 20 minutes to reduce the stock.

Stir in the chard leaves and beans, and simmer for about 10 minutes. It should be a little thicker than a soup, thinner than a stew.

Season to taste with salt and fresh black pepper. Remove bay leaf and Parmesan rind. Serve in bowls and top with grated Parmesan cheese.

This tastes better the second day.

## Dill Dip

2/3 cup mayonnaise (Hellmans)  
2/3 cup sour cream  
3-4 T. fresh chopped dill (the more the better)  
1 T chopped parsley

½ t. sugar

½ t. Onion powder

½ t. celery seed

Mix all together and chill for at least 1 hour. Great served with fresh vegetables