

yes! it is an EOW week

McDougal's Farm LLC

What's Growing On!

July 7th, 2022

Farm News

Wow, what a difference $\frac{3}{4}$ " of rain can make. Plants doubled in size overnight, the ground feels soft under your feet and we can now quit looking at our watch wondering if it is time to move the sprinklers. We may actually get something done this week. The dry conditions did however give us a chance to observe the cleverness of plants; the Brussels Sprout will cup their leaves upward and as their cups fill with dew, the water is directed down the stem to the base of the plant... right where it is needed. Other plants will put all their energy into making one fruit instead of multiples, we see this particularly in peppers. The pepper's purpose in doing this, is to resourcefully secure the next generation of seed before it dies. This week we picked hundreds of "lead" (as in *leader* of the band) peppers off our still too small pepper plants. This will allow the plant to put all its energy into the growth of the plant instead...after a couple of weeks the plant will double in size and put on 6-10 peppers...instead of one. The squash plant has male and female blossoms on the same plant. The females are the only ones that produce squash. During dry or stressed times, it will only put on male blossoms because the females take too much energy away from an already spent plant. Another thing we start seeing more during dry times, are plants playing possum...they are not being clever, just on the brink of death and a cut worm is usually the culprit. A cut worm chews off the roots leaving the plant to *faint* with basically no way to get any water. During regular times this plant may have pulled through by *out growing*. Stressed plants, like stressed people, tend to attract more bugs (flu bugs for us), but also like us, the attacks trigger an immune response in the plant. What that perfectly timed rain did, was soothe the whole field...and your farmers too....Hallelujah...feeling grateful.

The fields are really starting to look beautiful; we snapped a couple pictures so you can see where your veggies come from. Have a good week.

Your farmers,

Jerry and Maydene

What's in the Box

Remember when we said the spinach really likes the cool nights? We weren't kidding...it has flourished and we are sharing the abundance. This week in your bag you will get a sizable portion of spinach, you will also get Bok Choy (more recipes at mcdougalsfarm.com), green onions, romaine and scapes. Scapes are the garlic tops we remove from the top of the stem so the bulb will grow larger. These can be used like garlic. Chop fine.

Crewdiddle of the week

“Spiders make your clothes fall off!”...*this is true we all saw it with our own eyes in the field this week!!LOL!*

In Society that has you counting money, pounds, calories and steps, be a rebel and count your blessings instead. –Lisa Heckman

Kimmy sent the following recipe with two thumbs up...she did say she doubled the dressing and was great served cold the next day as well. Recipe below has not been doubled yet. Thanks Kimmy 🍷!!

Warm Spinach Potato Salad with Bacon Vinaigrette

from greateightfriends.com

1 ½ pounds fingerling potatoes, scrubbed and trimmed
6 slices good quality bacon, thinly sliced crosswise into ¼ inch strips
1 large shallot, thinly sliced
2 medium garlic cloves, thinly sliced
¼ cup apple cider vinegar
2 Tablespoons whole grain mustard
2 teaspoons granulated sugar
1 teaspoon sea salt, plus more as needed
freshly ground black pepper
4 cups baby spinach, large stems removed
2 Tablespoons chopped herbs, flat-leaf parsley, chives, and/or dill

Steam the potatoes for about 10 minutes (until tender when pricked with a fork).

While the potatoes are steaming, cook the bacon in a large skillet until crispy (about 8 - 10 minutes).

When the potatoes are tender, transfer to a medium bowl and cover with foil to keep warm.

Remove the bacon and place on a paper towel to drain. Use a slotted spoon and leave the bacon grease in the pan.

Add the shallot and garlic to the pan and cook in the bacon grease until softened (about 1 minute).

Whisk in vinegar, mustard, sugar and salt. Cook until mixture is thickened and reduced by half, about 5 minutes.

Remove the skillet from the heat. Taste and adjust seasonings with salt and pepper.

Cut each fingerling potato crosswise at a forty-five degree angle into ½ inch thick slices.

Add the potatoes to the skillet and toss to coat with dressing.

Add the spinach, herbs, and cooked bacon and gently toss to coat with dressing.

Taste and adjust seasonings once more with salt and pepper.

Serve immediately.

EZ Spinach Dip

- 2 cups finely chopped fresh spinach

- 1/2 med sweet onion chopped fine or use your green onions
- 1 tsp. red wine vinegar or Braggs vinegar
- 1 tsp. of sugar or honey
- 1/2 c. Miracle Whip salad dressing
- 1/2 c. Hellman's salad dressing

Directions: Chop spinach and onion very fine. Add vinegar, sugar and salad dressings and refrigerate. This recipe is about the veggies, not the filler. It is much greener and healthier than the store bought spinach dip.

Bok Choy and Bacon Pasta from allrecipes.com

- [] 1/2 head bok choy, chopped
- [] 2 teaspoons salt
- [] 2 1/2 ounces butter
- [] 3 slices bacon, cut into thin strips
- [] 1 clove garlic, minced
- [] 2 cups water
- [] 1 pinch dried basil
- [] 8 ounces dry fettuccine pasta
- [] 2 tablespoons milk, or more to taste
- [] freshly ground black pepper to taste
- [] 2 tablespoons milk

Combine bok choy and salt in a bowl and rub leaves with salt.

Melt 1 1/2 ounces butter in a pot over medium heat. Add bacon and garlic and cook until garlic has softened and bacon is crisp, about 3 minutes. Add bok choy, cover pot, and cook until leaves have softened, about 3 minutes. Add water, cover, and simmer for 20 minutes. Season with basil and remaining butter.

Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil. Cook fettuccine at a boil until tender yet firm to the bite, about 8 minutes. Drain and keep warm.

Drain half the liquid from the pot with the bok choy and transfer remaining contents to a skillet over medium-high heat. Season with pepper and add milk. Mix in cooked fettuccine. Cook and stir for 1 minute.