

McDougal's Farm LLC

What's Growing On!

August 11th, 2022

Farm News

How do you know when you are not taking enough time to smell the roses?...the time to notice all the magic (and not so magical) things that happen around you? When you discover last week's storm knocked over your outhouse and you are first noticing it 4 days later! This was probably *not* the time to stop and smell the *roses* but time to grab the chainsaws and start cutting the trees away instead. We were both not looking forward to what we may find inside. But good fortune smiled on us. When the last tree came off the shitter, the ole gal sprang right back up and leveled herself out....remarkable! And when we opened the door expecting the worst, it was pristine! Christmas lights and all! Whew! Sometimes life can be so good!

We got a beautiful 2 inches of rain this last weekend and just in the nick of time. The onions were starting to lay down, larger leafy plants were wilting and even the potato bugs decided our potato plants weren't worth the bother. Water makes up the larger percent of a plant's wall structure, so when 2 inches of rain falls and all those plant cells plump up...well, everyone is standing a little taller and looking a little perkier this week, and when the plants look good, we look good and that makes us stand a little taller too☺ We forgot how nice rain was.

We love good food. We have built our life around it. In the Spring when the greenhouse is open and we are planting all at the same time, we confess we eat way too many cardboard pizzas, but not this time of year. A friend visiting our fields this week commented that we live in the "Garden of Eating" and we couldn't agree more. This week we had creamy garlicky yellow bean soup with kale and new potatoes, shrimp kabobs with baby zucchini, sweet peas, broccoli, sweet peppers, in an herb marinade. Another night we had bowtie pasta, with pesto and cherry tomatoes and another, taco wraps with chopped romaine, sweet peas, onions, cherry tomatoes, dappled with a fresh cucumber sauce. Work like peasants, eat like kings...it's a good life and feeling blessed. Thank you for allowing us to do what we love.

We harvested the garlic crop this week and it looks like we all will be well stocked and vampire-free this winter ☺

Have a good week folks, make time for cooking, you're worth it!

Jerry and Maydene

What's in the Bag

A lot of goodness in your bag this week! It's a long list, here it is; A bouquet of Basil (see below for 'keeping' instructions), tomatoes (they are all starting to just come in, so you may get a slicer, a sauce or cherry type), garlic, the last of the green onions (the sweet onions are on the way), fresh oregano, a bag of beets, kossock (large kohlrabi), romaine, a generous portion of broccoli

(yes, it rained!), a gnarly looking cucumber and some Koji bunching greens (similar to spinach but better, can be cooked or eaten raw).

A tip for keeping Basil: Basil doesn't like it hot and doesn't like it cold. The best way to keep Basil is to treat it like a bouquet of flowers. Remove the leaves off the bottom of the stems, put in a small jar of water like you would flowers and then loosely cover with the bag it came in. Keep on your counter at room temperature.

Freezing Broccoli: Wash, cut in pieces, blanch for 3-5 minutes in boiling water and then submerge in cold water, drain and pack into freezer bags, label and date. It's that easy!

Get Smart! It's Fun and it's Free

Two awesome knowledgeable speakers in a beautiful setting! Wild Ones (Northwoods Gateway Chapter) invites you to an evening at the **Butterfly Garden** located at 100 block 2nd Ave, Antigo, August 16th, 6-8pm.- **Dr. Jay Turnbull** will be talking on avoiding the hidden dangers of gardening for our pollinators and the enthusiastic **Nicole Shutt MS** will be introducing us to our native bee neighbors. Bring a chair and refreshment and BEE ready to learn something new. If it happens to rain it will be held at the NCT College.

Basil, Oregano & Pistachio Pesto Spaghetti with Fresh Tomatoes, Feta & Lemon from Gatherandfeast.com

400g (roughly 2 pints) cherry tomatoes, sliced in half
200g Greek feta, roughly chopped or crumbled into 2cm pieces
Zest of 2 lemons
Half a large bunch of oregano (about 3/4 cup leaves)
Half a large bunch of basil (about 1 cup leaves)
A generous drizzle of extra virgin olive oil
Pinch of chili flakes to your taste
Generous amount freshly cracked black pepper
500g spaghetti

Basil, Oregano & Pistachio Pesto

Remaining half bunch of basil (roughly 1 cup each of leaves and soft stems)
Remaining half bunch of oregano (roughly 1 cup each of leaves and soft stems)
1/4 cup shelled pistachios
1/3 cup extra virgin olive oil
1 medium to large-sized clove garlic
Juice of half a lemon
1 teaspoon flakey sea salt

Into a large serving bowl add the halved cherry tomatoes, the Greek feta, the zest of 2 lemons, a pinch of chili flakes, a generous amount of freshly cracked black pepper, a generous drizzle of olive oil, and the roughly chopped half bunches of oregano and basil leaves.

Next, into a food processor, add the remaining half bunches of oregano and basil. If the oregano stems are soft and young add them in too. If they're hard and woody add only the leaves and discard the hard stems.

Now add the pistachios, olive oil, garlic, lemon juice, and flakey sea salt.

Blend until a rough paste forms.

Cook the spaghetti as per packet instructions. Once cooked, reserve some of the pasta water.

Drain and add the hot spaghetti directly into the large serving bowl.

Next add the pesto, a spoonful of the pasta cooking water, and then toss to combine.

Serve topped with extra chopped pistachios, fresh herbs, and a drizzle of olive oil.

Grilled Shrimp Kabobs five stars! From Africanbites.com

- 2 pounds large shrimp, peeled deveined
- 2 teaspoons fresh thyme
- 1-2 teaspoons fresh oregano (or ½ teaspoon dried)
- 1 teaspoon black pepper, freshly ground
- 1 teaspoon cumin
- 1 tablespoon garlic, minced (about 3 medium cloves)
- 1 teaspoon pepper flakes
- ½ teaspoon Italian seasoning
- 3-4 tablespoons olive oil
- 3-4 tablespoons lemon juice
- Salt to taste
- bell pepper, cut in large chunks
- 1 red onion, in large slices
- 1 zucchini, in large slice
- 1 squash, in large slice

1. Soak skewers for at least 20 minutes, totally submerged in water before using them to prevent burns.

2. Heat the gas grill to medium-high heat. If using a grill pan, lightly spray or oil to prevent the shrimp from sticking to the pan.
3. In a medium bowl, combine thyme, oregano, black pepper, cumin, garlic, pepper flakes, Italian seasoning, olive oil, and lemon juice. Set aside.
4. Add shrimp to a large bowl, season with salt, then marinate shrimp with the spicy mixture.
5. Use some marinade to rub on the vegetables, then salt to taste.
6. Thread the shrimp onto the skewers, alternating between the shrimp and vegetables. Make sure the front of the skewer is covered with vegetables or shrimp.
7. Place the skewers on a grill pan or gas grill.
8. Grill for 2-3 minutes per side until vegetables are fully cooked.

Serve warm with salad, rice, or creamy orzo.