



**RED
DOG
FARM**



CSA Newsletter

Session 3, Week 1

Aug 1, 2012



Erin Jakubek washes greens, photo by Deb Swanson

In your share this week:

Cabbage
Dill
Rainbow Carrots
Raspberries
Butter Lettuce
Golden Beets
Garlic
Green Beans
Fava Beans (large only)
Strawberries (large only)

Farmer Notes

August already! Oh boy. The summer is just flitting by, as it does. This week our #1 goal (other than harvest, harvest, harvest) is to plant our winter brassicas. That means Brussels sprouts, Kales, Collards, Broccoli, Cauliflower, Cabbage and Kohlrabi. Many of those are what will be the green items in your winter CSA shares. It's a big job as we have to plant extra to make up for cold weather loss on top of my already ambitious amounts of what we'll actually need.

It's been a real joy to be rich in beans and raspberries these days. Especially rich in raspberries. Yesterday we harvested a record 33 flats! A flat is 12 half-pints for raspberries. The picking crew definitely dreamed of raspberries last night and I dreamed of them finding their way into your homes, meals and bellies in the next couple days. See my raspberry blurb below for info on how to get the best raspberry deal around!

"Where is the broccoli?" you ask. It is coming next week! We have a beautiful patch of broccoli that has been taking it's sweet time to come to maturity. Remember how months ago I mentioned trouble in the spring? The late broccoli, strawberries, cucumbers are all the result of that in addition to the cooler than average temperatures we've been having. Sometime in August you should be seeing summer squash, cucumbers, tomatoes and strawberries in your shares.

The butter lettuce this week is not the huge beautiful heads you had a couple weeks ago, unfortunately. This patch got overtaken by chickweed. Yesterday when I was harvesting lettuce, I felt more like a forager searching out truffles than a farmer. So, just know that this is not our best work, but there is better lettuce ahead! In the next week or two we will have Magenta (fondly referred to on the farm as Maganita), which is a crisp and crunchy summer crisp type lettuce; my personal favorite. Pair this with some juicy beefsteak tomatoes, bacon and mayo and you have got yourself the finest BLT this side of the Puget Sound.

But I get ahead of myself. For this week, I personally am excited about the dill-cabbage-beet combo, plus all the berries of course.

Hope y'all have a good week filled with lots of good eating!

Karyn

Razzle-Dazzle Raspberries

Did I mention we have Raspberries? I'm pretty sure this is our peak, so if you've been waiting to put up jam or freeze some berries, wait no longer! The price is right as well. This price is good for Wednesday Market today, plus at Red Dog's Farmstand through Thursday. Let us know if you want to reserve a flat, otherwise just come and pick them up at your convenience.

\$36 per flat

\$3.50 per half-pint, 2 for \$6

REMINDER: Session 3 CSA members get 10% off!

Session 3 Begins Today

If anyone still wants to sign up, yes, we still have room. And we're always happy to pro-rate the cost for late comers. Just be sure to call or email before Monday of the week you want to start.

(360)732-0223/ karyn@reddogfarm.net

Recipes

Creamy Dill Slaw

- 2 green onions, sliced
- 1/2 cup sour cream
- 1/2 cup mayonnaise*
- 1 tablespoon sugar
- 1 tablespoon chopped fresh dill
- 1 tablespoon white vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 bunch Carrots, grated
- 1 Small Cabbage, thinly sliced

Combine all the ingredients and mix well. Garnish with fresh chopped dill. Serve immediately.

Salad with Roasted Golden Beets and Raspberries

- 1 head Butter Lettuce
- 1 bunch Baby Gold Beets
- 1/2 pint Raspberries
- Fresh goat cheese (Mystery Bay honey or plain is best)
- Olive oil
- Golden Balsamic vinegar
- Salt and pepper

Chop the tops off the beets. Roast the beet roots at 375 degrees for 30 minutes, or until they're fork tender. Remove from oven and let cool slightly before chopping into cubes. Tear lettuce into bite-sized pieces. Dress with oil and vinegar. Top with chopped beet roots, raspberries, and goat cheese. Yum!

Beans Almondine

This is my absolute favorite way to eat green beans.

- 1/4 lb. Green Beans per person
- Butter
- Sweet Onion, chopped
- Almonds, sliced or chopped
- Soy sauce

Blanch (or lightly steam) the beans for just a couple minutes. Set aside. In a heavy skillet, saute the chopped onions and almonds for 5-7 minutes over medium heat. Add in the steamed beans and toss to coat cooking a minute more. Add in soy sauce to taste. Easy and delicious.



**RED
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CSA Newsletter

Session 3, Week 2

Aug 8, 2012



Hay buckaroos Erin, Caitlin, Ben R., Brandon, Hanni, Laura and Ben T.

In your share this week:

Broccoli
Basil
Carrots
Kohlrabi
Summer Crisp Lettuce
Walla Walla Sweet Onion
Raspberries
Spinach (large only)
Tomatoes (large only)

Summer is Here (we think)

Did you all notice summer arrived this weekend? I'm sure you did. It's hard to miss 80 degree weather after our fairly constant July drizzle. Hope you were able to enjoy it in whatever way you go about enjoying rare weather fronts! I spent this weekend selling and spritzing vegetables (along with Hanni and Sana) at the farmer's market(s), attending a soul-filled and picturesque wedding on Marrowstone Island, and then on Sunday I actually spent most of my day inside avoiding the heat while catching up on letters and phone calls and the like. Exciting stuff, I know. I spare you the details!

When people ask me "What's new?" these days it's hard for me to think of anything exciting to tell them, unless - of course - they are farmers (or enthusiastic CSA members) and then I could talk for hours about crops and weeds, markets and deliveries, staff relations and future farm plans. The weekly agenda is a simple one, but still I feel my life feels full and rich and meaningful. I get to work my body, breath fresh air all day long, have access to 13 acres of abundant produce, and feed people in my community nutritious, delicious food! I get the chance to connect my work in the field with the appreciative consumer at the farmer's market and count myself fortunate to witness a sea of awestruck, cheerful and grateful faces when people note the size of the raspberries, the variety of colors in the carrots, Swiss chard, or radishes and get to stuff bags filled with our early and abundant green beans. My shoulders and feet may be sore and my eyes a little sleepy on Saturdays, but boy am I proud to be behind that stand and so happy to be surrounded by people who find joy (or at least are curious) in local foods and goods!

We had our busiest and warmest weekend of farmer's markets yet this passed Saturday! We also busted out our Friday harvest in a record time of 8.5 hours which hasn't happened since May! Granted there were 12 of us (instead of 7 like we had back in May) in the field and we were wrapping things up by 4:30pm and almost didn't know what to do with ourselves! We sat around the outdoor

kitchen for a few minutes longer than we normally would, sort of awestruck by our speediness. Much thanks to our newest team members Ben, Reisha and Brian - who have been such wonderful addition to our crew and have given us all a much needed boost during our peak summer harvest time! We couldn't do it without you!

Maganita Rose

That's right folks! The puppy has a name! Meet Maganita, pronounced Ma-guh-nee-tuh, (Maggie) Rose - a cautious little gal who is affectionately referred to as Pup-Pup. She is earning her place in the ranks by learning to greet each of us when we arrive at work (a job Ru has down pat) and also by maintaining our rodent population! Turns out Maggie is a fan of the organically fed, local, free-ranging Red Dog Farm rats. If she keeps up these instinctual tendencies, we won't be needing to set traps any longer. Yahooo! Who needs a farm cat when you have a farm collie! As always Maggie and Ru keep us company as we cut your cabbages out of the field, pluck beets, and dig carrots. Such loyal companions. And don't their names sounds great together? They kind of make me want to write children's books called *The Adventures of Rupert Dandelion and Maganita Rose* (or something like that). They'd be top sellers, for sure.

Field Notes and Fermentation

This week we are seeing a few new things pop up in the field. We have a new reddish head lettuce - that has a crunch similar to iceberg lettuce - called Magenta (a mispronunciation of that variety type is actually the genius behind Pup-Pup's new name), summer squash, and Walla Walla sweet onions! We are also moving along to our second planting of beans and are noticing a lot more ripening in our heirloom tomatoes! Soon there will be purple onions, cucumbers and celery! Anyone been able to get any food preserving in these last few weeks? We have been freezing berries and drying herbs at our house. I hope to get into some sauerkraut making this week after being inspired by Hanni's

beautiful kimchi that was "so easy" and only took chopping, hammering (to release the vegetable juices), seasoning and sitting on her counter (in a jar) for 2 weeks! We can all do that! It's summer and it's hectic but I have to remind myself how appreciative I'll be for all this hard work once winter is here and I'm in need of something to spice up my kale, squash and potatoes! If anyone needs to be pointed in the direction for learning how to ferment vegetables (excellent for creating a healthy environment of intestinal flora, say nothing of it's deliciousness) or finding a new fermenting recipe, try the book *Wild Fermentation* by Sandor Katz, it comes highly recommended.

I'm finishing this newsletter on a Tuesday night with a full belly of roasted beans, broccoli, potatoes and garlic tossed with a little olive oil, salt and pepper. I highly recommend that too.

Have a great week!

Erin

Recipes

Parmesan-Roasted Broccoli

- 1 pound Broccoli
- 1 Garlic clove, peeled and thinly sliced
- Olive oil
- 1/4 teaspoons salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon grated lemon zest
- Juice of half a lemon
- 1 tablespoons pine nuts, toasted
- 2 tablespoons freshly grated Parmesan cheese
- 1 tablespoon julienned fresh basil leaves (about 6 leaves)

Preheat the oven to 425 degrees F. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the

stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned. Remove the broccoli from the oven and immediately toss with 1 tablespoon olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil. Serve hot.

Basil Pesto

- 2 cups fresh chopped Basil
- 3 cloves Garlic
- 1/3 cup olive oil
- 1/3 cup Parmesan cheese
- 1/2 tsp salt
- 1/4 tsp. pepper
- 1/4 cup toasted pine nuts

In a food processor, combine the garlic and olive oil first, then the basil, cheese, salt and pepper. Lastly add the nuts and only process for a few seconds so the nuts retain their crunchy texture. Serve hot or cold. Also freezes well.

What is a Kohlrabi?

Kohlrabi are the bulbous green and purple vegetable you received in your share this week. They are closely related to broccoli and cabbage. Kohlrabi are mild, sweet and crisp. I prefer them raw above all. Grate them on your salad or slice them into rounds to use in place of chips with dip. You just need to peel them first as the outer skin can be a little tough. This week I suggest you slice them into rounds and spread each with a generous amount of fresh pesto. Yum!



**RED
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CSA Newsletter

Session 3, Week 3

Aug 15, 2012



Radish harvest on a sunny day.

In your share this week:

Broccoli
Raspberries
Beans
Garlic
Salad Mix
Hakurei Turnips
Italian Parsley
Carrots
Cauliflower (large only)
Flowers (large only)

Farmers' Market Fun

Food, food, food. We're talking about it when swapping conversations about what to have for dinner, we're harvesting it for our loyal CSA members, our work-traders are sharing in the bounty after giving us their company, energy and increased workforce numbers and it's being carefully washed, packed and trucked to market!

If you have yet to attend one of Jefferson County's beautiful markets, I can confidently say it is worth the trip to see what abundance of fruit and veg, crafts, specialty foods, music and community this corner of the Peninsula is capable of producing.

For me, it brings a roundedness and completeness to the cycle of food production that I've chosen to participate in.

An eager market enthusiast since my Madison Farmers' Market days while living in Wisconsin, I had yet to experience the behind-the-produce-stand joy that goes along with slinging produce until signing on with Red Dog. I feel fortunate to have been inaugurated into the market world with the vibrant market in uptown Port Townsend and cozy market on the corner in Chimacum.

Up earlier than normal, we meet at the farm Saturday morning seeing shades of sun and fog that normal work days don't afford. It's then the puzzle of loading the box truck just precariously enough so the berries don't

tumble over as we make the round-about turns in town. Drop off a few deliveries and then it is up the Lawrence St. Hill to the market where a number of vendors are mostly through setting up already.

Out come the crates of produce, up goes the tents, on go the tablecloths and out goes the produce, admired by the early market goers and Will, the ever jolly market manager. If we're lucky, a vendor from across the way will play music from his car that we've come to expect and add pep to our step as we decide how to arrange the ornament-like radishes.

The berries are arranged in their attractive geometric pattern, the loose greens are sprayed with the "turbo-mister" and the bunched greens stacked high for easy shopping and viewing. Come nine o'clock we've usually timed ourselves to be excitedly hurried up until the starting bell is rung and the punctual market-goers are patiently waiting to hand over their tokens, dogbones or cash for that food we've spent so much time with by now. What a pleasure to share with you in food and spirit, and if you haven't visited our market stand, don't fret! You can stock up on more berries or extra veggies for canning or preservation needs at the Saturday Market on Tyler Street from 9 a.m.-2 in Uptown, the Wednesday Market on Polk Street from 3 p.m.-6 or the Sunday Market from 10-2 at the Chimacum Corner Store.

Hope to see you there and,
Happy Eating!

Hanni

Field Ramblings

We work closely together, a lot. And while the conversation turns to serious matters now and again, we laugh more than anything else. Sometimes we play games like "If a movie were made after you, which actor or actress would you want to play you?", "How tall is everyone's Dad?". Another one we learned from the

Washington Conservation Corps tree planting crew is called Pinky Stinky, a game involving different numbers of syllables and word clues and an excellent way to make our way through a weedy carrot bed. Sometimes we sing in unison the songs to shows of our childhood (Thank you Ben. R for your beautiful rendition of the Golden Girls theme song). And just the other day was a real mind-flexer “ What is your favorite descriptive word?”. After careful contemplation, answers included cantankerous, superfluous, indefectible, ephemeral, pungent and rad.

Special Deals For CSA Sessions 4 & 5

New members: Sign up for both Sessions 4 & 5 by August 31st and get a free \$25 Dog Bones certificate to spend at the market or farmstand

Current Members: Refer a friend to sign up for both Sessions 4 & 5 by August 31st and both you and your friend get a free \$25 Dog Bones certificate.

CSA pricing:

Session 4: \$170 small; \$250 large

Session 5: \$150 small; \$225 large

For more info about the CSA: www.reddogfarm.net

Pesto Time!

Basil thrives in warm summer weather and our plants are very happy now. You can preserve the taste of summer by making fresh pesto and freezing it for the dreary days of winter.

Our Basil price:

\$12 per lb. when purchasing 1 lb. or more at a time

\$10 per lb. when purchasing 4 lbs. or more at a time.

Please call ahead to order. Limited quantities available the markets and farmstand.

Saturday Market on Polk St. this Week

Uptown Street Fair celebrations this Saturday bring more food and craft vendors to Uptown. The "farmers" part of the PT Saturday Farmers Market will be moved just one block to Polk St. for this Saturday only. It's going to be a warm, fun day!

RECIPES

Lebanese Green Beans

1 pound green beans, ends snapped, strings removed, beans snapped in half
1 onion, chopped
1/3 cup olive oil (you can use less but it affects flavor and texture)
3 cloves of garlic, crushed or minced fine (some recipes use lots more garlic, peeled only, not cut)
1 pound tomatoes (2 large?), peeled and cut into chunks, or one 28 oz can, drained
Salt
Pepper
Ground Allspice
pinch of sugar

Sauté the onion in olive oil on medium heat until translucent. Add green beans, sauté until they get a bit of color and onion turns golden. Add garlic, sauté another minute, then add tomatoes, salt (1/2 tsp – to taste), black pepper, 1/4 tsp. allspice and a pinch of sugar. The measurements here are to taste, very elastic. Bring the tomatoes to a boil, turn down heat, cover the pan and simmer until tender. Time is controversial – Middle Easterners like their green beans very soft. I go for 20 minutes, checking at 15; some Arabic recipes say 35 minutes. You be the judge.

www.bedouina.typepad.com

Spicy No Mayo Slaw

- 2 tablespoons Dijon mustard, or to taste
- 2 tablespoons sherry vinegar, red wine vinegar, or freshly squeezed lemon or lime juice
- 1 small clove garlic, minced
- 1 tablespoon minced fresh chile to taste (optional—I use a little cayenne powder instead)
- 1/4 cup peanut oil or extra virgin olive oil
- 6 cups cored and shredded Napa, Savoy, green, and/or red cabbage
- 2 medium carrots, shredded
- 1/3 cup chopped scallion, more or less
- Salt and freshly ground black pepper
- 1/4 cup chopped fresh parsley or cilantro leaves

1. To make the dressing, whisk together the mustard and vinegar in a small bowl, along with the garlic and chile. Add the oil a little at a time, whisking all the while.

2. Combine the cabbage, bell pepper, and scallion and toss with the dressing. Sprinkle with salt and pepper and refrigerate until ready to serve. (It's best to let the slaw rest for an hour or so to allow the flavors to mellow; the cabbage will also soften a bit and exude some juice. You can let it sit longer, up to 24 hours, if you like. Drain the slaw before continuing.) Just before serving, toss with the parsley.

Mark Bittman, *How to Cook Everything Vegetarian*



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CSA Newsletter

Session 3, Week 4

Aug 22, 2012



It's harvest time

In your share this week:

Zucchini
Cauliflower
Fennel
Big Beef Tomatoes
Walla Walla Onions
Cilantro
Baby Arugula
Rainbow Chard
Purple Carrots (large only)

Exhaustion & Abundance

In my farmer mind these two words go together and they are the words of Fall. Exhaustion for all the work that has been done, and for all the work yet to come. Abundance for the many, many fruits, leaves, roots, stems and flowers that are begging to be harvested and marketed. The days get shorter. Farmers' energy and enthusiasm wanes. Creation time is done. It is all about reaping what we have sown. Daily we move irrigation and harvest food. Sometimes it ends up in our bellies; mostly in others'. As we savor sweet, light fruits, already we sense that not far ahead there are dark, cool evenings and starchy roots to savor. For the moment, there is jam to can, berries to freeze, salsa to make. In this moment there is warmth, sunlight, ripe tomatoes. We are in the time of fullness.

Farmer Math:

11 human bodies x 12 hours of labor = enough produce for 2 weekend farmers markets + 11 restaurant deliveries + 1 Co-op delivery. 11 tired people remaining.

162 bunches of Lacinato Kale = 2 cases for the Co-op Deli + 2 1/2 cases for the Co-op + 1/2 case for World Peace Produce + 1/2 case of the Corner Store + 1/2 case for Aldrich's + 18 bunches for the Saturday market

15 crates lettuce + 5 crates mizuna + 5 crates kales + 4 crates endive + 3 crates beet greens = 32 crates = 128 lbs. salad mix = a typical Tuesday salad mix harvest

Seeding + watering + planting + pruning + pruning again + pruning again + harvesting= lots of tomatoes

1 bulb of Siberian garlic = 6 cloves; 1 bed of garlic requires 1800 cloves; we need to save 300 bulbs of Siberian garlic to plant 1 new bed.

Farm Tour 2012

Sunday, September 16th 10am- 4pm Red Dog Farm, along with 14 other farms, open their gates, barns, fields and pastures for the annual Jefferson County Farm Tour. The event is completely free. You can pick up a Farm Tour booklet around town. Red Dog Farm will host Cape Cleare Salmon Cart and North Olympic Salmon Coalition. We'll have an expanded farmstand open, plus all six 2012 full season Red Doggers will be on hand to give guided tours of our fields. Stop on by for some family fun, to learn more about growing food, and to meet your local producers.

Recipes-

Roasted Cauliflower with Fennel and Onions

- 1 medium head of cauliflower (about 1 1/4 pounds), cored, cut into 1-inch florets
- 6 tablespoons olive oil, divided
- 2 medium onions (about 1/2 pound each), halved lengthwise, cut into 3/4-inch-wide wedges with some core still attached, peeled
- 2 fresh fennel bulbs (about 1 pound total), halved lengthwise, cut lengthwise into 1/2-inch-wide wedges with some core still attached
- 8 small garlic cloves, unpeeled
- 15 fresh marjoram sprigs

Position rack in center of oven; preheat to 425°F. Toss cauliflower and 2 tablespoons oil in large bowl. Heat heavy large skillet over medium-high heat.

Add cauliflower and sauté until beginning to brown, about 5 minutes. Transfer cauliflower to rimmed baking sheet.

Add 2 tablespoons oil to same skillet. Add onion wedges. Cook until browned on 1 side, about 3 minutes. Using spatula, carefully transfer onions to baking sheet with cauliflower, arranging wedges browned side up. Add remaining 2 tablespoons oil to same skillet. Add fennel; sauté until fennel softens slightly and starts to brown, about 5 minutes. Transfer to same baking sheet. Scatter garlic and marjoram over vegetables. Sprinkle with salt and pepper. Roast until vegetables are caramelized, about 25 minutes. Serve hot or at room temperature.

Zucchini Tomato Salsa

- 1 cup *seeded chopped tomatoes*
- 1/2 cup *diced zucchini*
- 1/2 cup *chopped sweet red pepper*
- 1 *small onion, diced*
- 1 *tablespoon brown sugar*
- 2 *teaspoons lime juice*
- 2 *teaspoons cider vinegar*
- 1 *teaspoon chopped seeded jalapeno pepper*
- 1 *garlic clove, minced*
- 1/2 *teaspoon ground cumin*
- 1/8 *teaspoon salt*
- 1/8 *teaspoon pepper*

Combine all ingredients and serve with corn chips.

Arugula, Fennel and Orange Salad

- 1 *tablespoon honey*
- 1 *tablespoon lemon juice*
- 1/2 *teaspoon salt*
- 1/2 *teaspoon ground black pepper*

- 1/4 cup olive oil
 - 1 bunch arugula
 - 2 orange, peeled and segmented
 - 1 bulb fennel bulb, thinly sliced
 - 2 tablespoons sliced black olives
1. Whisk together the honey, lemon juice, salt, and pepper; slowly add the olive oil while continuing to whisk.
 2. Place the arugula in the bottom of a salad bowl; scatter the orange segments, fennel slices, and olives over the arugula; drizzle the dressing over the salad to serve.

From our hands to your bellies, thanks for eating well!

Karyn



**RED
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CSA Newsletter

Session 3, Week 5

Aug 29, 2012



Expert root washer, Brandon, hauls in stacks of produce

In your share this week:

Tomatoes
Strawberries
Green Beans
Fingerling Potatoes
Savoy Cabbage
Carrots
Celery
Hakurei Turnips (large only)
Cherry Tomatoes (large only)

Greetings from The Field through the eyes of the Crew Manager

Some of you know me; many of you read past interviews or saw pictures through the season. I very rarely have a Red Dog presence off the farm. Mostly I can be found relaying messages from Karyn to the crew day in day out. I love working at Red Dog. Not only because it is a great job opportunity, but also because it is such a wonderful group of people to work with. Karyn is a great business woman. Across the farm I think we really fill in each others' gaps and make quite the dynamic duo. We have been at times been called The Fearless Leaders. But really its the whole crew that is fearless.

There is not a day that goes by that I am not thankful for all the various skills, poetic quips and general dedication that each person on the crew brings to the farm. Working on a production farm is not for everyone. It certainly is challenging even for those who know what they are getting into. It's not just a job but a lifestyle. This season I have really seen Red Doggers not just rise to the challenge but really enjoy themselves along the way. Today one crew member asked another, "How does this rate against all other days of your life?" The short answer given was, "I choose to be here. Despite the rain returning, a raging headache and the monotony of a 11-hour harvest day yesterday, it still rates in the upper half of days gone by." Not bad if you ask me.

I have worked on many different farms. (This is the seventh year of my farming career, but the first time I've returned for a second season in any one place.) Some times "farm families" gel more than others. Sometimes it's the glue just sticking in different places. I genuinely enjoy all the characters that have come through the farm this season. I speak not just of the crew, but also of the awesome work traders and the solid picking crew. It is an absolute joy to have the freshness of all of their energy; I have really come to respect and love their dedication.

This last Monday three crew persons were on vacation; one had the normal day off, Karyn was mostly busy in the office, and two went home to sick half way through the day. That left two of us to wrap out the afternoon. Sure, we weeded about 1500 row feet of lettuce, hoed the next succession of lettuce, mizuna, arugula and spinach and stocked the farm stand for most of the week ahead. But at the end of that day it just did not feel like that much had got done. Thus not only do many hands make light work but many hands make for much accomplished.

Over the years I have continually found myself the informal crew leader. It's partly the cheerleader in me and partly my fascination with how to get the job done most efficiently. In the end I love what I do and truly care about all those who I do it with. I would not make much of a work force if I was out in the field busting it out all alone. Thanks to all whose efforts, care and willingness to work hard make it possible to grow 13 acres of organic fruits and vegetables. Not to mention thanks to all you wonderful CSA members and Red Dog shoppers. It's easy to take for granted that we just harvest, and through Karyn's magic and your allegiance, it ends up in your bellies. Thanks again!

yours truly,
Laura Llewellyn

RECIPES

Gourmet Baby Fingerling Potatoes

These tiny gold nuggets took us collective hours to gather. They are tender, sweet and precious. Enjoy!

Just roast & eat 'em up. Add salt, oil and garlic. They don't get much better! Add chopped up carrots and/ or turnips if you're feeling creative.

Stellar Cabbage Salad

- Finely chopped Savoy Cabbage
- Celery, minced
- Ribbons of Carrots (use grater to make thin carrot peelings)
- A little Onion or Garlic
- Orange slices, cut into bite size pieces
- Feta cheese
- Toss with a large splash of sesame oil and regular oil
- Rice vinegar (twice the amount as of oil)
- Fresh juice of half an orange
- A little salt
- A touch of soy sauce.

Broiled Cabbage

- Cabbage
- Cheese
- Salt and pepper

Cut Savoy Cabbage into quarters with cabbage stalk still attached to each portion. Boil till tender (less than 20 mins). Broil cut side up with cheese and black pepper on top until golden brown.

So good you almost have to stop yourself before you eat a whole cabbage yourself!



**RED
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CSA Newsletter

Session 3, Week 6

Sept 5, 2012



Flower harvest!

In your share this week:

Strawberries
Salad Mix
Green Tomatoes
Cilantro
Red Onion
Summer Squash
Harri Turnips
Cut Flowers
Red Chard (large only)
Beans (large only)

The Burden of Blight

Pests and disease.

Any farmer or gardener dedicated to maintaining organic crops knows that she will have to combat these inevitabilities at some point in their season, or if they are lucky, occasionally in the great span of their career. The methods we use (crop rotation, row cover, timing of planting and a commitment to soil healthy and fertility) ensures that the healthiest and highest of quality produce is reaching your hands and households but also puts us at risk for certain struggles that herbicides and pesticides utilized in many conventional operations may prevent in the short-run.

This past week we had the misfortune of having to endure the let-down of an unsatisfying potato harvest, or treasure hunt as I like to consider them, due to low yields of our early potatoes. We are seeing late blight on additional potato beds and the newly emptied greenhouse is echoing to us of the loss of our heirloom crop, also due to blight.

Every day we are reminded that we are at the whimsy of the weather and with that can come certain susceptibilities to disease. Potato blight, *Phytophthora infestans*, is a fungal disease that overwinters on infected tubers and plants that then spreads quickly onto new plants in warm and damp conditions. Early potato blight causes lesions on the leaves, which enlarge over time, killing the leaf and reducing the yields. The fungus from the leaves then spreads to the tubers, or potatoes, causing sores on the potatoes which then allow molds to enter and the

potato to rot. Tomato blight is a similar fungal disease, transported on spores in the air often from infected potato plants, and favoring rainy, foggy and damp weather.

What helps one forget these temporary let-downs is to look around the farm and see white flowers on the strawberry plants promising more opportunities for pie, Beefsteak tomato vines heavy with reddening fruit, patty pan squash begging to be stuffed with breadcrumbs and basil and more sunshine fore casted to come. That is the beauty of diversification. Not every season is going to produce record breaking yields across the harvest board and this reminder inspires me to be that much more grateful for the abundance and variety we *do* have in our fields today.

A Tune of the Trade

Garden Song by Dave Mallet

(Chorus)

**Inch by inch, row by row
Gonna make this garden grow
All you need is a rake and a hoe
And a piece of fertile ground
Inch by inch, row by row
Someone bless these seeds I sow
Someone warm them from below
Til the rains come tumbling down**
Pull weeds, picking stones
We are made of dreams and bones
Need a place to call my own for the time is near at hand
Grain for grain, sun and rain
Find my way through nature's chain
Tune my body and my brain to the music of the land
Plant your rows straight and long
Temper them with prayer and song
Mother earth will make you strong if you giver her love and care
An old crow watching hungrily
From his perch in yonder tree
In my garden I'm as free as that feathered thief up there!

May you make delicious music and meals this week!

Happy Eating,

Hanni

Farm Tour Coming Soon!

Sunday, September 16th from 10am to 4pm, Red Dog Farm (along with fourteen other Jefferson County farms) opens our barn, fields and farm to all. This free event is such a fun way to experience our farm. Friendly Red Dog staff will be on hand to give field tours and answer questions. Cape Cleare Salmon Cart and Elevated Ice Cream will be pumping out salmon and egg sandwiches and carrot ice and strawberry basil balsamic ice cream to satisfy your appetite. Plus there will be live music and swing your hips to. Of course we will have a full market booth set-up for you to shop from as well. Come join in the fun!

Recipes

Green Tomato Salsa Verde

- 1 pound green tomatoes
- 2 to 3 jalapeño or Serrano peppers (more to taste)
- 1/2 medium onion, preferably a white onion, chopped, soaked for five minutes in cold water, drained, rinsed and drained again on paper towels
- Salt to taste
- 1/2 cup roughly chopped cilantro
- 1/4 to 1/2 cup water, as needed (optional)

1. Preheat the broiler. Line a baking sheet with foil. Place the green tomatoes on the baking sheet, stem-side down, and place under the broiler about 2 inches from the heat. Broil two to five minutes, until charred. Using tongs, turn the tomatoes over, and grill on the other side for two to five minutes, until blackened. Remove from the heat. When cool enough to handle, core the tomatoes and remove the charred skin. Quarter and place in a blender or a food processor fitted with a steel blade (I prefer the blender).

2. Add the remaining ingredients, except the water, to the blender or food processor, and blend to a coarse or a smooth puree (to your taste). Transfer to a bowl, taste and adjust seasonings, and thin out with water if desired. Allow to stand for 30 minutes or longer before serving to allow the flavors to develop. You may wish to thin out after it stands.

from nytimes.com

Fried Green Tomatoes

Classic Southern fried green tomatoes are cooked in bacon drippings in a cast iron skillet. My version is more Mediterranean. I use a heavy nonstick skillet, which requires less oil than cast iron, but either will work.

- 1 pound firm green tomatoes
- 1/2 cup cornmeal (you will not use all of it)
- Salt and freshly ground pepper
- Extra virgin olive oil or canola oil for frying

1. Slice the tomatoes about 1/2 inch thick. Season the cornmeal with salt and pepper and dredge the tomatoes in it. You can do this in a large bowl, a flatter baking dish or a brown paper bag — whatever is easiest for you. You won't use all of the cornmeal.

2. Heat a heavy skillet, either cast iron or nonstick, over medium-high heat, and add enough oil to coat the bottom by about 1/8 inch. Fry the tomatoes on each side until golden, about two to three minutes per side. Drain on paper towels, on a paper bag or on a rack. Keep warm in a low oven until all of the tomatoes are fried. Serve hot or warm.

from nytimes.com

Green Tomato Pie

Recipe courtesy of foodnetwork.com and Mrs. Paula Deen, southern bell and wielder of many things decadent and butter drenched. That said, an excellent recipe source for finding inspiration for the commonly used southern ingredient of green tomatoes.

Ingredients

Crust:

- 2 cups [all-purpose flour](#)
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon baking powder
- 3/4 cup butter-flavored shortening (recommended: Crisco)
- 1/2 cup cold water

Filling:

- 1 1/4 cups [sugar](#)
- 2 tablespoons tapioca flour
- 1 teaspoon grated [orange zest](#)
- 1/2 teaspoon ground [cinnamon](#)
- 1/4 teaspoon freshly grated [nutmeg](#)
- 1/4 cup raisins
- 5 [green tomatoes](#), or enough to fill pie crust, thinly sliced

Glaze:

- 1 slightly beaten egg white
- Sugar, for sprinkling

Directions

For the crust:

Sift together flour, salt, sugar, and baking powder into a bowl. Cut [shortening](#) into flour mixture with a [pastry](#) cutter or fork until mixture resembles [cornmeal](#). Stir in 1/4 cup of the cold water, then add remaining 1/4 cup and mix until combined. Cover dough and allow it to rest in refrigerator for 30 minutes.

Divide dough in half. Place on lightly floured board and pat out. Using a [rolling pin](#), roll out 1 piece of dough to the size of a 9-inch [pie pan](#). Put crust in pan and trim off excess [dough](#) around the edge. Roll out second ball of dough for [pie crust](#) top.

For the filling:

Preheat oven to 425 degrees F.

Mix sugar, [tapioca](#), zest, cinnamon, nutmeg, and [raisins](#) in a large bowl. Lay tomato slices in pie crust. Sprinkle mixture over tomatoes. (Overlapping will occur but tomatoes will shrink in size when baked.) Gently lay top pie crust over filling, tucking in the extra crust around the edges. Pinch dough with fingers or [butter](#) knife to seal edges. Using a knife, make 4 to 6 slits in top of crust to allow steam to escape. Brush top with egg white and sprinkle with a little sugar to give your crust a shine.

Place pie in the preheated oven and bake for 25 minutes. Reduce temperature to 350 degrees F. and continue to bake for 20 more minutes. Cool on wire rack.



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CSA Newsletter

Session 3, Week 7

Sept 12, 2012



Ben Rutherford and Ben Tansey: Two Bens equals twice the fun.

In your share this week:

Strawberries
Broccoli
Beans
Celery
Red Butter Lettuce
Tomatoes
Basil
New Potatoes
Summer Squash (large only)

A Farm Day, written by Ben Rutherford

I saw the sun rise today from above the fog in the valley. It shone through the trees blazing scarlet red on the horizon. Atop the hill, I plunge into the thick energizing cold cloud, doing to my lungs and blood what a tall ice filled glass of water does to your stomach and skin.

Three miles on the empty HWY 19 the fog has thickened but it will soon burn quickly into oblivion. The sun will be out today. I hear six roosters on my journey. Each bird greets the morning and their flock in a different dialect.

Stretching barefoot in the fresh turned earth I saw the smallest slug glistening in the forest of grass. The cows moo to each other like birds, searching for the other in the fog. I am here where are you? If you are there where am I? At once six or so chimed in together in bovine harmony. It was a beautiful sound and should be experienced by all. They surprised themselves and stopped mooing. Maybe they found one other beneath the veil. I laughed in the standing tree position.

The crew arrives just as they always do; right on time. Karyn greets us as she does each day. Her honest smile is contagious. We have yet to start a day without a chuckle and if someone doesn't want to be there it has never showed. I have been on many teams, none as happy and hardworking. Well, almost. I played a 5 on 5 basketball game in college with seven Buddhist monks and two Mormon Missionaries. Those teams laughed continuously for two hours. The Red Dog eight are a close second.

During our ritual morning walk to move the irrigation we see a fogbow to the west: a ghostly crescent with clouded prism. Later at lunch we saw a hawk. It was mousing the north-west field that we call Joni. He circled the field and stopped on a dime six feet above the rows; diving at his mouse snack.

In the afternoon my hands turn raspberry red. Raspberry imbued red soul. I have eaten the sweetest strawberry of my lifetime. It imbibed the morning rain and dried beneath the Chimacum sun, before it went plant to palate. I savor the moment.

At the end of the day we attack the beans like a flock of birds foraging. One by one we arrive at the sight unweaving each bean stock from the tangled and plush farm floor. Beans by the gallon fill crate upon crate.

Tonight I will sleep the sleep of a happy farmer and dream of snapdragons flying over rainbow chard bunches huddled below the sunflowers, towering high above rogue Jumping Jacks.

Farm Tour This Sunday!

10am- 4pm. Free Event.

- Red Dog Farm highlights:
- Cape Cleare Salmon Cart
- Elevated Ice Cream with farm-inspired flavors: Carrot Ice and Strawberry Basil Balsamic
- Live Music from local musicians
- Farm Tours with Red Dog farmers
- Full Farmstand Display with all your favorite seasonal produce

Please NO DOGS!

We hope to see you all in our fields!

Recipes

Strawberry Basil Balsamic Salsa

Strawberries, sliced

Basil, chopped

Balsamic vinegar

Combine all ingredients and let sit a couple minutes. Delicious as a condiment for meat, fish and veggies. Or as a dessert with a dairy-free ice.

Green Beans and Potatoes in Chunky Tomato Sauce

- 1 1/2 tablespoons olive oil
- 1 garlic clove, minced
- 1 1/2 cups diced Potato
- 1/2 cup chopped Celery
- 1/2 teaspoon salt
- 1 1/4 pounds Green Beans, trimmed
- 1/4 cup water
- 1/3 cup chopped fresh Cilantro
- 3/4 pound Tomatoes, coarsely chopped
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground red pepper

Heat olive oil in a large skillet over medium-high heat. Add garlic to pan; sauté 30 seconds, stirring constantly. Add potato, celery, salt, and beans; sauté 1 minute. Add 1/4 cup water; cover and cook 5 minutes or until beans are crisp-tender. Add cilantro and tomatoes. Cover, reduce heat, and cook 4 minutes or until tomatoes begin to soften, stirring occasionally. Stir in peppers.

[View it in your browser](#)



Session 3, Week 8

Sept 19, 2012



Red Dog Farm buzzing with folks during Farm Tour

In Your Share this Week:

Strawberries
Beef Steak Tomatoes
Cherry Tomatoes
Summer Squash
Beans
Carrots
Beets
Summer Crisp Lettuce
Walla Walla Onions
Italian Parsley (large only)

In Search of Balance

Farmer Caitlin

The alarm goes off and I struggle to open my eyes. Darkness greets me, along with my kitty nuzzling in my armpit, staving off the morning for just a few more moments. Sunrise is at 6:53 a.m. today, and we will be awake, dressed, and coffeed well before the first light hits the horizon. During the car ride to the farm from our cabin in the woods, I take in the early morning light as it silhouettes the mountains. I am grateful for this late summer weather, anticipating the sun's glowing orb soon to make an appearance. There is about a ten degree difference between my house in Port Townsend and Red Dog in Chimacum. As soon as we hit the valley, the mist remains settled and I put on that extra layer, ready for the harvest.

Farming as we farm at Red Dog requires a constant quest for balance- enough sleep, feeding ourselves well, finding the time to clean the house, do laundry- as well as to make an attempt at social life once in awhile. The farm takes most of our energy and time. This is just the simple fact of farming at this point in the season- there is so much to do, everyday, that there are just not enough hours. Something must be sacrificed somewhere. Sometimes that means the weeding project of the day doesn't get done, the farmer vs. farmer kickball game is canceled, or dinner is take-out Chinese instead of farm veggies.

As I proved to myself this weekend, however, there is one thing I never sacrifice during the farm season. Canning. It must happen, I tell myself, no matter what. On Saturday we accomplished blueberry jam. Monday I tackled green tomato preserves, strawberry jam, sweet pickled peppers and kimchi. Seeing all those beautiful jars winking at me as I walk in the door after a long harvest day makes my heart feel full and my mind at ease. There is the balance I strive for. Hard work, long days, sore muscles....food for the winter. I am a farmer.

Oven-Roasted Tomatoes

One more thing I conquered this weekend (kicking myself for never doing it before) was oven-roasted tomatoes. So simple! So delicious! Here's what to do: Pre-heat oven to 325. Cut tomatoes in slices and place skin-side down on a baking sheet lined with parchment paper or foil. Sprinkle with diced garlic and drizzle with olive oil. Salt and pepper to taste. Roast in the oven for 2-3 hours. Eat just on their own, or with bread, cheese, on salad, pasta, pretty much anything.

Thanks All For Coming out to Farm Tour last Sunday!

It was such a fun day, packed full with all we had hoped- salmon sandwiches, ice cream (the Carrot Ice was out of this world), really cool music (Thanks Janna and Simon!!), plus some outstanding tours given by the Red Dog crew. With my mom's help, we signed up some new CSA members, plus added a lot of folks to our email list. By her count, we had 500 visitors! Wowee, that's a new record! For those who missed out, we'll be doing it again next year, Sunday September 22, 2013.

More Recipes

Easiest Onion Rings Ever

- Walla Walla Sweet Onions
- Cornstarch
- Salt
- Oil

Slice the onions into 1/2" wide sections. Separate the rings. Dredge in cornstarch. Drop in a single layer into 1" hot oil. Fry until crisp and light brown. Pull from oil and sprinkle with salt. Repeat until you have enough (could you ever really have enough?).

Epic Late Summer Salad

Summer Crisp Lettuce, shredded

Beefsteak Tomatoes, chopped

Carrots, grated

Walla Walla Onions, diced

Italian Parsley, minced

Beets, boiled and chopped

Green Beans and Summer Squash, sauteed together with some fresh basil

Toss it all in a bowl with a little vinaigrette and serve. Yum.



**RED
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CSA Newsletter

Session 3, Week 9

Sept 26, 2012



Clad in plaid, Ben, Laura and Brandon harvest celery

In your share this week:

Strawberries
Leeks
Potatoes
Celeriac
Romaine Lettuce
Beefsteak Tomatoes
Cherry Tomatoes
Green Curly Kale (large only)
Garlic (large only)

Tumbling into Autumn

Being a child born of the fall, I feel that the season comes and I am able to gracefully glide into the time of year when cinnamon and nutmeg are abundant and wool socks and sweaters are necessary, although I have quickly learned that they are a year-round staple of this corner of the country. Not this year.

It was news to me that the Autumnal Equinox occurred this Saturday just before my stomach started growling for lunch at the Uptown Farmers' Market. Sleepily, I celebrated with a smile and a premature update to my Yule-tide playlist.

If you are one who practices Paganism or Wicca, this time of year will bring the Mabon celebration where blessings are given for things of thanks and the second harvest is recognized. Rosh Hashanah came and went about a week ago, marking the Jewish New Year, and harvest festivals should be popping up as pumpkins and winter squash find their way to the markets.

This past week saw the farm's winter squash harvest, hunt rather, and a humble stack of crates found their way into the greenhouse to cure. This season's crop was planted in Loretta, our south western-most and low-lying field, making it susceptible to the fog and first frosts. The crop was small, but not entirely lost. I'm personally looking forward to expanding my soup repertoire this winter, capitalizing on all of the beautiful root crops grown at the farm. In your shares this week is that quirky looking celeriac, also known as celery root. This veggie is related to anise, carrots, parsley and parsnips and is a wonderful substitute for starchier vegetables like potatoes. Peel off the exterior knobs and add it to your potato leek soup for a bright celery flavor, sure to please any potluck participant!

-Hanni

The Final Wednesday Farmers' Market

Alright, I'll admit it. I'm a market pusher, encouraging all those curious to attend any market they have the chance to. The Wednesday Market season is coming to an end this Wednesday the 26th from 3 until 6, another event marking the transition away from summer harvest peaks towards fall afternoons digging for bright orange carrots spearing their loamy homes. You'll find an unusual combination of summer fruits and winter vegetables, along with a mellow atmosphere and eclectic music. Come on out and enjoy the evening!

Last Share for Session 3

Today's share marks the end of Session 3. We hope you have enjoyed the last nine weeks of summer bounty! Session 4 begins on Wednesday. Although we still expect to have weeks of strawberries and tomatoes to come, you will start to notice a definitive transition into the fall crops- roots, hardier greens, leeks to name a few.

There is still room remaining in Session 4 and it is not too late to sign up. If you want to ensure a smooth transition and not miss a single week of the CSA, be sure to email (karyn@reddogfarm.net) or call (732-0223) by Monday at the latest. Please do not count on the mail reaching me in time to include you in the coming week!

CSA Session 4 Details:

October 3rd- November 28th (9 weeks)

Weekly pick-up every Wednesday

3 pick-up locations: Uptown PT, Evergreen Fitness, Red Dog's Farmstand

small \$170/ large \$250

Recipes

My favorite potato-leek soup recipe to be found thus far. Thank you, Martha!

Potato Leek Soup

Ingredients

- 2 dried bay leaves
- 6 sprigs fresh rosemary, or 2 teaspoons crushed dried rosemary
- 4 sprigs fresh flat-leaf parsley
- 1 teaspoon whole black peppercorns
- 3 tablespoons olive oil
- 4 tablespoons unsalted butter
- 4 stalks celery, cut into 1/4-inch dice
- 6 leeks, white parts only, washed well, thinly sliced (don't forget to save the greens for making stock)
- 4 shallots, diced
- 6 cloves garlic, minced
- 2 1/2 pounds Yukon gold potatoes, peeled and cut into 1-inch pieces
- 8 cups Homemade Chicken Stock [Homemade Chicken Stock](#), or canned low-sodium chicken broth, skimmed of fat
- 1 cup milk
- 1/2 cup heavy cream
- Salt and freshly ground black pepper

Directions

- . Make a bouquet garni: First wrap bay leaves, rosemary, parsley, and peppercorns in a piece of cheesecloth. Then tie with a piece of kitchen twine, and set aside.
- . Heat olive oil and butter in a medium stockpot. Add celery, leeks, shallots, and garlic; cook on medium-low heat until very soft, about 45 minutes, stirring only occasionally. Do not brown. Add potatoes, stock, and reserved bouquet garni. Bring mixture to a boil, and then reduce to a gentle simmer. Cook until potatoes are very tender, about 40 minutes. Remove bouquet garni, and discard.

- Working in batches, pass half of the soup through a food mill, fitted with a medium disk, into a large saucepan. Add remaining chunky soup. Place the saucepan on medium-low heat to warm soup. Slowly stir in milk and cream, and season with salt and pepper. Serve hot.

from marthastewart.com

Celery Remoulade (Céleri Rémoulade)

About six servings

Celery root is pretty easy to prepare, but does discolor a bit once sliced open and grated. So make the dressing before slicing and grating the celery root, for best results. I like mine really mustardy, so I use a fairly large amount. If you're unsure, start with less; you can add more, to taste, when the salad is finished.

To peel celery root, lop off the root and opposite end with a chef's knife. Then stand the round root on a flat end then take the knife and cut downward, working around the outside, to slice off the tough skin. In the states, celery root are often smaller, and have more complicated roots, and you'll need to cut a bit deeper to remove them.

- 1 cup (240 g) mayonnaise, homemade or store-bought
- 2 1/2 tablespoons Dijon mustard
- 1 teaspoon of sea salt, plus more, to taste
- 2 tablespoons freshly squeezed lemon juice
- freshly ground black pepper
- 2 1/4 pounds (1 kg) celery root

1. Mix together the mayonnaise, mustard, 1 teaspoon of salt, lemon juice, and a few grinds of black pepper.
2. Peel the celery root and grate it coarsely.
3. Mix the dressing with the celery root and taste, adding additional salt, pepper, mustard, and lemon juice, to taste.

Note: If the salad is too thick, you can add a few spoonfuls of whole or low-fat milk to thin it out.

Storage: The salad will keep for one to two days in the refrigerator.

from davidlebovitz.com

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