

Frosty farm beauty, Stuffed delicata squash, Watermelon radish & avocado salad



## Winter CSA: Week 1

Dec 4, 2013



## In your share this week:

Gold & Red Beets  
Delicata Squash  
Watermelon Radish  
Stir-fry Mix  
Carrots  
Green Curly Kale

Sorry this newsletter is so late! The cold weather seems to have frozen my brain. That's a good excuse, right? This weather is inspiring me to enjoy non-farming parts of my life and not feeling guilty about it! There is no way to do anything but the bare minimum with the frozen ground in Chimacum valley. This is the first year in eight years that I will not be running a CSA all throughout the winter. And about right now, it feels like that was a very good idea! Thank you to so many of you to being open to a storage share to get you through much of the winter. Please let me know how this works out for you. I will be putting together info for next year's CSA over the next month. So far, it looks like I will be offering a very similar program in 2014 as this year. Everything just seemed to work out so well- the timings of the sessions, the volume and variety of produce, the dollar amount. Do you agree? Disagree? Have any brilliant ideas you want me to consider? I will be putting together a survey in the next couple weeks. But if you want to shoot me an email with any feed back, that would also be awesome.

Though our fields and water pipes are frozen, the farm is beautiful in its frozen splendor. The frosty sunrises, the low-hanging sun in the midday sky, the pink sunsets, the out-of-this-world star shows at night. Feeling very grateful for clear skies and the beauty it offers.

I hope you are all staying warm and cozy.

~Karyn

## We are now in Winter Session

Winter Session of the CSA started today. Did you forget to sign up? You can still join in for next week and/or the storage share. Contact Karyn at [karyn@reddogfarm.net](mailto:karyn@reddogfarm.net)

## Recipes

### Nut-Stuffed Delicata Squash

*Sunset Magazine, October 2008*

- 3 T. butter
- 2 medium yellow onions, finely chopped
- 3 garlic cloves, minced
- ¾ t. salt
- 1 T. chopped fresh sage
- 1 1/3 cups chopped nuts (walnuts, almonds, pistachios, pine nuts, or a mixture)
- 1/3 cup plain yogurt
- 2 eggs, lightly beaten
- 1 cup Parmesan cheese, grated
- 2-3 Delicata Squash, halved lengthwise and seeded

Preheat oven to 350°. Sauté garlic, onion and salt in the butter for about 3 minutes, or until tender. Stir in the sage and cook until fragrant, about 1 minute. Stir in nuts and set aside. In a large bowl, combine yogurt, eggs and ½ cup Parmesan. Stir in nut mixture. Divide stuffing among squash halves. Sprinkle more Parmesan on top and bake until tender. They're done when pierced easily with a fork and tops are browned, about 45 minutes.

# Watermelon Radish Salad with Avocado Vinaigrette

*Adapted from Williams-Sonoma Cooking from the Farmers' Market, by Tasha DeSerio & Jodi Liano*

- 1 shallot, finely diced
- 1 1/2 Tbs. fresh lemon juice, plus more if needed
- 1 1/2 Tbs. white wine vinegar
- Salt, to taste
- 1 avocado, halved lengthwise, pitted and diced
- 1/4 cup extra-virgin olive oil
- 2 heads romaine lettuce, dark outer leaves cut into 1/2-inch pieces
- 1 watermelon radish, thinly sliced
- 1/4 cup chopped fresh cilantro

In a small bowl, stir together the shallot, the 1 1/2 Tbs. lemon juice, the vinegar and a pinch of salt. Gently stir in the avocado, season with salt and let stand for 10 minutes, stirring occasionally. Whisk in the olive oil to make a vinaigrette. In a large bowl, combine the lettuce, radish and cilantro. Stir in the vinaigrette and drizzle over the salad. Toss gently and season with salt and more lemon juice, if needed. Transfer the salad to individual plates and serve immediately. Serves 4.



Rain dance time!; One more week Winter CSA; Curried Coconut Pumpkin Turkey Soup recipe



## Winter CSA: Week 2

Dec 11, 2013



*Devon and Karyn at market: It has been a long, successful market season. 2 weeks of*

*Saturdays left!*

# In your share this week:

Pie Pumpkin  
German Butterball Potatoes  
Rutabaga  
Stir-fry Mix  
Rainbow Carrots

Well, there is no doubt that this weather is extremely difficult to farm in. The produce in the field has been frozen stiff for the past week. I am hopeful that some of it has survived and will recover, but it is hard to say at this point. I am really glad that this is the year I decided not to run a CSA all winter, 'cause that would have been a disaster! Though the product mix might not be as varied as I had planned for, we still managed to put together a slightly smaller, but still good share for you this week. Keep your fingers crossed that there will be surviving Brussels, cabbage and spinach to balance out the heavy starch component in next week's final share.

People are always asking me, what can you produce this time of year? My standard answer is, well, it varies! Some years, we have a diverse variety of greens all winter long, and other years, the variety gets pretty slim by the end of November. Farmers are truly gamblers at heart. Sometimes there are wins and sometimes losses. This year we had so many successes. It's hard to accept that the end has come fast. I have to remember that even the end is a gift.

Aside from farmers' woes, this weather is affecting our friends the Silver (or Coho) salmon. They are gathered at the mouth of Chimacum Creek and other creeks in this area, anxiously (or so I would be) awaiting a significant rain event so that they can move up the creeks to their spawning grounds. Since it has been so dry this fall and winter, they are having to wait a long time.

I am really hoping for some serious rain this week. Not only will the change of weather system raise the temperature and re-hydrate crops desiccated by the cold, but also fill our waterways with water for the salmon. It's time to start rain dancing!

~Karyn

## Winter CSA: One More Week!

Well, that went fast! Next Wednesday, December 18th is the last Winter CSA share. And it is the huge storage share that you really, really don't want to miss. If you need to make other arrangements to pick up your share next week, please let me know **ahead of time (aka Mon or Tues next week)**!

## 2013 CSA Survey

I will be sending out a survey this week asking for feedback about your experience with the CSA program this year. Please take a moment to fill it out. Thanks!

# Recipes

## Curried Coconut Pumpkin Turkey Soup

*This is what I made with my Thanksgiving turkey carcass. It was delicious! I adapted the recipe so that you don't need a carcass, but if you have yours still, adjust to use it!*

- 2 quarts turkey or other stock
- 1 Pie Pumpkin, cleaned, cubed with skin on
- 1 Onion, chopped
- 4 stalks Celery, chopped
- 1 bulb Garlic, minced
- 1 can coconut milk
- 2 Tbs. curry powder
- 1 Tbs. coriander powder
- 1 tsp. red chili flakes
- 2 Tbs. honey
- 2 cups turkey or other meat, chopped
- 1/4 lb. Stir-fry Mix, thinly sliced
- Salt to taste

In a large pot, boil the cubed pumpkin (yes, leave skin on!) in the stock until tender. Use a stick blender to puree it. Add in the remaining ingredients. Simmer for about 30 minutes. Even better the next day!

## Potato and Rutabaga Gratin [saveur.com](http://saveur.com)

- 4 tbsp. unsalted butter
- 2 tbsp. olive oil
- 4 cloves Garlic, finely chopped
- 1 medium red onion, thinly sliced
- ¼ cup flour
- 2 cups milk
- 1 cup heavy cream
- 1 lb. Potatoes, peeled and very thinly sliced
- 1 lb. Rutabagas, peeled and very thinly sliced
- 1 tbsp. minced thyme leaves
- 2 cups (about 4 oz.) grated Gruyère cheese
- Kosher salt and freshly ground black pepper, to taste

Heat oven to 425°. Heat butter and oil in a 6-qt. saucepan over medium-high heat; add garlic and onion, and cook, stirring often, until soft, about 6 minutes. Stir in flour, and cook until smooth, about 1 minute. Add milk and cream, and stir until smooth. Add potatoes, rutabagas, and 2 tsp. thyme, and bring mixture to a boil; cook, stirring often, until vegetables are slightly tender and broken apart, about 5 minutes. Stir in half the cheese and salt and pepper, and then transfer to a 9" × 13" baking dish; top with remaining cheese and bake until golden brown and bubbling, about 25 minutes. Sprinkle with remaining thyme before serving.

Endings and Beginnings, Final CSA share and it's BIG! Lots of recipes. Happy Holidays!



## Winter CSA: Week 3

Dec 18, 2013





***Silver (Coho) salmon are back in Chimacum Creek!***



# In your Storage Share:

Red Potatoes, German Butterball Potatoes, Watermelon Radish, Red & Gold Beets, Jerusalem Artichokes, Carrots, Parsnips, Horse Radish, Brussels sprouts, Cabbage, Spinach, Stir-fry Mix, Pie Pumpkin, Delicata Squash, Acorn Squash.

Also for Large shares: Celeriac & Hubbard Squash

## Endings and Beginnings

The end of the year, end of the CSA season, end of the market season, end of the crew's contracts all coinciding at the same time make this time of year feel like such a transition point. And such a relief! The crew has worked so hard this year, and they are all so excited to take a break from the fields and turn to their homes, far-away vacation destinations, and other interests. Devon is heading off to Florida (where he is from) for a few weeks to visit family, Ben R. is getting ready to move into his new home in Discovery Bay, Ben T. is heading to Minnesota then India, Courtney is heading to Thailand for an extended trip which includes a Thai Massage course, and Siobhan is preparing to go to graduate school next year. Laura has been on vacation since Thanksgiving (visiting friends and hot springs in Oregon), and is getting ready to come back to work in a week, spelling me as I prepare to check out. I am going to Hawaii for a week, then plan to spend time nesting into my new home. Laura, Devon and Ben R. are coming back for another season of fun in 2014! We wish Ben T, Courtney and Siobhan well on their adventures this winter and beyond. It has been a pleasure working alongside these fantastic people!

As we have been preparing the storage share for this week, I have had my doubts of how good of an idea this really was. As you will see, you are getting a ton of food today! I know that some of you will love it, reveling in the abundance. I worry that some of you may be overwhelmed and unsure of how to store it all. Hopefully, the storage tips below will help with some of that. Please be assured that all of the roots and squash are meant to be stored and will keep well. I would really love to hear your feedback about the storage share. I will send out another really quick survey in a couple weeks to ask about how the storage share experience was for you. In the meantime, please take the 2013 CSA survey (link below) to give feedback about the entire season, or whatever part of it you participated in.

Thank you all so much for your amazing support this year! For those who have asked about 2014 CSA, Yes! We are doing it all again next year. Details will be available in January, so check your email (if you have to retrieve these newsletters from your junk folder every week, maybe consider adding us to your safe list).

I hope you all have a happy holiday season, happy new year and wintertime. I hope the abundance of the season treats you well, fills your bellies and spirits in these dark days.

~Karyn

# We need your Feedback!

Please take a quick moment to fill out our online survey. We would love to hear about your experience with the CSA this year. Every year, we try to make the CSA better, and we need your suggestions and comments to do that. Thanks much!

[2013 CSA Survey](#) (online link)

## Storage Tips

**ROOTS** (Potatoes, Watermelon Radish, Beets, Carrots, Jerusalem Artichokes, Parsnips, Celeriac)

These are all hardy roots that are already in hibernation mode and are ready for long-term storage. They will likely do very well if you leave them in the waxed cardboard box on your porch. You will just want to make sure the temperature doesn't dip below freezing, and that they are in a shaded spot. You can also keep them in your fridge, garage, or basement. If storing in the fridge, be sure they are protected from drying out by putting them in a plastic bag that is open a little for ventilation. These will keep for several months, although if you still have some after a month, I recommend you move them to your fridge for more even storage conditions. Roots like a storage spot that is: Dark, Cool (32-45 degrees), and Humid

**SQUASH** (All kinds)

These will store best either in your home, or in well insulated basement. Take care not too let them get too warm, as they can dry out or turn stringy. Good spots in many homes include inside a cupboard, closet, or unused room that doesn't get as warm as the rest of the house. Delicata, Pie Pumpkin and Acorn will keep for several months, but will taste best within a month or two. Hubbard will be good for a very long time, if stored properly. Squash like a storage spot that is: Not too cold and not too warm (45-55 degrees), Dark, and Dry.

**GREEN THINGS** (Cabbage, Brussels sprouts, Spinach, Stir-fry Mix)

These will store best in your fridge in a plastic bag, left partially open for ventilation. Cabbage will keep for several weeks in the fridge. Brussels sprouts and stir-fry mix will keep for 1-2 weeks, though are best within a week. Spinach will keep for 1 week.

If you have any questions about storing your produce, or need advice on good storage spots in your home, just send me an email.

I'd be glad to help!

# Recipes

## Hasselback Potatoes



Better than fries! Cut potatoes almost all the way through, drizzle olive oil, butter, some sea salt, and pepper over top and bake @ 425 for 40 minutes.

# Curried Roasted Parsnips

Cut up parsnips into even-sized pieces. Toss with melted coconut oil, curry powder and salt. Spread out in an even layer on a baking sheet. Roast in a 375 degree oven until tender, about 20- 30 minutes.

## Links to more recipe ideas:

[16 Squash Recipes](#)

[Crispy Carrot Radish Slaw](#)

[Roasted Brussels Sprouts and Jerusalem Artichokes](#)

[How to prepare Horse Radish](#)

[How to make Horse Radish Sauce](#)

[Beet, Kale and Bulgar Soup](#)

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