

# RED DOG FARM Newsletter

Week 1 Session 2 CSA Newsletter

June 1, 2011



*Zach washing radishes.*

## **In your share this week:**

Salad Mix

Rhubarb

Lacinato Kale

French Breakfast Radishes

Strawberry Hanging Basket

Pea Greens (large only)

Cress (large only)

Mizuna (large only)

Welcome to Session 2 and some mild, warm weather. Yay! People keep asking me how the weather is affecting the farm this year. Soil temperatures are weeks behind, which is huge especially when it comes to seeds germinating in the soil. Most significantly, the wet weather has been a real challenge. Up until recently, we haven't been able to get the tractor onto almost half the fields due to a high water table. When the soil is wet, bringing the tractor out prematurely causes the

soil to get compacted, which has a long-term negative effect on soil health, not to mention increases my likelihood of getting the tractor stuck in the mud! The delayed ability to work the fields caused me to miss a lot of plantings in March, April and May which means that we are slim on many crops now, probably through the end of June. But, the good news is that we are catching up quickly! The warm weather, lack of rain, and passing time is working in our favor. And, thankfully, the bumper crop of tulips, along with your early CSA checks, really kept the farm going financially through the spring. So, all in all, it's been a rough spring, but the summer looks promising.

You will notice that your shares will get larger as Session 2 progresses. This is reflective of the increasing abundance of the natural cycle. Thanks as always for joining in the farming game with me, and for being such willing participants.

I hope you enjoy the strawberry hanging basket that is part of your share this week. They like full sun and will need regular water. Keep the red berries eaten. And that's all there is to it. If you want to keep them going for next year, in the fall plant them into a larger container or in your garden.

### **Meet Zach!**

Zach Yakush, seasoned Red Dogger of one-month, keeps all of us on the crew laughing on a daily basis. He is a true Port Townsendite, returning to his stomping grounds after a year absence across the water. This is Zach's first experience farming, although he has worked in landscaping and wood working previously. Zach is a big fan of rhubarb, which he harvested for your shares today. When asked what he loves most about farming, he replied being outdoors and the opportunity to learn something new. Zach is a very quoteable fellow, but one of my favorites to date was when, after his first day of work on the farm, I asked him how he liked the job, he answered enthusiastically, "It's great! Where else would I get to harvest awesome radishes all day?!" I look forward to continuing to work with Zach and hope that his positive attitude keeps us all upbeat. Zach works the Chimacum Farmers Market every Sunday, so stop by to say hello to him.

### **PL Delivery Help Needed for June**

My regular delivery person for PL Resort (Fireside Café) is out of town for the first couple weeks in June. If anyone wants to take 1- 2 boxes of salad mix to PL Fri 6/3, Wed 6/8, Fri 6/10, Wed 6/15 and Fri 6/17, please let me know! The compensation per delivery is \$10 credit on Red Dog produce or plants in the farmstand. Any or all of the delivery days would be helpful. Thanks!

For those of you large share members new to the CSA as of Session 2, please go on my website and read last week's newsletter for more information about pea greens, mizuna and cress.

## Recipes

### **Rhubarb- Ginger Jam- *Bon Appetit*, 1997**

*This is THE BEST Rhubarb recipe ever! You must try it. Delicious with cottage cheese.*

1 lb. Rhubarb, sliced  
1 inch water in bottom of pan  
1 ¼ cup sugar  
3 Tbs. chopped crystallized ginger  
1 tsp. grated lemon peel

Combine all ingredients in heavy medium saucepan. Stir over medium-high heat until sugar dissolves. Bring to boil. Reduce heat to medium and simmer until jam thickens and mounds on spoon, stirring often to prevent scorching, about 20 minutes. Transfer to bowl. Cover; chill.

### **Bean and Lacinato Kale Scramble**

1 medium onion, finely chopped  
1 Tbsp olive oil  
4 strips Bacon (optional)  
2 cups of cooked white beans (e.g. great northern, haricot, cannellini etc.)  
1/8 cup chopped dill (or use 2 tsp. of dried Italian seasoning instead)  
2 1/2 cups chopped Lacinato Kale  
1 tbsp freshly squeezed lemon juice  
2 Tbsp water  
1 Tbsp soy sauce  
1/2 Tbsp prepared mustard (optional)

Sauté the onion (and optional bacon) in the oil over a medium heat for 3 minutes. Add the beans and dill and cook for a further 3 minutes. Add the remaining ingredients and sauté for 5 more minutes, stirring occasionally.

Don't forget that **Radish Greens** are edible and delicious! Try them lightly steamed, sautéed, or in soups. They are mild and cook down a lot, like spinach.

# RED DOG FARM Newsletter

Week 2 Session 2 CSA Newsletter

June 8, 2011



*FINALLY, we got the potatoes in the ground last week. Whew!*

## **In your share this week:**

Salad Mix  
Arugula  
Red Radish  
White Russian Kale  
Purple Scallions  
Pac Choi  
Green Chard (large only)  
Spinach (large only)

As I look over my to-do list tonight, I notice a shift in the tasks from just a couple weeks ago. Gone are the long lists of crops to seed in the greenhouse and transplant outside. Now, in addition to still having some seeds to sow and transplants to set out, we also get to balance moving the irrigation through the fields, harvesting, weeding- both hand weeding and hoeing, and cultivating the

soil. I can tell we're in the thick of it when we start to have this juggling act. Every sunny day I am plagued with the dilemma: Do we weed the crops we have in the ground? Plant the ones that REALLY need to get out? Cultivate the next patch of ground that's needed? Usually, we try our best to do it all. But, farmers are notorious for having to-do lists that are at least four times larger than is humanly possible to get done. But, we plug on through it and somehow manage to produce these beautiful crops for you!

This week one of my main goals, in addition to all the weeding and planting and cultivating of course, is to put in a new irrigation line for the new field. So far we have been relying on the rain to quench the thirst of the kales, carrots, beets and more in the new field, but the days of relying on the rain are numbered (thankfully so!). So, the new irrigation line is going in just in the nick of time. I am renting a ditch witch to dig the trench, and then will lay PVC pipe with risers every 40' to feed the irrigation pipe. It's a big project, but also one of my most favorite infrastructure projects. I'll let you know how it goes in next week's newsletter.

I just walked down to the creek to check all the native trees we planted back in March and boy, do they look good! They have all grown a lot and seem to be thriving. I guess that the abundant rain this spring settled them in really nicely.

**Arugula-** This favorite green is known for its sharp, peppery, nutty flavor and smooth creamy texture. It is best raw or very lightly cooked. If you don't much care for the taste, then your best bet is to try it cooked. Simply wilt it for just a minute, and then serve immediately. Below are a couple of excellent salads to try for the full flavor punch of arugula.

## Recipes

**Arugula, Radish, and Sautéed Mushroom Salad-** [www.mariquita.com](http://www.mariquita.com)

½ lb. Arugula, coarse stems discarded and the leaves washed well and spun dry (about 8 packed cups)

2 cups thinly sliced mushrooms, lightly sautéed in a bit of oil or butter and cooled

1 cup grated Radishes

3 tablespoons extra virgin olive oil

fresh lemon juice from one large or two small lemons

Parmesan curls made with a vegetable peeler

S & P

Combine the arugula, mushrooms, and the radish, drizzle the oil over the salad, and toss the salad gently. Toss with the lemon juice and salt and pepper to taste, and serve it topped with the Parmesan. Serves 4 to 6.

**Lemon Couscous Salad with Arugula, Scallions and Dill-** *adapted from*  
*Gourmet*

2 1/4 cups water

a 10-ounce box couscous (about 1 1/2 cups)

1/2 teaspoon salt

3 tablespoons fresh lemon juice, or to taste

1/4 cup olive oil

1/4 lb. Arugula, leaves washed thoroughly, spun dry, and shredded fine (about 2 cups)

3 large Scallions, sliced thin

3 tablespoons finely chopped fresh dill, or to taste

In a saucepan bring water to a boil and stir in couscous and salt. Remove pan from heat and let couscous stand, cover 5 minutes. Fluff couscous with a fork and transfer to a bowl. Stir in lemon juice, oil, and salt and pepper to taste and cool couscous completely. Stir in arugula, scallions, and dill and chill for 2 hours or overnight.

**Greens Ideas-** For those of us who sometimes forget to eat our greens, a simple solution I've found is to cook up a big pot of them once or twice a week, then eat from them for several days. What I do is sauté a little onion or garlic in some olive oil. Then add in any and all kinds of chopped, washed greens (this week try kale, choy, radish greens, chard, spinach, arugula). Sauté until just tender, which only takes a couple minutes. Chill in the fridge, then store in an air-tight container in the fridge. Best if used within four days.

From there, I can cook up a morning egg and throw in some already cooked greens. I can add them into smoothies, eat them on toast, add them into quesadillas or sandwiches, toss them into pasta, just anything. I really love doing this because I actually will eat all my greens if they are easy and accessible. I really suggest that you try it, especially if you have a couple bags of neglected greens piling up in your fridge. Cook them now and you'll eat them later!

# RED DOG FARM Newsletter

Week 3 Session 2 CSA Newsletter

June 15, 2011



*Thirsty kale getting a drink.*

## **In your share this week:**

Salad Mix  
Spinach  
Red Radish  
Baby Carrots  
Basil  
Green Curly Kale  
Rainbow Chard (large only)  
Red Butter Lettuce (large only)  
Chives (large only)

As I move irrigation lines at twilight, I tell myself it is a blessing and an honor to be able to do so. I have to repeat this to myself often, because I am tired and can't see in the dark, but I am also happy because the new irrigation line is in, the kale has been watered and now tonight the chard will get a drink too. And in

so many places in the world, irrigation is not possible, clean water is not a reality. And so I am lucky. I often have to remind myself to count my blessings where I can find them.

Today that opportunity came when going over to check in on the raspberries, not only did I notice their fine appearance, the canes loaded with flowers, but also the hearty hum of thousands of bumble bees working their magic with the raspberry flowers. The bushes are loaded with small green fruits as well as flowers, which means good news for all of us!

Also in the berry realm, it's impossible not to notice the huge healthy patch of strawberries, now loaded with ever-growing berries. Laura found and ate the first outdoor berry of the year today! That means that within a week or two, there will be plenty to pick for CSA and market.

### **Wednesday Market Begins Tomorrow!**

Polk Street in Uptown PT 3pm-6pm every Wednesday through September. Come out, say hi to us Red Doggers, remember to cash in on your 10% market discount (current members) if you need more goodies!

## **Recipes**

### **Radish Curry- Sauté with onions, garlic and chili- [www.giniann.wordpress.com](http://www.giniann.wordpress.com)**

*giniann.wordpress.com*

1 bunch Red Radish

Onion- one small, sliced

Garlic- 2 or 3 small cloves crushed

Green chilies – 8 small, crushed

Turmeric powder- a pinch.

Oil for sauté

Mustard seeds – a pinch

Curry leaves- a sprig

Salt to taste

The leaves: Roll all the leaves together and slice into long shreds.

Clean the radishes and cut them as you would slice an apple. Clean the leaves, if you want to use them in the dish. In a pan, add some oil. When it is hot, add the mustard seeds. When the mustard seeds splutter, add curry leaves and onions. Sauté for 3-5 mins till edges of the onions turn slightly brown. Add the crushed garlic and chilies, and turmeric powder. Sauté for about a minute or even less. Add the radishes, mix well and add salt. Cook covered for about 3-4 mins. Once the radish seems soft, remove the lid and crank up the heat. Sauté on high heat



for a couple more minutes. The radishes will be soft yet crunchy. After you remove the radishes onto a plate, in the same pan quickly sauté the leaves for a few seconds and add it to the top of the radishes. For best results, serve right off the stove. The dish takes less than 15 mins. Make this right before your meal.

To make a meal of this, serve on a bed of rice, with a spinach salad (dressed with fresh goat cheese, of course!)

### **Baked Kale Chips**

1 bunch Kale (Green or Red Curly are best)

1 tablespoon olive oil

1 teaspoon sea salt

Preheat an oven to 350 degrees F (175 degrees C). Line a cookie sheet with parchment paper. Cut or tear leaves into bite size pieces. Wash and thoroughly dry kale. Drizzle kale with olive oil and sprinkle with salt. Bake until the edges brown but are not burnt, 10 to 15 minutes. A delicious snack any time of day.

# RED DOG FARM Newsletter

Week 4 Session 2 CSA Newsletter

June 21, 2011



*Kyra harvesting spinach.*

## **In your share this week:**

Collards  
Beet Greens  
Baby Pac Choi  
Broccoli  
Baby Carrots  
Green Butter Lettuce  
Scallions  
Salad Mix  
Spinach (large only)  
Easter Egg Radish (large only)  
Arugula (large only)

Happy Solstice! The longest day of the year graced us with hot, sunny weather of which both humans and plants on the farm were grateful. The crew and I celebrated by dipping into Chimacum Creek after our long, hot harvest today. Boy did that feel good! We figured this was our one chance of the year- the small overlap of time when the creek has enough water in it and the weather is warm

enough. It was personally my first time ever in Chimacum Creek, after living here for over three years! It was perfect timing.

The crew has been working gang busters to get all the crops planted, weeded, harvested and watered. We have had some record long days. Last Thursday was memorable as the crew stayed until 8:30 to finish planting the cucurbits (cucumbers, winter and summer squash). We got them all in, thankfully.

I think you will notice your share is becoming more diverse and is filling out at last. This truly does feel like the beginning of summer. The strawberries are now coming in full force- look for them at the Saturday market, and in your shares next week!

In the coming weeks you'll be reading newsletters written by some of the crew members. I think you're in for a treat to hear about the farm from their perspective!

Enjoy the long days and short nights while they last!

## Recipes

### **Beet Greens and Eggs**

1 bunch Beet Greens  
3 hard- boiled eggs  
Olive oil  
Vinegar  
Salt and pepper

Prepare the hard boiled eggs. Chop the beet greens width wise into 1" strips. Every bit of the plant is tender and delicious, so don't throw anything away! Heat the oil in a pan. Add in the bottom couple inches of the beet greens. Sauté for a couple minutes. Then add in the remainder of the beet greens. Sauté until wilted, then cover, turn down heat and cook until tender. Remove from heat. Toss in the chopped boiled eggs. Sprinkle on more oil, vinegar, salt and pepper. Serve hot or warm. Yum!

**One of my favorite things to do with collards is to use them like giant tortillas for making burritos** and wraps. You can make this as simple or complicated as you want. My suggestion: keep it simple! Sauté some scallions and carrots. Throw in some quinoa and rice and add water. Cook until done. Season with anything. Try splitting it in half and making a savory version with soy sauce, sesame seeds, crumbled seaweed, etc. and a sweet versions with raisins,

walnuts and cinnamon. While the rice or quinoa is cooking, steam the collards until tender, but still bright green. You can dunk in cold water immediately to halt cooking. Serve the stack of leaves on the table along with the filling(s) for everyone to fill up their “burritos”.

**Baby pac choi and scallions together in the same box makes me think of miso soup.** Mmmmm. See my recipe for miso soup at [www.reddogfarm.net](http://www.reddogfarm.net) under the “News” tab from 2011 Session 1, Week 5 newsletter.

# RED DOG FARM Newsletter

Week 5 Session 2 CSA Newsletter

June 28, 2011



*Dan harvesting snow peas.*

## **In your share this week:**

Romaine Lettuce  
Rainbow Swiss Chard  
Hakurei Turnips  
Green Onions  
Snow Peas  
Strawberries  
Rhubarb  
Basil  
Garlic Scapes  
Spinach (large only)  
Carrots (large only)

Hello all. Hopefully everyone out there is savoring the long and at times warm summer days that have been visiting us. The plants on the farm, from the nascent tree seedlings along the crick to the jungle of tomatoes climbing higher every day certainly notice the relative plethora of sunshine. It can be surprising to see how quickly the plants dart from the soil at this time of year, soaking up the sun's rays, fruiting towards engorgement.

This week on the farm we welcome the first summer born fruits of the earth. What am I speaking of? The luscious, florid, very symbol of a sunny day's delight, strawberries! We've all been waiting in patience for the bright, beautiful berries to reveal themselves from under their glossy, green leaves. The time has come to begin plucking them out from their hides, a laborious task, but well worth the effort. Yes, all the days and days of weeding the berries' beds, fertilizing, and general tending have led to another proud crop of pure, honeyed joy.

There are other crops that are very much worth noting this week. You'll find beautiful, ivory orbs filling the share box. These are turnips, a variety known as Hakurei, which are a Japanese bred seed known for their outstanding flavor when added raw to salads, braised, or for the veg junkies out there, eaten like an apple. Or are apples eaten like turnips? The leaves of the turnips are typically mild in both flavor and texture, happy to be chopped up and added to the salad with their roots.

If you run low on strawberries, turnips, or any other vegetable provisions by week's end, don't forget to come and visit either Karyn, Kyra, and me (Joel) at the Saturday Farmers Market in Port Townsend, Zach on Sundays in Chimacum, or stop by and say hello to Dan and company on Wednesday afternoons just steps away from the Port Townsend drop off site. Speaking of Dan, let me introduce...

Dan Hysko. Dan joined the crew here at Red Dog about a month ago and has already shown that he's an adept worker, one who goes about his day thinking critically and keeping us all entertained with his down to earth sense of humor. Hailing from the great state of New York, which you'll no doubt decipher the moment after he speaks, Dan has made Cascadia his adoptive home, having spent the last few years in Portland and Whidbey Island. Farming is a calling for Dan, one which has taken front in center in his life after previous ones in the worlds of finance and mathematics education. One of the beauties of farming is that it attracts people from all walks of life, drawing in Dans and Danas alike from all fields. Dan is happy to be living in Chimacum and he's looking forward to getting his Beaver Valley plantation up and operating.

## Recipes

**\*Strawberry and Rhubarb Pancake Topping\***. Take breakfast to the next level!

- 2 cups chopped rhubarb
- 1 cup water
- 1 cup sugar
- 1 cinnamon stick
- 1 clove
- 2 cups quartered hulled strawberries
- 1/4 cup Grand Marnier

Bring the first 5 items to a boil then reduce to a simmer until the rhubarb is tender. Add the strawberries and liqueur and allow to sit off the heat for several minutes. Put on your favorite pancakes or waffles with a healthy dab of cream, savor!

Garlic Scapes are the flower bud of the garlic plant. With a hearty garlic flavor but only a fraction of the punch, scapes can be eaten whole like a vegetable or used in place of onions or garlic in any recipe. The creative recipes below are from Laura:

### **Garlic Scape Pesto**

- 1 bunch Garlic Scapes
- 2 Tbs. olive oil
- 1-2 oz. Basil
- Juice of 1/2 lemon
- Salt and pepper to taste

Sauté the garlic scapes in the oil until tender. In a food processor, puree the scapes along with remaining ingredients. Add more olive oil if necessary to adjust texture. Season to taste. Serve as a spread, pasta sauce, or a vegetable dip.

## **Snow Peas and Scapes on the Grill**

1 bunch Garlic Scapes

Snow Peas

2 Tbs. olive oil

Salt and pepper

Chop the garlic scapes. Mix with the peas, oil, salt and pepper. Put in foil packet on the grill. Steam for a few minutes until the snow peas turn bright green.

Correction: The photo of Kyra harvesting spinach in last week's newsletter was taken by Stephen Cunliffe.

# **RED DOG FARM Newsletter**

Week 6 Session 2 CSA Newsletter

July 6, 2011



*Some of many ripe strawberries on the farm.*

## **In your share this week:**

Garlic Scapes  
Strawberries  
Salad Mix  
Red Butter Lettuce  
Carrots  
Broccoli  
Kohlrabi  
Red Baby Beets (large only)  
Snow Peas (large only)  
Cilantro (large only)

Hello everyone! It's Joel here. Just as sage men and women who came before us declared, July 5th is the true start of summer on the Quimper. This annual prediction has shaped up to be true, once again. The cacophony of "smoke flowers" has subsided, bringing in the warm months and we are happy to have it. Sure, it means more irrigation, perhaps a bit more worry about whether this or that plant is getting its drink, but many of the crops, if they had capacity for emotion, I believe would be happy to bask in the extra warmth that July brings. You can almost see the tomatoes blush into their suits of vermillion.

When the sun's beating down we all want to a way to keep cool. While the term "cool as a cucumber" is generally known, perhaps in those early summer days, before cucumbers' abundance, we could say, "cool as kohlrabi". It does have a ring. Kohlrabi is the purple skinned vegetable that you've received in your box this week. Though still relatively obscure in the US, you might just come back for more after slicing a ball or two into the evening salad. Just be sure to skin the ball, part of the plant's stem, before enjoying. While the spherical organ of the crop is what it's bred for, be sure to reserve the tasty greenery for a vegetable sauté or as a pot green.

Tuesday's strawberry harvest was outstanding. The crew, headed by picker extraordinaires Aaron and Josh, captured over forty flats of strawberries. That's quite a haul. Now is the time to think about getting a flat or two for that preservation project you've been dreaming of through the grey, drizzly spring. There's no better way to capture the essence of summer once we head into the dormant months again, than to crack open a fragrant jar of homemade preserves. Where would pancakes be without 'em?

### **Strawberry Flats Are Available Today!**

Wednesday PT Farmers Market and Red Dog Farmstand \$36 for a 12-pint flat (about 10 lbs. each) **PLUS 10% discount for current CSA members!** Call to order or just swing by. We have lots! (360)732-0223



# Recipes

## **Curried Carrot Dip-** [www.mariquita.com](http://www.mariquita.com)

3oz finely grated fresh carrots  
1 pint light sour cream  
2 tbsp apricot preserves  
1 tbsp Dijon mustard  
4 tsp curry powder  
1/2 to 1 tsp bottled crumbled red chili flakes  
Carrot sticks, kohlrabi slices, broccoli, snow peas

Mix sour cream, carrots, apricot preserves, mustard, curry powder and chili flakes. Serve with vegetable dippers. Makes 1-2 pints.

## **Carrot Mint Salad -** *Chef Andrew Cohen*

1 lb. Carrots  
2 T lemon juice  
4 T fruity olive oil  
S&P  
1/2 shallot, minced  
A pinch each of powdered cumin and caraway  
2 T fresh mint, minced

Peel the carrots and use a mandolin to shred medium, or use a grater and grate the carrots coarse.

Make dressing; add the spices to the lemon juice, along with the shallot. Allow the flavors to bloom for a few minutes. Whisk in the olive oil. Toss carrots with the dressing. Add the mint just before service. If you wanted something a little creamier, you could add in a little plain yogurt to the dressing.

## **Crunchy Red Devils -** *A. Doncsecz, Vegetarian Gourmet*

2 Tablespoons Apple Cider Vinegar  
2 shallots, minced  
1/4 cup hot red pepper sauce  
1 teaspoon grainy mustard  
1/2 teaspoon sugar  
3 medium kohlrabi bulbs

Whisk together all ingredients except kohlrabi with 1/2 cup water. Peel and thinly slice kohlrabi; stir into marinade, coating evenly. Cover and refrigerate 2-3 days, stirring occasionally. Serve cold or at room temperature.

**Roasted Kohlrabi with Crunchy Seeds-** *Perfect Vegetables by the Cook's Illustrated Team*

3 medium kohlrabi bulbs, peeled and cut into  $\frac{3}{4}$  inch cubes  
2 Tablespoons olive oil  
2 teaspoons sesame seeds  
1 teaspoon poppy seeds  
 $\frac{1}{2}$  teaspoon fennel seeds, coarsely chopped  
S & P to taste

Preheat oven to 450 degrees. Toss the kohlrabi, oil, seeds, and S & P together in a large bowl until combined. In a single layer spread the mixture onto a rimmed baking sheet. Roast (with rack in middle position), shaking pan occasionally, until the kohlrabi is browned and tender, about 30 minutes. Transfer to a bowl and adjust seasonings to taste, serve immediately.

# RED DOG FARM Newsletter

Week 7 Session 2 CSA Newsletter

July 13, 2011



*Laura, Kyra and Ru on a rainy harvest morning.*

## **In your share this week:**

Snap Peas  
Golden Beets  
Fresh Garlic  
Red Butter Lettuce  
Baby Spinach  
Strawberries  
Hakurei Turnips  
Pac Choi (large only)  
Pea Greens (large only)

## Monday Morning in the Weeds by Dan Hysko

“He got rich by inventing the D.B. Cooper hinge”, said Janet. It was another Monday morning, and though two of our regular workers always have the day off, we were not short-handed. Mary, Patricia, Janet, Linden, Meredith and Randy do work trade on Monday mornings; Memorial Day and 4<sup>th</sup> of July included. This morning we were talking about Troll Haven, but the topics vary from sailing with a sexton to recipes for making rhubarb infused vodka.

Most of the time we spend weeding, usually hand weeding. Rather than being a tedious chore like locusts, we swarm through the jobs, leaving large swaths of vegetables weed-free. They like weeding so much that one Monday, while we were putting in irrigation, many work traders wished to be back weeding. It is always a pleasure working with the work traders because they have good attitudes and their local knowledge is unmatched: I have heard about the best spots to crab, the now defunct railway that used to run through Quilcene and favorite hikes in the Olympics. On Monday mornings, in the weeds with the work traders is the place to be.

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Call to order or just swing by. We have lots!

(360)732-0223

## **Recipes**

### **Spinach and Golden Beet Salad**

Baby Spinach leaves

1 bunch Golden Beets

Feta Cheese

Vinaigrette:

½ cup olive oil

½ cup golden balsamic vinegar

1 tsp. ground mustard

2 Tbs. minced Fresh Garlic

Salt to taste

Cut the beet roots from the greens, reserve the greens for another meal. Boil the beets until tender, 10- 20 minutes, depending on their size. Dunk in cold water immediately. Remove skins, if desired (not necessary). Either chill beets, or use

warm. Arrange beets over beds of spinach leaves. Drizzle on dressing and top with feta cheese. Delish!

**Fresh Garlic** is the water-filled, uncured, young version of the garlic you are accustomed to. Green garlic has less heat than regular garlic, and best of all, you can use the whole thing! Chop it up just like a leek, white skins, green leaves and all. If using in place of garlic in a recipe, use 2-4 times as much as the recipe calls for. Otherwise, use it more like a vegetable with a mild garlic flavor.

### **Eat Your Tops!**

Turnips greens, beet greens, radish greens: All these tops of roots are very much edible, delicious and nutritious. Eat them up! Throw them in the soup pot, sauté them, stir-fry them, juice them, give them to your neighbors or chickens.

### **Greens with Cashews**

Fresh Garlic or onion

Greens of any sort

Olive oil

Cashews

Sauté the garlic or onion in oil. Add in the washed, chopped greens. Stir until wilted, then reduce heat, cover and cook until barely tender. Toss in cashews. Season with salt or soy sauce and serve.

# RED DOG FARM Newsletter

Week 8 Session 2 CSA Newsletter

July 20, 2011



*Zach, Laura, Dan, Kyra, Joel, and Karyn picked golden beets among the weeds.-  
photo by WWOOFer Hunter*

## **In your share this week:**

Green Butter Lettuce

Sugar Snap Peas

Strawberries

Carrots

Fava Beans

Basil

Fresh Garlic

Arugula (large only)

Whew! I thought we were through all this rain and cloud rubbish, but once again I was wrong. However, moral at the farm has been at an all time high! With all this extra help around here we have been able to get lots done. Last week I counted a total of twelve people in the field at once! With three full time strawberry pickers and two WWOOFers' on top of our normal crew we've been able to keep up with the demand from our retail clients and our loyal market and CSA customers. It's been great to have all the extra hands.

On another note, it's great to see you all at the Sunday Market in Chimacum and don't forget to turn out at the Wednesday Market and Saturday Market in Port Townsend.

This week will begin a bit of a lull period in our crop but not to worry, all the more time for us to work on the next rush of fresh veggies; lots of leafy greens and tasty roots for all to enjoy.

Rupert Dandelion, the trusty Border collie, has been noticing a change in the animals on the farm. I've been watching Ru stalk new bird and rodent life on the farm. Their places of hiding have slowly diminished as we have started to expand our working area to the fullest capacity by tilling in new beds by the minute. Ru keeps our animal visitors on their toes and leads them into a new home in the wetland.

That's all I can say today, but come say hello at the markets or at our Farmstand located right here on the farm, Open every day from 8-8.

-Zach Yakush

**One more week to go in Session 2.** Wow, the time sure flies! If you haven't yet signed up for Session 3, you might want to consider doing so. Some of the highlights include raspberries, tomatoes, cucumbers, beans, squash, cut flowers, and of course much, much more! Small share is \$230 and large share \$345.

## Recipes

### **Pesto Time!**

2 cups chopped fresh Basil

½- 1 bulb Fresh Garlic, everything chopped- no need to peel!

1/3 cup olive oil

1/3 cup Parmesan cheese

½ tsp. salt

¼ tsp. pepper

¼ cup toasted pine nuts (or walnuts are good too)

In a food processor, combine the basil, garlic, olive oil, Parmesan, salt and pepper and mix until smooth. Add the pine nuts and process quickly to retain some of the crunch.

## **Sautéed Fresh Favas**

Fava Beans

Fresh Garlic

Basil

Olive oil

Salt and pepper

To prepare the fava beans: first shuck the beans from the pod. Next you can go one of two ways. Either use as is, or take the time to remove the outer skin of the bean. To remove the skin, dunk the bean in boiling water for 30 seconds, followed by a dunk in ice cold water. With your hands, “slip” the inner beans out of its skin. Sauté the garlic in olive oil. Add the fava beans. Cook for just a minute or two if you skinned the beans, or a couple of minutes if you opt to leave the skin on. Remove from heat. Toss with copious amounts of finely sliced basil. Season with salt, pepper and more olive oil. Serve with crusty bread for a divine treat.

## **Since you have the food processor out anyway...**

### **Arugula Pesto**

3 cups packed Arugula

1/3 cups pine nuts

1/2 cup Parmesan cheese

1/2 tsp. salt

1/2- 1 bulb Fresh Garlic

3 Tbs. olive oil

1/4 cup hot water, plus more if desired

In a food processor pulse together all ingredients except oil and water until arugula is chopped fine. With motor running add oil in a stream, blending mixture until smooth. Stir in 1/4 cup hot water plus additional for thinner consistency if desired. Serve with crostini, carrot sticks, on pasta or sandwiches.



# RED DOG FARM Newsletter

Week 9 Session 2 CSA Newsletter

July 27, 2011



*The radishes are very pleased with our eternal Spring.*

## **In your share this week:**

Salad Mix  
Fava Beans  
Broccoli  
Green Chard  
French Breakfast Radish  
Cabbage  
Curly Parsley (large only)  
Leeks (large only)  
Raspberries (large only)  
Cauliflower (large only)

Late July greetings to all you veritable vegetable eaters. Sometimes there's so much going on at the farm that it's hard to decide what to write about. Though we've been able to detect the waning daylight one month post solstice, the new life and fresh growth here in Chimacum seems pretty darn content. The onions are beginning to bulge out of the ground, a sure sign that mid-summer is here, and one of my favorite crops is just now coming ready. That would be the very symbol of vegetable nobility, the leafy staff of life, the cabbage. The humble cabbage is significant, if not vitally important to so many food cultures around the world. Can one imagine life without sauerkraut? There can be time to discuss the pros and cons of German, Polish, Chinese, or Korean preparations, amongst

others, but at the heart of the matter is that cabbage is there for us to enjoy and respect.

Hopefully you have also noticed the fava beans announcing their presence from inside the share box. Please take the time to enjoy this ephemeral treat, following Laura's expert advice on preparation or going with an old favorite. Enjoy this week's produce. We'll be on the farm, refusing to believe that the forces of nature are conspiring for an early autumn.

-Joel

**Session Three Begins Next Week!** And I can tell you know it's going to be a good one! Next week promises shares with cauliflower, raspberries, green beans, and more! Coming soon are new potatoes, many more strawberries, tomatoes, squash and cucumbers. As you may have noticed, everything is late this year, but we are cheering our crops along to produce the most vibrant fruits, leaves and roots for you to enjoy. Share in our harvest, sign up for Session 3 of the CSA Program. Small share is \$230 and large share \$345. Call Karyn at (360)732-0223 or email at [info@reddogfarm.net](mailto:info@reddogfarm.net) to join in.

### **Eggs, Kraut Cabbage**

Eggs are now in abundant supply in the farmstand. Spring Rain Farm is once again commencing weekly deliveries every Monday, so stop by to pick up a fresh dozen.

Attention all kraut makers: We have a bumper crop of green cabbage right now. Call ahead to order large amounts. 25 lbs for \$18.75

## **Recipes**

### **Cabbage Salad- *Laura Llewellyn***

1 head Cabbage, thinly sliced  
1 bunch green onions or ½ sweet onion, minced  
1 bunch Parsley or Cilantro, chopped (optional)  
½ bunch Carrots, grated  
Dressing:  
½ cup Sesame oil  
¼ cup vegetable oil  
¼ cup apple cider vinegar  
Juice from one orange  
Slices from one orange

Mix together all the vegetables. Mix together the dressing ingredients. Dress immediately before serving.

**Chard Radish Roll Appetizer-** *Laura Llewellyn*

1 bunch Radishes, chopped  
8 ounces cream cheese  
1 Tbs. lemon juice  
2 green onions, minced  
Salt and pepper to taste  
Chard leaves

Mix together all the ingredients except the chard leaves to form the filling. Drop spoonfuls of the filling onto clean chard leaves. Roll and slice lengthwise. Serve cold.

**Fava Bean Salad-** *Laura Llewellyn*

2 lbs. Fava Beans, shelled and skins (see last week's newsletter for instructions)  
Olive oil  
Sweet onion, minced  
Salt and pepper to taste

Chop the skinned fava beans. Mix in minced onion, oil, salt and pepper. Allow to marinate in the fridge for a couple hours before serving.

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