

RED DOG FARM Newsletter



Laura, Joel and Shiobhan cleaning garlic.

In your share this week:

Salad Mix
Green Beans
Cilantro
Sangre Red New Potatoes
Leeks
Raspberries
Cauliflower
Big Beef Tomato (large only)

The hot weather crops are growing! Finally! We picked our first harvest of tomatoes today, plus had enough to share with the crew for our taco salad Tuesday. Raspberries are in full swing, which has been such a bonus after watching the plants fill out after the past two years. These days are bringing long harvests, with a few days thrown in for weeding and transplanting. Last week, we managed to fit in the garlic harvest, which was a huge success. Now, 10,000 bulbs of garlic are hanging in the barn rafters; the smell of garlic wafting through the air on these hot, dry days of late.

My days in the field are much more entertained due to the bird activity. Besides the hawks and eagles hunting in the now cleared hay fields, there has been a pair or ravens nesting in the trees just to the south of the farm. I love listening to their gurgling water-like calls. The pair chats it up all morning then flies off in a northwestern direction for the day.

Shiobhan (pronounced Shi-von), our stellar WWOOFer, besides being a powerful pinochle player, is also an avid animal lover, especially of the prolific Red Dog toad population. She has been spotted searching out toads in the wee hours of dusk. In addition to working with us every morning of the weekday, she also loves to volunteer at Center Valley Rescue Ranch. Shiobhan is visiting us from Boston for about six weeks, and has quickly made herself an indispensable part of the farm crew.

Welcome to Session 3! Hope you all enjoy the peak season produce.

Recipes

Baked Breaded Cauliflower

1 Cauliflower
2 eggs, beaten
Flour
Panko bread crumbs

Cut the cauliflower into florets. Dip in flour, then eggs, then panko. Lay out on greased cookie sheet and bake at 425 degrees for 10 minutes. Turn, then bake another five minutes, or until browned. Serve immediately.

Potato, Leek, Cauliflower, Bacon, Cheddar Soup

1 lb. Potatoes, cubed
1 lb. Leeks, chopped
1 lb. Cauliflower, chopped
12 oz. bacon, chopped
2 quarts water or stock
1 pint cream (or whole milk)
2 cups shredded cheddar cheese
Salt and pepper to taste

Cook the chopped bacon for a few minutes in a large soup pot. Add in the chopped leeks and cook until tender. Add in the potatoes, cauliflower, and stock or water. Bring to the boil, then reduce heat and simmer until the potatoes are tender. Remove from heat. Add in the cream or milk. Puree half the soup in a food processor, then return to the pot. Add in the grated cheese and salt and pepper. Serve warm.

Beans Almondine

1 lb Green Beans

1 Leek

1 Tbs. butter

½ cup slivered almonds

Salt to taste

Steam the green beans until tender. Sauté the leek in the butter until tender. Add in the almonds and cook for a few minutes. Toss in with the beans and salt to taste. Serve immediately.

Cilantro Pumpkin Seed Pesto- *The City Gardeners Cookbook*

2 cups lightly packed Cilantro

1/3 cup pumpkin seeds

½ cup grated parmesan cheese

¼ cup olive oil

5 Tbs. fresh lemon juice

5 cloves Garlic, chopped

½ tsp. salt

In a food processor combine all the ingredients and process until smooth. Serve as a spread, dip or sauce. Bright fresh flavor is delicious!

RED DOG FARM Newsletter



Heirloom tomatoes

In your share this week:

Beans- Green & Wax
Red Butter Lettuce
Purple Cabbage
Arugula
Raspberries
Walla Walla Sweet Onion
Purple Haze Carrots
One precious heirloom Tomato
Garlic
Basil
Sweet Pea Flowers
Summer Squash (large only)
Lacinato Kale (large only)

Even though it doesn't feel like summer to us humans, the crops at the farm are carrying on as though it is. Luckily the soil temperature has gradually warmed enough for them to be fooled into producing all the summer fruits that we love so much.

I had so much fun harvesting heirloom tomatoes yesterday. We are growing many varieties. The ones ready so far are Black Prince (Roma in shape, brownish-purple in color), Brandywine (pinkish-red), Great White (creamy white-yellow), Cherokee Purple (purplish-brown), and Striped German (large yellow with red stripes). They are often called ugly based on their appearances, but the flavor is divine! Enjoy the first harvest of these by drizzling with olive oil, salt and minced fresh basil.

We have finally made our way through all the “cull” garlic and the best of it has ended up in your shares. Cull garlic is garlic that either was stabbed when we were digging them up, or has a small blemish, or the skins are peeled back too far. Any of these cause the garlic to not store well and potentially infect its neighbors with bacteria or disease. So, these garlic bulbs need to be eaten in the next month or two. Use them in basil pesto. Or, a great way to infuse a little garlic flavor in toast is to toast the bread. Then, slice a clove of garlic in half and rub the cut half on the toasted bread. It gives the bread a great flavor without having to deal with chunks of too hot garlic in your mouth. And you can still use the clove for cooking.

Wednesday Market Helper Wanted

We didn't get anyone to show up last Wednesday to help pack up the market so just in case you're interested and thought you missed your chance, you didn't! Dan could use a strong pair of arms from approximately 6-7pm at the Uptown PT Market. Pay is in fresh veggies. Show up if you're interested.

Recipes

Beans Almondine

1 Walla Walla Onion, sliced
¼ cup slivered almonds
2 Tbs. olive oil
1 lb. Beans
Soy sauce

Sauté the onions in the oil. Meanwhile, lightly steam the beans for just a couple minutes. Set aside. When the onions are tender, add the almonds and cook a couple minutes more. Add the beans to the onion and almonds and toss lightly. Season with soy sauce and serve.

Summer Arugula Salad

Arugula leaves
Tomato, sliced
Basil, minced
Walla Walla Onion, chopped
Purple Carrots, grated

Dressing:

1 clove garlic

¼ cup olive oil

¼ cup red wine vinegar

1 tsp. mustard

Arrange the veggies on a platter. Mix the dressing ingredients thoroughly and drizzle over the top.

Red Cabbage with Raspberries, Onions and Apples

1/2 cup butter

1 Walla Walla Onion, chopped

1 medium head Red Cabbage (about 2 3/4 pounds), thinly sliced

2 Granny Smith apples, peeled, cored, thinly sliced

3/4 cup raspberry vinegar

1/2 cup sugar

1 pint fresh raspberries

Melt butter in heavy large pot over medium heat. Add onions and sauté until tender, about 2 minutes. Add cabbage, apples, vinegar and sugar to pot. Cook until cabbage is limp, stirring frequently, about 15 minutes. Add raspberries. Cook until most of liquid has evaporated, about 25 minutes. Season to taste with salt and pepper. (Can be prepared 2 days ahead. Cover and refrigerate. Re-warm over medium heat before serving.)

RED DOG FARM Newsletter



Even Rupert likes "ants on a log"

In your share this week:

Rose Apple Finn Fingerling Potatoes

Celery

Savoy Cabbage

Walla Walla Sweet Onions

Red Beets

Butter Lettuce

Green Beans

Raspberries

Cut Flowers

Zucchini (large only)

Big Beef Tomatoes (large only)

Hello everyone. It's the middle of August, as I presume most of you are aware, and things have been humming with along with great precision here at Red Dog Farm. The harvests are coming hot and heavy and seeds continue to be sown. Beans are flourishing, bees are humming and the sun has been consistently shining down with on our ever reddening necks.

I would like to give you all a heads up about the Jefferson County Farm Tour that will be happening in about a month from now. Please follow this link to gain more information about this exciting event. It's family friendly and will help us all learn more about the agricultural community around us. <<http://www.wsufarmtour.com/>> Save the date!

There are some new items in the share box today. For one, there's celery. That's pretty exciting. Celery can be a finicky vegetable to grow and we're proud of these emerald beauties. Celery time means soup time, so dig out your favorite classic. That, or do what Rupert Dandelion does and make a nice snack of 'ants on a log'. A day of chasing birds and hunting voles makes the red dog hungry for a satisfying snack.

There are also Rose Apple Finn fingerling potatoes this week, gorgeous little gems. The difference between a truly fresh, new fingerling taste and storage varieties is like night and day. These might be best done up simple, boiled with a healthy pad of butter and a pinch of salt.

Please enjoy the abundance.

-Joel

Recipes

Roasted Fingerling Potatoes and Beets- *A Yakush recipe*

1 lb. Fingerling Potatoes, cubed

2- 5 Beets, cubed

½ Walla Walla Onion, chopped

Couple cloves garlic, chopped

Olive oil

Soy sauce

Salt

Brewer's yeast (optional)

Toss the cut potatoes, beets, and onions in olive oil until well coated. Season liberally with soy sauce, salt and brewer's yeast, if desired. Spread out on a greased cookie tray and roast at 475 degrees for 30 minutes, or until tender. Stir half-way through.

Ants on a Log- *It hardly needs a recipe. Consider this a reminder...*

Celery stalks

Peanut or almond butter

Raisins

Assemble and eat. Preferably outside in the sun.

Chocolate Beet Cake- *For those of you who need a little inspiration to get excited about beets. This cake cannot be beat!*

1 ½ cups cooked and pureed beets
3 ounces unsweetened chocolate
3 eggs
1 ½ cups sugar
1 cup oil
1 teaspoon vanilla
1 ¾ cups flour
1 ½ teaspoons baking soda
¼ teaspoon salt

Preheat oven to 350°. Prepare the beets and set aside. Melt the chocolate in a double boiler; remove from heat and cool slightly. In a large bowl, lightly beat the eggs. Add the sugar, oil, vanilla, melted chocolate and beets, stirring well after each addition. In a separate bowl, sift together the flour, baking soda, and salt and set aside. Combine the dry ingredients with the chocolate mixture and beat until just blended. Pour into a greased and floured 9" x 13" cake pan for about 35 minutes. Remove from oven and cool before frosting.

RED DOG FARM Newsletter



Giant Hay stack: all in a days' work

In your share this week:

Strawberries
Spinach
Iceberg Lettuce
Sweet Walla Walla Onion
Hakurei Turnip
Brandywine Tomato
Baby Summer Squash
Cucumber
Rhubarb (large only)
Carrots (large only)

Whew! What a week. I, Karyn, had a lovely, relaxing vacation to Leavenworth for a couple days last week. It was a wonderful break and the crew held down the farm in fine form. The days since have been a whirlwind as Red Dog Hay Madness 2011 began immediately upon my return. The hay was baled Sunday, then, of course, as is ALWAYS the case when it comes to hay, rain was predicted for the following morning. Arghh! Luckily, the powerful Red Dog crew came through Monday morning to buck the hay. Bucking hay involves driving the trucks (including my little Nissan, which my dad

had just washed for me while I stopped in Seattle- thanks, Dad!, quickly turning from shiny to hay covered) around the field and loading, by hand the 50 pound bales of hay onto the beds, then driving to the platform of pallets we laid down and stacking the hay. We pulled in about 350 bales in just a couple hours. Although we were all sweating, limp-armed, and covered with hay by the end of it, we did beat the impending rain, which did arrive, right on time, at 11am. Whew! Another hay disaster swiftly avoided.

One thing I love about farming is seeing the natural world coexist with the farm. When picking up hay bales the other day, one bale had on top of it a very large half-eaten radish, apparently by some creature with a very strong beak. I suspect that it was one of our raven friends. I like to imagine the raven collecting the discarded radish from the field after our Friday harvest day, then finding a comfortable resting spot on a conveniently placed hay bale; close enough to the radish patch, but far enough away from regular human traffic, and just a little elevated off the ground to give a better view of any approaching avian-herding red border collies. I imagine the raven very satisfied as it enjoyed its pungent, watery treat.

Another fun wildlife spotting, this one not imagined, was today as I was harvesting the rhubarb for the large shares. A large tree frog hopped from the ground onto one of the huge rhubarb leaves, its skin blending in perfectly with the bright green of its backdrop. Surprise visits from tree frogs always put a smile on my face!

It really feels as though we are in the thick of harvest season now. Aside from moving irrigation, we do little else but collect the fruits of our labor. The harvest of summer crops like cucumbers, summer squash, tomatoes, beans and strawberries monopolize much of our time. I call this time of year “riding the rollercoaster”. There’s a lot less thinking, and not a lot of start-up efforts. It is a time of enjoying the season, harvesting what we have sown, starting to dream of long winter naps, and plans for next season. I tell myself and my crew: “Hang on!” None of us would want to miss this ride.

Recipes

Strawberry Spinach Salad

Spinach leaves

Strawberries, sliced

Sweet Walla Walla onion, minced

Chevre or feta

A simple vinaigrette

Arrange, drizzle and serve. Expect rave reviews.

Just a strong suggestion: You absolutely must make a BLT (or an AvocadoLT if that's more your style) with the iceberg lettuce and Brandywine tomato in your share this week. You will have no regrets.

Hakurei Turnips are hopefully by now considered one of your fondest veggies, but in case it's new to you, you are in for a treat. Hakurei, often commonly known as Japanese turnips or white turnips, are known for their crisp creamy texture and mild flavor. They are best enjoyed raw, or if you must, lightly cooked. I recommend a sauté with summer squash, sweet onion, a little butter and garlic. Don't forget: the tops are tasty as well as incredibly nutritious. These are one greens you don't want to throw to the chickens. Sauté them as you would spinach, and expect them to cook down to a fraction of their raw bulk.

Strawberry Rhubarb Crisp

Filling:

- 1 lb. Strawberries
- 2 stalks rhubarb (or another ½ pound strawberries)
- 1 cup sugar (only ½ cup if you don't use rhubarb)
- 3 Tbs. corn starch
- 2 tsp. lemon juice
- 1 tsp vanilla

Topping:

- 1 stick butter, softened
- 1 ½ cups brown sugar
- 1 ½ cups flour
- 1 ¼ cups oats
- 3 Tbs. canola oil
- 1 ½ tsp cinnamon
- ¾ tsp. salt

Toss together all the filling ingredients. Let stand 10 minutes. In a separate bowl combine all the topping ingredients. In a greased 9x13" baking pan, pour in the filling. Sprinkle on the topping. Bake at 375 degrees for 30 minutes, then reduce temperature to 325 degrees and bake for 30 minutes more. Serve warm with vanilla ice cream, of course.

RED DOG FARM Newsletter



Laura harvesting flowers

In your share this week:

Arugula
Basil
Big Beef Tomato
Leeks
Red Norland Potato
Strawberries
Garlic
Golden Beet
Cut Flowers
Green Beans (large only)
Slicing Cucumbers (large only)

Sorry that this is coming to you so late. It has been a very busy couple of days. But, your CSA shares are in fine form as usual this week, so I think you'll be pleased.

Some brief suggestions in place of recipes (my deepest apologies):

- Make Pesto!
- Make Potato Leek Soup and be sure to include garlic and also beet greens.
- Make Arugula Salad with boiled Golden Beets on top.
- Buy some fresh mozzarella and make Caprese salad (with tomato, basil, olive oil and salt). Yum.

I hope you are all enjoying the labors of our love.
Newsletter will be back to normal next week.

Week 6 Session 3 CSA Newsletter

Sept 6, 2011

RED DOG FARM Newsletter



Shallots lying out to cure in the greenhouse.

In your share this week:

Summer Squash
Beef Steak Tomatoes
Celery
Carrots
Green Cabbage

Walla Walla Sweet Onion
Strawberries
Cucumber
Mizuna (large only)
Curly Parsley (large only)

I can really feel fall in the air these days. If I had to put my finger on the day it felt like fall arrived, I'd say two Sundays ago, in the afternoon. That's when this crisp breeze picked up, the sun didn't feel quite as strong, and the nights and mornings started to have a distinct chill to them. Now, I notice it in the way that the summer fruits are slowing down; less beans, squash, tomatoes than before. The strawberries, however, haven't seemed to miss a step. They are as productive as ever, still pumping out sweet, juicy berries.

Along with fall comes a sense of winding down, the beginning of the big exhale after a long season well done. Actually, it's just an inkling of that for now. All of us on the crew sense that it's coming and we're looking forward to the break. For now, though, we are all trying to push through this time of year: the harvest. So much to do! Now that the summer crops are fading slightly, we are shifting our focus to the onions, shallots, winter squash and potatoes. Last week we pulled in all the onions and shallots, which are now curing in the greenhouse. In another couple weeks we'll be bringing in the squash, and cleaning the onions and shallots, to prepare them for over-wintering. Lots still to do. We'll keep our fingers crossed for this nice sunny weather to continue.

SAVE THE DATE! Farm Tour 2011

Farm Tour is coming up fast! It's Sunday, September 18th from 10am- 4pm. Here at Red Dog Farm we're lucky to host the Cape Cleare Salmon Cart as well as Elevated Ice Cream. Come get a salmon sandwich or the unbelievable "Big Bob", then try all four Red-Dog inspired ice cream flavors: Pumpkin, Cucumber Ice, Strawberry Basil Balsamic, and Sweet Cream. Stick around to listen to music by Seattle-based Dream Cake and hopefully some others. (Anyone know any other musicians who'd like to come play?) And last but not least, come on a tour of our farm and fields. Many Red Dog staff will be on hand to guide you through the fields and answer your questions. You are welcome also to take yourself on a self-guided tour, if that's more your style. It's going to be a fun day for the whole family! As much as Rupert would love to meet new furry friends, please leave your dogs at home. For more information visit the website: www.wsufarmtour.com

Don't be intimidated by the large **cabbage** in your share today! Cabbage keeps very well. That's why they're known as great produce to take on long sailing voyages. Just stick it in your fridge, or cupboard if on a boat, and hack away at it as you want to use it. Even cut open cabbage will last for months. This time of year when salad mix is scarce, try using it to make summer salads.

Mizuna, found in the large shares this week, is a tender Asian green. It is a regular ingredient in our salad mix and much loved for its succulent texture and mild flavor. Try it raw in salads, or lightly sautéed.

Recipes

Summer Soup

2 Tbs. Olive oil
1 Walla Walla Sweet Onion, chopped
3 cloves Garlic, minced
1 lb. Tomatoes, chopped
1/1 lb. Squash, chopped
4 stalks Celery, chopped
½ bunch Carrots, chopped
½ cup Basil leaves, minced
Salt and pepper to taste

Sauté the onion, garlic and celery in olive oil until tender. Add in the remaining vegetables, except the basil. Add a little water, if necessary. Bring to the boil, then let simmer until all is tender, about 20 minutes. Remove from heat and add in the basil. Either using an immersion blender or food processor, puree until smooth. Season with salt and pepper and serve. Delicious warm or cold.

Slaw with Peanut Dressing

2 Tbs. rice wine vinegar
2 Tbs. vegetable oil
2 Tbs. creamy peanut butter (or almond butter)
1 Tbs. soy sauce
1.5 Tbs. brown sugar
1 Tbs. minced fresh ginger root
1 Tbs. minced garlic

3 cups thinly sliced green cabbage
3 stalks Celery, thinly sliced
2 carrots, julienned
2 green onions, chopped
¼ cup chopped fresh Parsley

Mix together the dressing and set aside. Mix together the vegetables. Dress immediately before serving.

RED DOG FARM Newsletter



Kyra collecting Rainbow Chard

In your share this week:

- Rainbow Chard
- Green Beans
- Slicing Tomatoes
- Garlic
- Mizuna
- Strawberries
- German Butterball Potatoes
- Bulb Fennel
- Eggplant
- Broccoli (large only)
- Lemon Cucumbers (large only)
- Gypsy Sweet Peppers (large only)

Hello all. The middle of September is upon us, there's that familiar morning chill in the air, and life is abuzz at the farm. The recent burst of sunshine and warmth is helping the crops hold on to feeding us for as long as possible. While yields are down on some

crops, the green beans are plumping out like crazy, as if in a last ditch effort to ripen before the days get just too short. Keeping our fingers busy for hours on end, it's comforting to have such a symbol of summer continuing to nourish us. Another plant that is not just surviving, but thriving, is the chard. We created a kaleidoscopic arrangements of petioles and leaves, a small mountain really, I myself almost too mesmerized to put the bunches into their proper crates for transit to the wash area.

There's a big, exciting weekend on the rise for all around the farm. It's the Washington State University Jefferson County Farm Tour I mentioned about a month back, taking place this Sunday. Please come out and visit us and other area farms, shop around the Chimacum Farmers Market, and please take the time to get to know your local producers. There will be music, ice cream made with Red Dog fruits and veggies, and salmon sandwiches. We all here hope to see you all there.

-Joel

Session Four is Almost Upon Us

Two weeks left in Session 3. Session 4 begins October 5th. It's not too late to sign up! \$170 small share, \$250 large share. Sweet corn is expected for late Sept/ early Oct! Sign up to continue the healthy eating habits you're currently enjoying.

You have probably noticed the lack of salad mix in your shares recently. Unfortunately, some of our late summer plantings didn't go as planned, so we are having to divert all our salad mix to our restaurant accounts and farmers markets. If you really need some, please find it at our markets at a 10% discount (current members only). Otherwise, hang in there, salad mix is coming soon. The fall plantings look amazing and the crew is very much looking forward to harvesting from abundant beds. In the meantime, why not try a Mizuna salad? Mizuna is one of the main ingredients in our salad mix and is known for its succulent texture and mild flavor. I love it chopped up for salads. Throw in some finely sliced fennel and some strawberries or chopped tomatoes and you have yourself a salad fit for a king or queen.

Eggplant Note: The eggplant crop this year was a little pathetic. Your meager allotments combined form the total haul for the season. Oh well, I guess you can't win them all. I suggest you throw these into a stir-fry or sauce and secretly know that you are enjoying one of the hardest crops to grow outside here. If this season has taught me anything, it is to give up trying to grow heat-loving crops outside. So, please, don't judge us for our eggplant, we just wanted to share them with you in the hopes that you might enjoy a bite or two.

Recipes

Italian Fennel Salad *The Kitchen Garden Cookbook, Sylvia Thompson*

Thinly slice 1 medium-size fennel bulb and 1 unpeeled orange. Arrange - alternating and overlapping or however you like - on two salad plates. Strew with half a dozen salt-cured or Kalamata olives, sprinkle each plate with 1/2 Tbsp. extra-virgin olive oil, a few drops of fresh lemon juice, a tsp. of finely chopped fennel leaves, salt and freshly ground white pepper. Serve at once or let the ingredients mingle an hour or so. Serves 2.

Oven Potatoes with Fennel www.mariquita.com

1 lb. German Butterball Potatoes, cut in 1/2" cubes

1/2 lb. Fennel Bulb, trimmed and cut in 1" slices

1 medium sweet onion, diced

1 tablespoon fresh parsley, minced finely

2 teaspoons vegetable oil

1/2 teaspoon salt

freshly ground black pepper -- to taste

Preheat oven to 400 degrees. Spray baking sheet with nonstick cooking spray. In large bowl, combine potatoes, fennel, onion, parsley, oil, salt and pepper; toss gently until well coated. Arrange mixture in a single layer on a prepared baking sheet. Bake, turning occasionally, until potatoes are crisp on all sides, 30-35 minutes. Serve immediately.

RED DOG FARM Newsletter



Dreamcake members April and Christine serenade the Farm Tour crowd with a backdrop of curing onions.

In your share this week:

Gypsy Sweet Peppers
Beef steak Tomatoes
Shallots
Hakurei Turnips
Strawberries
Baby Arugula
Cut Flowers
Curly Parsley (small only)
Cilantro (large only)
Purple Carrots (large only)

This has been a week of seasonal land marks. Farm Tour has come and gone and was a huge success. We estimate about 350 visitors to the farm for the day. The weather was fine, the salmon sandwiches and ice cream tasty, the music inspiring, and the tours informative. Red Doggers Laura, Joel, Zach, Kyra, Dan, Aaron and Siobhan all helped out. In addition, my mother, sister and brother-in-law came all the way from Seattle to help staff the event and lend support. One of the event highlights was the strawberry u-pick. Adults and kids alike caught the strawberry fever and didn't want to stop picking! It was a very fun day for so many.

Another seasonal land mark, the first frost, kissed our patch of valley soil late early Tuesday morning. It was such a light frost that it didn't kill any plants. The only affects we noticed were some slightly tinged summer squash leaves, and the fact that we had to delay salad mix harvest by about a half an hour since at 7am the tender leaves were still encased in the silver lace of frost.

The remainder of the week holds more landmarks soon to celebrate. For one, Friday is the Autumnal Equinox. For us farmers, that is a time to celebrate the slowing down of the season. Still we have hordes of heavy crops to bring in over the next couple months, but at least our working daylight hours are currently reduced to a mere 12 hours.

Also in this next week, I am closing on my land purchase from Jefferson Land Trust! The purchase has been a really long process, since I am getting financing through the federal government with a Farm Service Agency farmland program, and also because JLT is putting a conservation easement on the property at the time of closing. I am so excited to be making more of a commitment to this land and to our community as a result of this purchase and to fulfill my dream of owning my own farm. I hope to have a celebration at the farm in early October and wish for all of you to come. I will have details about that in next week's newsletter.

Session Four is Almost Upon Us

One week left in Session 3. Session 4 begins October 5th. It's not too late to sign up! \$170 small share, \$250 large share. Sign up to continue the healthy eating habits you're currently enjoying.

Recipes

Pico de Gallo Salsa

Tomatoes

Sweet Peppers

Onion or Shallot

Cilantro or Parsley

Hot peppers

Lime juice

Chop and mix and start dipping!

Braised Turnips with Greens and Arugula

2 Tbs. Olive oil

1 clove garlic

1 Shallot

1 bunch Turnips

¼ lb. Arugula

Salt and pepper to taste

Sauté the shallot and garlic in olive oil until tender. Add in the sliced turnips (reserve greens). Sauté a couple minutes until almost tender, adding a little water or broth, if desired. Before turnips are cooked through, add in the chopped turnip greens. Toss and cook for one minute more. Turn off heat and add in the baby arugula, tossing to wilt. Serve immediately.

RED DOG FARM Newsletter



Zach is ready for another afternoon of tractoring and harmonica playing.

In your share this week:

Russet Potatoes
Strawberries
Sweet Corn
Broccoli
Salad Mix
Celery
Walla Walla Sweet Onion
Carrots
Heirloom Tomatoes
Spinach (large only)
Slicing Tomatoes (large only)
(large only)

Hello All, Joel here. The blustery winds and brief, but heavy showers have ushered in another autumn here in Jefferson County. The equinox has gone by and we're faced with progressively failing daylight. Of course that means all sorts of changes taking place on the farm, most which can't be truly seen. Plant growth slows, fruits don't come to fruition, and frost could be just around the bend. Irrigation becomes less regular and before too long ceases altogether. The jog turns to plod. With the ever changing environment come new opportunities. The winter squash ripen, ready to sustain us through the lean times. The potatoes are harvested in large quantities to keep our bellies full when little else is available. It is present abundance for future sustenance.

It's time for hearty stir-fries and steaming the luscious broccoli you're receiving this week. We're fortunate to have a particular abundance of the bright florets to fill our plates. Also, this is the final week of the Wednesday Port Townsend Farmers Market, so please come by to see Dan and me. We'll have strawberries, a sweet treat that won't be with us for much longer this year.

Session Four is Almost Upon Us

This is the last week in Session 3. Session 4 begins next Wednesday, October 5th. It's not too late to sign up! 9 weeks of fresh, seasonal, local, organic produce. \$170 small share, \$250 large share. Call or email to order your share no later than Monday to avoid missing anything! Otherwise, we can always pro-rate the session, if you want to join in late. Contact info below.

Recipes

Vegetable Bean Soup

2 cans black beans
2 cups water
4 stalks Celery, chopped
2 Carrots, chopped
3 ears Corn, sliced off the cob
½ Walla Walla Onion, chopped
1 lb. Tomatoes, chopped
Hot Sauce to taste
Salt and pepper to taste

Throw everything into a soup pot. Bring to the boil, then reduce heat and simmer until tender. Serve with corn bread! Even better the following day, of course.

Baked Potatoes with Cheesy Broccoli

Russet Potatoes
Broccoli
Cheddar Cheese, grated

Bake the russets until tender. Meanwhile, steam the broccoli. Once the potatoes are done, cut them open, top with broccoli and grated cheese. A little sour cream wouldn't hurt, either. Enjoy!

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