

Week 1 Session 4 CSA Newsletter
October 6, 2010

RED DOG FARM

Newsletter



Sebastian and Allie, Fall Farm Crew Extraordinaires.

In your share this week:

Spinach
Pie Pumpkin
Celery
Leeks
Red Butter Lettuce
Green Tomatoes
Carrots
Savoy Cabbage (large shares only)
French Breakfast Radish (large shares only)

Welcome to Session 4! This year has been marching right along and sometimes it's hard to believe that it's already October. I personally am very happy it's fall. For me, it means the farm

season is winding down, fewer crops to harvest, fewer accounts to coordinate, and fewer crew members to manage. This is also the time of year when I get to begin to plot for next season, imagining all the new possibilities and improvements I hope to make. And last of all, one of the main reasons this is such a great time of year is because of the amazing food still coming out of the ground. Now is time of winter squash, sweet roots and hardy greens of all types. The hearty, nurturing food that heralds this season warms my belly as well as my soul.

Two nights ago, we got our first hard frost on the farm. This means that everything just gets sweeter! The frost brings out the sugars in plants. In the plant, it's part of its defense mechanism to survive the cold. Sugar lowers the freezing point, so the more sugar a plant has, the more likely its cells will come through a frost undamaged. To us humans, that just means more delicious vegetables! I like to wait until a light frost to harvest the squash, but luckily the hard frost we had didn't do hardly any damage and we were able yesterday to bring in the last of the sweet starchy fruits for safe-keeping in the barn. We now have stacks and stacks of crates of pie pumpkin, Hubbard, butternut, acorn and delicata. It's rewarding to think that they will store through the winter and be gracing everyone's tables for months to come.

Another benefit of the changing seasons is that farmers suddenly have more energy to get out and socialize! The farm social season has officially begun last weekend with three nights of events starting with Nash's Barn Dance, then Jefferson County Farmers Market Harvest Dinner (which was a huge success, in case you didn't make it), and finally on Monday night, the Young Farmer Mixer on Vashon. It was a whirlwind of activity as my farm crew and I raced from party to party. The next several months are full of conferences, workshops, farm walks, pig roasts and more. It's a fun time of year to be a farmer, although it does take some practice to stop working so hard and start celebrating our accomplishments with as much fervor as we work.

Recipes

Fried Green Tomatoes

- 4 large Green Tomatoes
- 2 eggs
- ½ cup milk
- 1 cup flour
- ½ cup cornmeal
- ½ cup breadcrumbs
- 2 tsp. salt
- ¼ tsp. pepper
- 1 quart vegetable oil for frying

Slice tomatoes 1/2 inch thick. Discard the ends. Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat. In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes; they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.

Gypsy Soup- *Moosewood Cookbook by Molly Katzen*, adapted for this week's share

3-4 Tbs olive oil
2 cups chopped Leeks
2 cloves crushed garlic
2 cups chopped Pie Pumpkin (no need to peel)
1/2 cup chopped Celery
1 cup chopped Green Tomatoes
3/4 cup chopped sweet peppers
1 1/2 cups cooked chickpeas
3 cups stock or water

Spice mix:

2 t paprika
1 t turmeric
1 t basil
1 t salt
dash of cinnamon
dash of cayenne
1 bay leaf
1 T tamari

In a soup kettle or large saucepan, sauté onions, garlic, celery and pumpkin in olive oil for about 5 minutes. Add seasonings, and the stock or water plus tamari. Simmer, covered, fifteen minutes. Add remaining vegetables and chickpeas. Simmer another 10 minutes or so - until all the vegetables are as tender as you like them.

Week 2 Session 4 CSA Newsletter
October 13, 2010

RED DOG FARM

Newsletter



Tulip bulb planting.

In your share this week:

Strawberries!
Stir-fry Mix
Red Onion
French Fingerling Potatoes
Carrots
Parsnips
Red Russian Kale (large shares)
Salad Mix (large shares)

As you look in your share this week, you might see a lot of things you would expect to see this time of year; greens, roots, onions, potatoes, and then, what's that little cup of shiny red fruit tucked in the corner? Strawberries? In mid-October? I almost can't believe it myself, especially the 34(!) flats we harvested on Friday. This has definitely been a good strawberry year here at the farm. They haven't seemed to mind the cold weather at all and especially loved the last couple

weeks of sun and warmth. I think their days of fruiting are numbered, but while they last, they are the sweetest little morsels.

Last week's celery should have been labeled as cooking celery, and I'm sorry if any of you found out the hard way that it didn't work raw in salads or as ants on a log. The celery turns pithy this time of year, and especially after going through a frost. So, if you still have your celery, be sure to use it in soups or stews. It still has remarkable flavor, just not the crunchy crispness you would expect.

The farm crew has now dwindled to a few brave souls: Sebastian, Jay and Dorian, with Cha and Cristi helping out a day a week. In addition to harvesting for CSA and markets, and packing shares, this week we have spent the precious few remaining hours separating garlic cloves for planting, prepping the garlic and tulip plots, and storing squash and shallots.

Last week, we finished the squash and it's now all tucked away safely. We're plowing through the shallots, although we have a little more leeway with those because they can handle more cold than the squash, and rodents don't get as excited about pungent shallots as they do sweet squash.

Today, we'll plant the first batch of tulips and the garlic. If you're planting garlic in your own garden, now is the time to plant yours as well.

Projects over the next couple weeks include harvesting potatoes and cleaning and storing the shallots and garlic. It's a busy time of year, and deadlines are very real as the daylight hours are fewer and the weather threatens to turn wet and cold any day now.

But for now, we're reveling in the sunny warmth of late fall, the beautiful misty mornings, and the sweetness in all the vegetables. Enjoy your share!

Recipes

Stir-fry Mix is a versatile mix of greens. This week's mix includes red mustard, pea greens, red Russian kale, red card and mizuna. The slightly spicy mix can be eaten raw in salad, or braised for a couple minutes. I prefer it cooked because I love the mingling of the different flavors when it's cooked, plus it's so easy! Simply toss the greens in a pot, add a little water, turn on the heat for a couple minutes and it's done; the perfect accompaniment to roasted roots, meat or fish.

Fingerling Potatoes with Thyme- www.boistfortvalleyfarm.com

12 ounces unpeeled fingerling potatoes or baby potatoes (received 48 oz total)

2 Tablespoons or more olive oil

1 tsp thyme leaves, removed from stem and minced

Salt & pepper to taste

Cube potatoes and place in medium bowl with thyme, salt and pepper. Drizzle with olive oil and toss until potatoes are covered. Preheat oven to 350 degrees. Bake, covered, until tender, about 45 minutes (this will depend on your oven), then remove cover and let brown slightly, an additional 10 minutes. Serve hot.

Parsnips, or “snips” as they are affectionately referred to at Red Dog, are one of my winter highlights. Their creamy, sweet flesh dresses up mashed potatoes, adds to root roasts, or my favorite, transforms boring French fries into the best treat around.

Baked Parsnip Fries

Parsnips

Olive Oil

Salt

Spices (optional), I like powdered paprika, cumin, coriander, and cayenne

Preheat the oven to 450 degrees. Slice the parsnip carrot-stick style. In a large bowl, toss with olive oil, salt and spices, if desired. Arrange in a single layer on an oiled baking tray and bake for about 15 minutes, turning the fries over half-way through. Serve as a side-dish or as a yummy afternoon snack.

Week 3 Session 4 CSA Newsletter

October 20, 2010

RED DOG FARM

Newsletter



Sun Jewel Melons

In your share this week:

Romaine Lettuce

Jerusalem Artichokes
Red Bor Kale
Spinach
Sun Jewel Melon
Chowder Corn
Sweet Green Peppers
Butternut Squash (large shares)

These glorious fall days have been the highlight of the whole summer! The flipside of the clear sunny days however are the clear crisp nights. The last couple nights we have gone way beyond mere frosts and actually had some freezing. We've officially lost our strawberries for the year. The fruits got frozen through early yesterday morning. This is a mixed blessing because although I am sad to lose the fruit and the income they generate, I'm also really relieved to be done with them finally. Now the farm crew actually matches the harvest load a little better.

The farm crew now begins the day at the late hour at 8am. Instead of our usual greens harvest first thing, we now dig roots since the greens are frozen until about 9am when the sun has had sufficient chance to defrost them. Luckily most of the crops we still have around now can go through the freezing and un-freezing process quite comfortably. If we don't touch them until they fully defrost; no damage is done.

It is odd to start the day with ice cube fingers and toes, and by lunch time, where the low position of the sun shines right into the barn kitchen, we roast in the intense heat of the sun and squint due to the intense glare.

Speaking of sun, our amazing Sun Jewel Melons have finally ripened after months of growing in the greenhouse! These intensely sweet melons have a flavor similar to honey dew. I love just eating them plain, sucking out the sweet flesh right in the field in the afternoon. If you want to dress them up a little, they are great with a small scoop of vanilla or sweet cream ice cream (if you haven't tried Elevated Ice Cream's version you are missing out!).

This past week we planted about a quarter of the tulips. We hope to plant the rest today and tomorrow. Tulip bulbs look like shallots with a more symmetrical shape. I love the variety names of the tulips: Judith Leyster, Temple of Beauty, and D'Avignon to name a few. As I plant, I dream of their vibrant colors to come after the winter.

The share this week feels like the last little hint of summer with the peppers, corn and melons. A note about the corn: I call it "chowder corn" because it is not reliably sweet. Some of it is, but not all of it. They all are deliciously tender and juicy, though, and would make a great addition to soups and chowders. Enjoy this last little taste of summer as next week it's all Fall!

BIG POTATO DIG Thursday, October 28th 8AM-Noon

Come out to the farm to help dig potatoes! The potato patch is in the peat soil, so the dig is merely coaxing potatoes out of rich loamy soil by hand- no shovels necessary! There are over 2000 feet of the tubers left, and we could really use some extra help. Help us dig from 8 til' noon, then stay for lunch and take home some potatoes with you. Please RSVP so we know how many to expect for lunch. 732-0223

Recipes

Baked Eggs with Spinach and Chanterelles- *Melissa Fernandez*

- 10 ounces spinach, washed and coarse stems discarded
- 2 tablespoons butter
- 8 ounces chanterelle mushrooms; wiped clean and sliced ¼-inch thick (available in the Farmstand, from several vendors at the PT market, or at the Co-op)
- 3 ears Corn, kernels sliced off cob (Karyn's addition)
- Salt
- 8 large eggs
- 1 cup heavy cream
- Pepper
- 8 teaspoons dukkah (recipe follows)
- 8 tablespoons green-tomato chutney, or any chutney you have on hand

1. Bring a pot of lightly salted water to a boil. Blanch spinach for about 30 seconds and transfer to a plate to cool. Drain, squeeze out water and set aside.
2. Melt the butter in a large sauté pan over medium heat. Add the mushrooms and season lightly with salt. Sauté, stirring occasionally, until mushrooms are tender. Add the corn and sauté another minute more.
3. Divide greens and mushrooms among 8 ramekins. Crack eggs into ramekins. Drizzle 2 tablespoons cream over each egg and season lightly with salt and pepper. Place ramekins on a sheet pan set on the middle rack in the oven. Bake until the whites are just set, about 15 minutes. The eggs will continue to cook once you pull them out of the oven, so it is better to err on the side of undercooked.
4. Sprinkle each egg with a teaspoon of dukkah and top each with a tablespoon of chutney. Serve immediately. Serves 8.

Dukkah

- 2 tablespoons pistachios, toasted
- 2 tablespoons hazelnuts, toasted
- 1 tablespoon sesame seeds, toasted
- 2 tablespoons coriander seeds, toasted
- 1 tablespoon cumin seeds, toasted
- ½ teaspoon fennel seeds, toasted
- ¼ teaspoon sea salt.

Place ingredients in a mortar and pestle and pound to a coarse consistency, or pulse in a food processor.

Jerusalem Artichokes (also known as Sunchokes, or hear on the farm J. Arts), the knobby little tubers in your share today, are one of my favorite winter roots. Disliked by some for their propensity to cause flatulence, they are beloved by many others. J. Arts are made up of a complex chain of carbohydrates, which can be hard to digest for some (hence the flatulence), but considered a healing food for those with blood sugar imbalance for the same reason: the long-chain carbs take the body a long time to convert into sugar, thus releasing sugar more slowly into

the blood stream. Besides the blood sugar benefits, J. Arts are also packed with nutrients and have a delicious sweet, crisp texture. I use them in place of potatoes in any recipe. If you have the tendency towards having trouble with J. Arts, try a recipe that calls for cooking them well; the cooking process helps to break down the carbohydrate chain.

Sunchoke Gratin adapted from Marcela Hazan's *Essentials of Classic Italian Cooking*

1 pound Jerusalem artichokes (sunchokes)

Salt

An oven-to-table baking dish

Butter for smearing and dotting the baking dish

Black pepper, ground fresh from the mill

1/4 cup freshly grated Parmigiano-Reggiano cheese

Preheat the oven to 400 degrees Fahrenheit. Peel the sunchokes and drop them in salted, boiling water. Cook them until they feel tender, but not mushy when prodded with a fork. Ten minutes after the water returns to a boil, check them frequently because they tend to go from very firm to very soft in a brief span of time. Drain when done, and as soon as they are cool enough to handle, cut them into 1/2-inch slices. Smear the bottom of a baking dish with butter, then place the sunchoke slices in it, arranging them so they overlap slightly, roof tile fashion. Sprinkle with salt, pepper, and the grated Parmesan, dot with butter and place the dish on the uppermost rack of the preheated oven. Bake until a light golden crust begins to form on top. Allow to settle for a few minutes out of the oven before serving. Yield: 4 servings

Sunchoke Salad Sandwich (makes 3)- *adapted from [Too Many Chefs blog](#)*

8-12 oz. cleaned scrubbed Sunchokes

1 celery rib, diced fine

1/2 red bell pepper, diced fine

1/2 small red onion, diced fine

1 cup clean baby spinach leaves

1 red tomato, sliced into 6 slices, plus top and bottom trimming

"enough" mayonnaise or Vegan substitute - about 3 tablespoons or so.

salt and pepper to taste

6 slices hearty wheat bread

Scrub the sunchokes very well. Grate the sunchokes into a medium bowl. Squeeze the water out of the sunchokes with your fists after they've been grated and drain. Add the celery, bell pepper, and onion. Mix well. Add some of the mayonnaise and mix until the whole is thoroughly moist, but not soupy. It should look like a slightly dry tuna salad. If still too dry, continue to add mayo until it reaches the consistency you desire. Taste and adjust seasonings. Toast bread. Lay down a few spinach leaves on a slice of toast, just enough to protect the bread from the mayo in the salad. Spread as much as you wish of the salad (up to a 1/3 of the total) on top of the layer of spinach. Top with two slices of tomato, and 1/3 cup of spinach. Add the second slice of bread, cut diagonally and serve. Repeat with rest of ingredients to make three sandwiches.

Kale Chips

1 bunch Red Bor or Green Curly Kale

Olive oil

Salt and pepper

Preheat the oven to 400 degrees. Separate kale leaves from the stem and tear into bite-size pieces. Toss lightly with olive oil. Arrange on an oiled baking tray in a single layer and sprinkle with salt and pepper. Bake until crisp, but not burned, only about 5 minutes. Check often, rotating tray, if necessary.

Week 4 Session 4 CSA Newsletter
October 27, 2010

RED DOG FARM

Newsletter



Mountain of Garlic

In your share this week:

Broccoli
Iceberg Lettuce
Savoy Cabbage
Radishes
Purple Carrots
Shallots
Garlic
Beets (large shares)

This has been Week of the Garlic. We finished planting our seed garlic this week. This is a long process involving separating hundreds of cloves from whole heads of garlic. Then planting them

one by one in prepared soil at 6 inch spacing. Next the trenches get covered by the tractor, and then a hearty layer of straw mulch goes over the top to prevent weeds, keep the soil soft, and offer the garlic a buffer from cold weather. If you come out to the farm in the next couple weeks and notice the large straw-covered area, rest assured in knowing that we have A LOT of garlic growing for next year's harvest.

Also in the garlic department, we FINALLY finished cleaning all this year's garlic. It is now ready to be braided and sold. For any of you who have visited the farm this summer and saw the barn rafters full of hanging garlic, you can appreciate the enormity of this task.

Next on the docket of fall activities are cleaning the shallots and potato harvest (read below for more info). The more we get done in the way of preparing and storing the crops for winter, the better prepared I feel. I have to admit I am still scarred from last year's early December freeze, after which I promised myself I would be more prepared in the future! I know that was unusual weather, but still my genes have been permanently altered to drive me to have all crops stored, mulched, etc by November 30th.

Have you read Katy's blog? Our very own Red Dog CSA member, Katy Gilmore, writes an exceptional blog about life, vegetables, the delicious things she cooks, and her most beautiful watercolor paintings. I often look on the web at blogs to get recipe ideas and it is so inspiring to read Katie's and know that she is actually talking about vegetables she receives in her share every week. Her blog is called *Her Spirits rose... Art of Home and Garden* and can be found at: <http://katygilmore.wordpress.com/>

BIG POTATO DIG Thursday, October 28th 8AM-Noon

Tired of mind-boggling life situations? Need a break from your office chair? This is the perfect solution! Sink your hands into the rich peat soil of Red Dog Farm and help pull out our winter supply of potatoes. There is nothing more grounding than harvesting potatoes, and it's a lot cheaper than a massage.

It's going to be a lot of fun and we need more help! My mom is coming out to cook a hearty lunch of chili and baked potatoes. Emily and Janet will be here volunteering, in addition to Sebastian, Jay, Greg and myself.

Please RSVP to 732-0223 so we know how many are coming to lunch. Thanks for considering it!

Recipes

Spicy Cabbage-<http://artofbalancedliving.net/2008/10/17/spicy-cabbage>

- 4 Tbs extra virgin coconut oil (You can use butter. I've tried using olive oil before and it didn't taste as good.)
- 1/2 tsp cumin seeds (use ground cumin if you don't have seeds)
- 1/4 tsp chili powder
- 1 small Onion (or Shallot) thinly sliced
- 2 1/2 cups Cabbage shredded
- 2 medium Carrots grated
- 2 Tbs lemon juice

salt to taste

Melt coconut oil in a large pot over medium heat. When the oil has melted add cumin and chili powder and cook for 30 seconds. Add sliced onion and cook for 2 minutes stirring constantly. Add cabbage and carrots and stir-fry for 5 minutes or until cabbage is soft. Add salt to taste and lemon juice and remove from heat.

This is a tasty side dish.

Iceberg Wedge with Warm Bacon and Blue Cheese Dressing- www.epicurious.com

1 ½ cup Mayonnaise

2 Tbs fresh lemon juice

1 Tbs coarsely ground black pepper

1 tsp hot pepper sauce

1 cup coarsely crumbled blue cheese

1/2 pound thick-cut bacon, cut crosswise into 1-inch pieces

1 large head of iceberg lettuce, cut into 6 wedges, each with some core attached

Radishes, thinly sliced

Purple Carrots, grated

Boiled Beets (optional)

Mix first 4 ingredients in medium bowl. Add blue cheese and stir until well blended. If too thick, thin with buttermilk by tablespoonfuls to desired consistency. (Can be made 1 day ahead. Cover and chill.) Cook bacon in large skillet over medium heat until golden brown and beginning to crisp. Arrange lettuce on plates. Spoon dressing over. Using slotted spoon, transfer warm bacon from skillet onto salads, dividing equally. Garnish with radishes, carrots and beets.

Week 5 Session 4 CSA Newsletter
November 3, 2010

RED DOG FARM

Newsletter



Helping hands with the potato harvest

In your share this week:

Garlic Braid
Delicata Squash
Leeks
Green Chard
Rutabaga
Arugula (large shares)

If last week was garlic week, this week was potato week. Last Thursday's harvest was a huge success as we dug, loaded and stored some 5200 pounds of potatoes! They are all tucked safely in the cooler for storage over the winter and into the spring. The harvest went very well thanks to our eleven volunteers, along with our regular farm crew. It was an awesome day to have brought in that much weight and volume of potent food. But, I was exhausted. It is late in the season to be working such a long, hard day and for that reason I am so relieved it is done!

Recently we've been spending a lot of time in the greenhouse cleaning up the last of the shallots, which have been curing in its dry clime. The dogs, Ru and oft-visitor Oona, have

thoroughly enjoyed ousting any and all rodents that have taken up residence in the assorted planting containers stored under the tables. It is so interesting to watch how wild creatures move into civilized spaces and assume comfort there with such ease. Other contented inhabitants of the greenhouses are several thriving colonies of paper wasps, who although have already seen their glory days come and go, still seem to take comfort in their warm, dry refuge.

One of our favorite farm visitors is back again after a summer hiatus. A beautiful red hawk can be seen relentlessly hunting in the wetland-like area that extends into the hay field. This striking being catches my eye with its flashes of red feathers and white underbelly.

Other glimpses of white can be seen in the form of barn owls that swoop across the driveway and fields at night, catching my eye as they pass through my car headlights. I love to think of them feasting on rodents, keeping those populations in check.

All in all I'd say it's a good time to be a creature on Red Dog Farm; be you human, rodent, bird, or insect.

Recipes

The delicious Rutabaga. While often suspiciously regarded as one of the scariest vegetables around, rutabagas are notably mild, sweet, and starchy and not at all like the pungent, spicy turnip you might imagine it to be. My tried and true favorite way to prepare rutabaga is very simple: boil in salted water until soft. Mash and serve. I like it plain, but if you want to get fancy a little butter and pepper is also good. You could also try it mashed half and half with potatoes. Really lightens up mashed potatoes and adds lots of minerals as well.

Rutabaga Soup- www.artofbalancedliving.net

- 1 lb. Rutabaga peeled and chopped into small cubes
- 1 large onion chopped
- 3 cloves garlic minced
- 1 stick celery finely chopped
- 2 tablespoons olive oil
- 5 1/2 cups vegetable stock
- 1 teaspoon thyme
- 1 teaspoon parsley
- 1/2 black pepper
- 1/2 teaspoon oregano
- 6 cardamon pods
- salt to taste

Put olive oil in a large pot and sauté onion, celery, and garlic over medium heat for a few minutes. Add rutabaga and sauté for a few more minutes. Add spices and soup stock. Cover and bring to a boil. Reduce heat and let simmer until the rutabaga is soft.

Meal Suggestion: Roasted Delicata and Steamed Chard with Sautéed Leeks and Garlic
-Pretty straight-forward, but delicious Fall combination.

Arugula Salad with Chanterelles, Pears, Parmesan, and Cider Vinaigrette- *Gourmet*,

October 2002

- 2 tablespoons cider vinegar
- 1 tablespoon honey
- 1 teaspoon kosher salt, or to taste
- 1/4 teaspoon black pepper, or to taste
- 2 tablespoons minced Shallot
- 7 tablespoons extra-virgin olive oil
- 1/2 pound fresh chanterelles, cleaned and sliced
- 1 very firm Bartlett pear
- 6 ounces baby Arugula
- 1 (1/3-pound) piece Parmigiano-Reggiano

Note: If your chanterelles are very wet, dry sauté them over high heat to release water, then add oil and sauté until done.

Whisk together vinegar, honey, 1/2 teaspoon kosher salt, 3/4 teaspoon pepper, and 1 tablespoon shallot in a small bowl and let stand 10 minutes. Add 6 tablespoons oil in a slow stream, whisking.

Heat remaining tablespoon oil in a 10-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté chanterelles, stirring, until crisp-tender, 3 to 4 minutes. Add remaining 1/2 teaspoon kosher salt, 3/4 teaspoon pepper, and tablespoon shallot and sauté, stirring, 5 seconds. Remove from heat and keep warm, covered.

Halve, core, and very thinly slice pear lengthwise, then divide slices among 8 salad plates. Toss arugula with just enough vinaigrette to lightly coat and mound in centers of plates. Arrange chanterelles around arugula. Shave 6 or 8 curls from cheese with a vegetable peeler onto each salad. Drizzle salads with some of remaining vinaigrette.

Week 6 Session 4 CSA Newsletter
November 10, 2010

RED DOG FARM

Newsletter



Sebastian carrying dahlias into the barn after their first washing.

In your share this week:

Carrots
Brussels Sprouts
French Fingerling Potatoes
Stir-fry Mix
Celeriac
Red Onion
Hakurei Turnip (large shares)

Yesterday we got our first taste of what the winter harvests are going to feel like. The cold wind and driving rain left us shivering down to our bones with hands that lost basic gripping motions! It was a painful day to say the least! Also, the decreasing daylight hours mean that we really have to wrap up the day by about 5:30, since we don't have massive flood lights to power up the fields. But, today, that all feels like a far off memory with the sun and clear blue skies gracing the day.

This week we continue on our march to store, store, store. Sometimes I feel like a squirrel hoarding away my (and your) food supply for the winter. Of course this past week, we have been working on storing the dahlias, which are less about food and more about beauty to come. The process for storing dahlias is digging up the tubers, spraying off all the dirt, dividing the tubers so that each one is left with at least one growing eye. Then they get a final spray off, and finally packed in sawdust in the well-insulated cooler.

Today we will start digging and storing celeriac roots. You have some of these in your share this week. Celeriac root is one of my most favorite winter vegetables. It has the texture of parsnips with a mild celery flavor. It is amazing in soups and stews, also roasted or mashed, either alone or combined with other roots. The French make an amazing salad out of it by cutting into julienne strips, dunking in boiling water for a minute, then chilling and tossing with a home-made mayonnaise style dressing. I have also had it raw, sliced thin or grated in salad and it's quite good.

Enjoy your vegetables and the sun!

Recipes

Roasted Winter Vegetables

- Carrots
- Red Onion
- Brussels Sprouts
- Celeriac
- Potatoes
- Turnips
- Any other winter veggies
- Olive oil
- Salt and pepper to taste

Preheat oven to 350 degrees. Chop all the veggies into bite-sized pieces. Toss with olive oil. Season with salt and pepper. Arrange in a single layer on a baking tray and baked for 45 minutes, or until everything is fork tender.

Sautéed Celeriac with (Stir-fry Mix)- [*Bon Appétit*](#), December 1999, Dave Purdy, Hopewell, NJ

- 3 tablespoons olive oil
- 1 medium onion, coarsely chopped
- 2 garlic cloves, finely chopped
- 12 ounces celery root (celeriac), peeled, cut into matchstick-size strips
- ½ lb. Stir-fry Mix, stems trimmed, leaves cut into 1/2-inch-wide strips
- 2 teaspoons fresh lemon juice

Heat oil in heavy large pot over medium heat. Add onion and garlic; sauté 3 minutes. Add celery root and sauté until crisp-tender, about 8 minutes. Add greens; cover and cook until wilted and tender, about 5 minutes. Stir in lemon juice. Season with salt and pepper. This tangy side dish would be good with roasted poultry or meat.

Week 7 Session 4 CSA Newsletter
November 17, 2010

RED DOG FARM

Newsletter



Chandra Wright on Red Dog Lake, 2009.

In your share this week:

Leeks
Parsnips
Baby Bok Choi
Golden Beets
Acorn Squash

Purple-top Turnip Greens Cilantro

So much going on this week! First off, last Friday was Chandra's last day on the farm. Cha has worked here since June 2009, and has been a solid crew member ever since. She is taking a much needed sabbatical to the Big Island of Hawaii, where she plans to volunteer on coffee and macadamia nut farms. She will be missed, but we wish her all the best!

This past weekend was the Tilth Producers Conference here in Port Townsend. The weekend-long event was a huge success. I personally learned a lot, both from workshops and conversations with other farmers. Plus, it was really fun to get out and socialize with sustainable growers from around the state.

This is the time of year when I begin to see my mailbox fill up with seed catalogs. My friend Amy from Tahoma Farms said it well in an email recently: "I can barely stand getting seed catalogs in the mail right now, where as in January I will be calling it farmer porn." Right now they are piling up on the corner of my table, their bright photos a hopeful glimpse of the winter planning to come.

I wanted to share with you that many of the joys of being a farmer are so small; tiny little details that just make me appreciate the work that I do. I get that feeling when I wash parsnips. The parsnips come out of the field in the black crates (the same ones you receive your CSA share in) thick with black mud. After a couple minutes with the hose and a high-powered nozzle, that pile of black muck turns into the creamiest, whitest roots ever. Particularly in the low light of this season, the wash table full of vibrant golden beets, electric pink radishes, and stark white parsnips, the colors just pop. It truly is a feast for the eyes.

The acorn squash in your share this week is one of the sweetest crops I've ever tasted. I even converted Cha, a sworn Delicata fan, at lunch last Friday. She announced that Acorn were her new favorite squash. They are extremely sweet, moist and flavorful. All I did to prepare them was to cut in half, scoop out the seeds, oil the exposed edges, and bake upside down on baking sheets at 350 degrees for one hour. I suggest you give it a try. I paired the Acorn with roasted chicken from Finnriver Farm and a green salad. Yes, we do eat well.

The Farm to School movement needs your help.

I sent out an email Monday night with info about it. If you have the time, please take a moment to call your rep Norm Dicks to request he support the Child Nutrition Reauthorization Act. Someone who called his office yesterday reported that he is undecided how he will vote. This act will provide funding for schools to begin buying food directly from local farms. It is really important that we get healthful, whole foods into the schools. I have been selling Red Russian kale to the Quilcene School District for the past couple weeks. Quilcene is really a model in the Farm to School movement, largely because of their motivated Food Program Director, Veda, and the fact that they have a vocational cooking program that brings students into the kitchen to help prepare lunch. At a meeting last night between both the local school districts and local farmers it emerged that some of the largest obstacles preventing schools from buying local food is the increased cost and the added time to prepare the food. The example given was that they currently get carrots from Food Services of America already grated and cut into sticks for less than the

price than any of the local growers can sell to them in a whole, unpeeled form. There is a lot of work to be done and with the help of several local organizers, largely Candice Cosler and the Food Co-op, the barriers are diminishing. So, please call Norm Dicks (1-800-947-NORM), and then check out the website: www.jcfarm2school.org for more local information. Thank you!

Session 4 Draws to a Close, Session 5 Needs More Members

There is one more week left in Session 4 of the CSA program. The last share is next Wednesday, November 24th.

Session 5 begins December 1st. I still have a lot of vacancies in Session 5 that I would love to fill. If you've been putting off signing up, NOW is the time! If you have ideas for how I could reach out to more people I would love to hear them.

If you like the Red Dog CSA program, tell a friend! Session 5 is very reasonably priced at \$140 for a small share and \$210 for a large share. Eight weeks of fresh, organic, local produce for as low as \$15.50 per week.

The holiday season is a great time to challenge yourself to try a local diet, especially because it can be so gratifying to keep life simpler.

For more information visit my website: www.reddogfarm.net or call me at (360)732-0223.

Thank you for spreading the word and for all your support!

Thanksgiving Share

Thanks to those of you who suggested I offer sneak peak of what the Thanksgiving share will hold to help make meal planning easier. As with all things farming, this is a plan. Even though it's only a week out, I have no control of the weather let alone many other factors of nature. So, this is what you'll most likely get in next week's share:

Brussels sprouts (small: 1#, large: 2#)
Pie Pumpkin (small: 3#, large: 4#)
Russet Potatoes 3#
Celery 1 bunch
Red Radishes 1 bunch
Curly Parsley 1 bunch
Orange Carrots (large shares only)
Green Wave Mustard (large shares only)

Recipes

Turnip greens are super rich in calcium. They contain about 4 times more calcium than other cruciferous vegetables like cabbage and broccoli. Even in comparison to mustard greens, turnip greens contain about twice the calcium content. Aside from the calcium incentive, turnip greens are really delicious. They are honestly my most favorite green. I can never really explain what it is about them. Partly I like the way they cook down and I like the slightly pungent, yet palatably mild flavor. My favorite recipe is to sandwich them in a quesadilla. I sauté them with onions in

olive oil, then go light on the cheese since the veggies have so much flavor. A delicious quick and easy snack or meal.

Red Lentil Soup with Parsnips and Turnip Greens

2 cups Red Lentils
2 lbs. Parsnips, cubed
1 T. turmeric
4 T. butter
Salt
1 large onion, chopped
2 t. ground cumin
1 ½ t. mustard seeds
1 bunch Turnip Greens, chopped- reserve the roots for a roast
Juice of 3 limes
Plain yogurt
Fresh Cilantro

Put lentils, parsnips, 1 T. butter and 1 T. salt into a soup pot with 2 ½ quarts of water. Bring to the boil, reduce heat, then simmer for 20 minutes, or until lentils are falling apart. Meanwhile, sauté the onion in the remaining butter with the cumin and mustard seeds. Stir occasionally. Add in the turnip greens, and continue cooking until just wilted. Add the onion mixture into the lentil mixture. Add in the juice of 3 limes. When serving, swirl a spoonful of yogurt into each bowl. Garnish with fresh cilantro, if desired.

Tofu Stir Fry with Peanut Sauce- *Eating Well, Feb-March 2005, adapted*

1 package tofu
1 bunch Carrots
1 lb. Baby Bok Choi

Sauce:

5 TBSP water
4 TBSP peanut butter
1 TBSP rice vinegar or white vinegar
2 tsp soy sauce or tamari
3 tsp honey
1 ¼ tsp powdered ginger
Pinch of cayenne (optional)

Cut tofu into small cubes or crumble. Toss in lightly oiled skillet. Add a dash of soy sauce and a pinch of black pepper. Allow to brown lightly over medium heat, stirring occasionally.

Meanwhile, coarsely chop carrots and choy. Steam lightly until crisp tender.

For the sauce, mix all ingredients with a whisk. Add more water if desired. Add to browned tofu. Stir in vegetables and simmer lightly 1-2 minutes.

Bok Choi also makes a great salad, if you are in the mood for some raw veggies. I love the thick, succulent, mild qualities of raw bok choy. Eat alone, or mix with other greens.

Week 8 Session 4 CSA Newsletter
November 24, 2010

RED DOG FARM

Newsletter



Po and Allie working in the dark to clean rutabagas for storage.

In your share this week:

Brussels sprouts
Pie Pumpkin
Russet Potatoes
Celery
Red Radishes
Curly Parsley
Orange Carrots (large shares only)
Green Wave Mustard (large shares only)

Whew! What a week. As I write this Tuesday evening (about 9pm) the thermometer outside my window reads a chilly 10 degrees F. It's sure to dip in the single digits before the sun appears in the morning. Thankfully, I was really able to be as prepared as possible for this frigid weather. After last year's single digit weather in early December, I vowed to have everything winterized and crops protected by the end of November. Well, this year, we were right on schedule and with the week plus notice of the imminent cold weather; I was able to call in some extra help to consolidate the 2 weeks of remaining tasks into this last week. So, the end result: carrots are mulched, all the tender roots are stored in the cooler (beets, rutabaga, celeriac, black radish, potatoes). Plus, of course, the water is off, heaters are on in all the buildings with exposed water pipes, the vehicles have antifreeze, the fuel is drained from the small engines, plastic film is off the PVC hoop houses, and snow is swept off the big greenhouses. It really is such an ordeal getting ready for this kind of cold, and you never really know if you did a good job until it thaws.

With Thanksgiving in a couple days, I wanted to share a couple things I'm thankful for: I'm thankful for a beautiful farm, abundant crops, helpful farm crew, all my CSA members, farmstand customers, farmers market customers, my friends and family, my dog, that is snowed before it got really cold, that Sebastian is helping me out this winter, for the opportunity to live and work in this community, for health, clean food, water and air.

I wish you all a delicious, warm, happy Thanksgiving!

Session 5 Starts Next Week!

This is it: your last chance to sign up for Session 5 CSA. Today is the last Session 4 delivery. Session 5 starts December 1st and promises to be great with a continuation of most the veggies you are getting now. To sign up, call or email me so I can be sure to include your share in the first harvest. 732-0223/ karyn@reddogfarm.net

Recipes

Brussels Sprouts with Pecans- www.realsimple.com

This recipe makes my mouth water every time I think of it!

- 2 pounds [Brussels sprouts, trimmed and halved](#)
- 1 cup [pecans, roughly chopped](#)
- 2 tablespoons [olive oil](#)
- 2 cloves [garlic, finely chopped](#)
- kosher salt and black pepper

Heat oven to 400° F. On a large rimmed baking sheet, toss the Brussels sprouts, pecans, oil, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Turn the Brussels sprouts cut-side down. Roast until golden and tender, 20 to 25 minutes.

Pumpkin, although most known for the ubiquitous pie, not only has many other culinary uses, but is also a powerhouse of nutrition.

Pumpkin is low in fat and calories and rich in disease-fighting nutrients such as:

- Alpha-carotene

- Beta-carotene
- Fiber
- Vitamins C and E
- Potassium
- Magnesium
- Pantothenic acid

Health Benefits of Pumpkin

The alpha-carotene and beta-carotene are potent antioxidants found in pumpkin and are pro-vitamin A carotenoids, meaning the body converts them to vitamin A. Vitamin A promotes healthy vision and ensures proper immune function. The beta-carotene in pumpkin may also reverse skin damage caused by the sun and act as an anti-inflammatory. Alpha-carotene is thought to slow the aging process and also reduce the risk of developing cataracts and prevent tumor growth. Carotenoids also [boost immunity](#) and lessen the risk of heart disease. (Source: www.suite101.com)

Today I made the Pumpkin Bread recipe in the Joy of Cooking and it came out fabulous! In case you don't have the book, here's a link: <http://www.thejoykitchen.com/recipe.lasso?recipe=1121&menu=one>

Karyn's Beef Stew

My trick to making great stews is to use pureed pumpkin to provide the perfect texture without having to use a flour-type thickener. Plus, what an easy way to eat more pumpkin!

- 1 lb. Onions or Shallots, chopped
- 1 head Celery, chopped
- 2 Tbs. olive oil
- 1 lb. beef stew meat
- 2 cups pumpkin, roasted and pureed
- 12 oz. can tomatoes
- 2 cups water or stock
- 1 lb. Carrots, chopped
- 1 lb. Potatoes, chopped
- 1 tsp. dried thyme
- 1 bunch Parsley, chopped
- Salt and pepper to taste

Sauté the onion and celery in the oil until tender. Add in the beef and sauté until browned. Add in the remainder of the ingredients EXCEPT the parsley. Bring to a boil, then turn down low and simmer until everything is tender. Add in the parsley at the very end. Season with salt and pepper and serve with biscuits or cornbread.

Warm Salad of Mustard Greens and Black-Eyed Peas- www.mariquita.com

I was just reading online that mustard greens have the ability to lower cholesterol. No wonder they are so often paired with bacon!

2 bacon slices, chopped
12 cups torn mustard greens, stems removed (about 12 ounces)
1/4 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon extra-virgin olive oil
1/2 cup chopped green onions
2 teaspoons caraway seeds
3 garlic cloves, minced
1 jalapeño pepper, seeded and chopped
1 (16-ounce) can black-eyed peas, rinsed and drained
1/4 cup balsamic vinegar

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan; set bacon aside. Add greens; cook 4 minutes or until wilted. Combine greens, salt, and black pepper in a large bowl, set aside. Add oil to pan. Stir in onions, caraway seeds, garlic, and jalapeño; cook 1 minute. Add peas; cook 1 minute. Stir in vinegar, and bring to a boil. Add pea mixture to greens mixture. Sprinkle with reserved bacon.