

RED DOG FARM Newsletter



A truck load of pumpkins

In your share this week:

Salad Mix

Sweet Corn

Pie Pumpkin

Garlic

Strawberries

Broccoli

Parsnips (large only)

Red Swiss Chard (large only)

Welcome to Session 4! It really feels like fall these days. The wind howling down the valley, darkness extending its reach, the slowing down of crop maturation are all signs that the season has changed.

This has been a productive and momentous week. We have planted 12,000 tulip bulbs which will brighten our world next spring. We have cleaned and stored away for winter half a ton of shallots. We have cleaned and stored all the garlic crop as well. Tomorrow, we will be pulling in the winter squash and pumpkin crop; cleaning and preparing it for storage. This time of year I feel a little like a squirrel, storing away my bounty for the scarcity of winter.

As I mentioned last time I wrote the newsletter, my land purchase has closed and I am now (as of Tuesday, September 27th) the owner of this beautiful piece of property known as Red Dog Farm. This opportunity has only been possible with the help of the Jefferson Land Trust; my trusty advisors; my supportive family; my faithful investors; all you fabulous CSA members; all my customers from farmers market to farmstand to restaurateurs; the PT Food Co-op; my hard working farm crews, both past and present; my fellow local farmers; and all my kind friends. Thank you All!

In celebration, there will be a Gratitude Celebration at Red Dog Farm on Saturday, October 22nd. Please come! The party starts at 5pm. Beverages provided. Please bring a potluck dish, apples and containers for the cider press. All CSA members (past and present and future), customers, friends, and farm supporters welcome. No RSVP necessary. Come mingle with all who have had a hand in Red Dog Farm's success!

Pumpkins! Even on the coldest, windiest, gloomiest day, one simply cannot be glum when looking upon a pumpkin. Their bright orange color, homely, comical shape, and the goodies they inspire bring even the dourest cynic to crack a grin. The pumpkins in your share this week are the delicious variety known as pie pumpkin. Their thick, meaty flesh can be used for pies, soups, roasts and more. In the meantime, set it in a spot where it will catch your eye and put you in the mood for fall. If the recipe below doesn't do it for you, please check the archived newsletters on my website (www.reddogfarm.net under the "News" tab) to get more ideas. In particular, I recommend the Gypsy Soup recipe from 2010 Week 1 Session 4 and the Honey Pumpkin Pie Recipe from 2009 Week 1 Winter CSA.

With the new session, you will notice that your share size decreases. I designed the CSA to fit into the "average" (whatever that means!) person's life, assuming that the average person eats more local food in the summer months than the fall, winter and spring. If you find that you miss the larger amount of produce and are up for the challenge of eating more of your food seasonally and locally, never fear! You can bump your share up to a large at any time. The extra cost is \$80, or \$9 per week for Session 4.

Recipes

Pumpkin Soup in its Own Shell- *Barbara Kingsolver, Animal, Vegetable, Miracle*

1 five lb. pumpkin (if smaller or larger, adjust the amount of liquid)

Or, 1- 4 lb. pumpkin and 1lb. of parsnips (roasted)

Cut a lid off the top, scoop out the seeds and stringy parts, and rub the inside flesh with salt. Set the pumpkin on a large roasting pan.

1 quart chicken or vegetable stock

1 quart milk or soy milk

½ cup fresh sage leaves (use less if dried)

3 tbsp chopped garlic

2 tsp. sea salt

Pepper to taste

Roast garlic cloves whole in oven or covered pan on low heat, until soft. Combine with liquid and spices in a large pot, mashing the cloves and heating carefully so as not to burn the milk. When the pumpkin is ready, fill with the liquid and replace the lid, putting a sheet of foil between the pumpkin and its top so it doesn't fall in. (If you accidentally destroyed the lid while hollowing the pumpkin, just cover with foil.) Bake the filled pumpkin at 375° for 1-2 hours, depending on the thickness of your pumpkin.

Occasionally open lid and check with a spoon, carefully scraping some inside flesh into the hot liquid. If the pumpkin collapses or if the flesh is stringy, remove liquid and flesh to a blender and puree. With luck, you can serve the soup in the pumpkin tureen.

Swiss Card Sautéed with Sweet Corn and Garlic

2-4 cloves Garlic

Smoked chilies or paprika

2 Tbs. olive oil

Swiss Chard, washed and chopped width-wise into ½" strips (leaves and stems)

3-5 ears Sweet Corn, kernels only

Sea salt to taste

Sauté the garlic in oil for just a minute. Add in the smoked chilies or paprika and Swiss chard stems and steam for two minutes, then add the leaves. Stir often until wilted. Add in the sweet corn kernels and cook for just a minute more. Season with salt and serve. Also great tossed into scrambled eggs the next morning.

Raw Sweet Corn is the Best! You just can't go wrong nibbling on the ears of sweet corn raw. It is one of my favorite fall snacks. Especially great for satisfying a sugar craving with a vegetable! Also, I recommend trying the raw corn kernels as a topping for salad. Adds a little sweet crunch and a whole lot of flavor.

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Red Dog Bowling Team cannot be beat!

In your share this week:

Sweet Corn
Green Tomatoes
Pac Choi
German Butterball Potatoes
Purple Haze Carrots
Red Onions
Lacinato Kale
Spaghetti Squash
Red Beets (large only)
Purple Cabbage (large only)

Looking back on this season there are so many things to be thankful for; great comradery, enriching life experieeces, the little lessons that the earth teaches us. That's not to mention the beautiful view we all get to take in each morning, rain or shine. There seems to be a great amount of gratitude and respect in many directions, and appreciation for the little things. Karyn, in her typically bounteous giving nature, demonstrated her generosity and thankfulness towards the crew and work traders with a celebration. Pizza was taken, pins were bowled down, and pastries consumed at a feast-like rate. A small caravan headed to Sunny Sequim to take in the sights of the local night life at Olympic Lanes and we had an absolute hoot. It's been a heck of a run this year and the time to bond outside the fields was a welcome change.

Still, the show goes on. While the drizzly weather may increase our hot cocoa consumption, it can make us want some of those classic autumn comfort foods. Squash is here! Baked, steamed, fried, little else nourishes us like these sweet-fleshed fruits. Use them as a bowl for your favorite fortifying soup. Or, perhaps on top of a pizza.

Have a delicious week,
Joel

Recipes

Spaghetti Squash is a delicious, vitamin-packed, low-carb alternative to wheat-based spaghetti noodles. For those who balk at cutting the large squash, they can be baked whole. To bake whole: pierce in several locations with a knife and remove the stem (it will pop right off if you hit it on a hard surface at an angle). Bake at 375 degrees for about an hour. When soft, slice in half and remove seeds. To bake halved: Slice in half length-wise. Remove the stem. Scoop out the seeds. Bake cut side down in half an inch of water at 375 degrees for 30- 40 minutes. For both methods, once squash is baked separate strands by running a fork "stem to stern".

Top with marinara or ragu. Or, try sage butter, either plain or dressed up with sliced chicken sausage and freshly grated Parmesan.

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.

Beets, Red Cabbage, and Cranberries Recipe

1 Tbs. butter or oil
1-1/2 cups coarsely-shredded Red Cabbage
2 Tbs. balsamic vinegar
1-1/2 cups coarsely-shredded cooked Beets
1/2 cup homemade or canned whole berry cranberry sauce
1 tsp. kosher salt
1/4 tsp black pepper
1/4 tsp. ground cinnamon
1/8 tsp. ground ginger
1/8 tsp. ground cloves

Melt butter in a large heavy pot. Add [red cabbage](#) and toss to coat. Cover pan and sweat the cabbage over medium-low heat about 5 minutes until limp, stirring occasionally. Uncover and add [balsamic vinegar](#), tossing to coat. Continue to sauté until red cabbage is al dente. Add [beets](#), [cranberry](#) sauce, salt, pepper, [cinnamon](#), [ginger](#), and cloves. Stir to combine. Cover and continue to cook about another 10 minutes on medium-low heat or until cabbage is tender and ingredients are heated through.

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Dan bringing in the last dahlia harvest

In your share this week:

Stir-fry Mix

Pac Choi

Root Parsley

Celery

Beets

Shallots

Pink Radish

Russet Potatoes- creamer size (large only)

Leeks (large only)

The season is winding down fast! There are several ways I know it is fall as a farmer. Watching the crop growth slow is a big one. Produce just seems to “sit” in the field, as though it were packed in ideal storage conditions. Radishes and lettuce don’t bolt, spinach barely grows. Crops that only months earlier I could count on growing exponentially on a sunny day, just sit there content with their small to moderately sized selves.

Also, the birds! Those who have been reading my newsletters for a couple years know I love talking about birds. The Hitchcock-like flocks of starlings landing and taking flight from the field are a site to see. I hear they are bug eaters, and not cover crop seed eaters, so I welcome them warmly. Although, the sight of their massive black form rising in the misty valley is sometimes on the eerie side.

Rupert keeps a special watch out for the migrating flocks of Canadian geese. There seems to be a gaggle of them flying overhead every day or two. Rupert builds up full speed as he chases underneath, excited by their welcoming calls and whooshing of wings.

How else can I tell it is fall? I’m tired! The crew is tired. Just like the spent crops in our fields, we all welcome shorter working days, and longer evenings for resting. Many crew members have left recently, or are leaving very soon. Over the past two weeks, we have said goodbye to Siobhan, Abba, Danielle, Rebekah and Heather. In the next two weeks, we will also be losing Aaron, Zach and Dan. As of November 1st, it will just be down to Laura, Kyra, Joel and me (Karyn). The small crew is a welcome change of pace, although we will miss our farming comrades.

PARTY SATURDAY!!!

Red Dog Farm is hosting a Gratitude Celebration this Saturday, October 22nd starting at 5pm. All CSA members (past, present and future), friends, farm supporters, and customers are invited to attend. Please bring a potluck dish, warm clothes, apples, containers, and a gratuitous spirit. There will be a bon fire and apple pressing. Come help us be thankful for the land and the generous season. We hope you can make it! Red Dog Farm is located at 406 Center Road in Chimacum.

Recipes

The question this week is not, “Should I make soup?” but “What kind of soup should I make?” Looking over the share this week, I see borscht, cream of celery, miso, and potato leek soups all crying out to be made. Below are a couple of recipe suggestions:

Beet and Cabbage Borscht- www.boistfortvalleyfarm.com

3 tablespoons olive oil
3/4 pound russet potatoes, peeled, chopped
2 1/2 cups chopped green cabbage (about 1/4 of small head)
1 large shallot, chopped
8 cups (or more) canned vegetable broth
6 2-inch-diameter beets, chopped
1 cup drained canned chopped tomatoes

Heat oil in heavy large pot over medium-high heat. Add potatoes, cabbage and onion and sauté until cabbage softens, about 5 minutes. Add 8 cups broth, beets and tomatoes. Bring soup to boil. Reduce heat and simmer until vegetables are tender, about 30 minutes. Working in small batches, puree 4 cups of soup in blender; return to remaining soup in pot. If desired, add more broth by 1/2 cupfuls to thin soup. Add lemon juice; season with salt and pepper. Ladle soup into bowls. Top with dollop of sour cream; sprinkle with parsley. Serve, passing lemon wedges separately.

Cream of Celery Soup- www.boistfortvalleyfarm.com

2 tablespoons butter
5 cups chopped celery
3 medium leeks, cleaned and chopped
1 celery root, peeled, cut into 1-inch pieces
1 10-ounce russet potato, peeled, diced
3 garlic cloves, peeled
1 teaspoon celery salt
28 oz (or more) low-salt chicken broth
1 cup whipping cream

Melt butter in heavy large saucepan over medium heat. Add celery and leeks. Cover and cook until very tender, stirring occasionally, about 20 minutes. Stir in celery root, potato, garlic and celery salt. Add 2 cans broth; cover and simmer until all vegetables are very tender, about 30 minutes. Puree half of soup in blender if desired. Season with salt and pepper.

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Many wild apples were pressed into juice last weekend.

In your share this week:

- Spinach
- Green Butter Lettuce
- Celeriac
- Delicata Squash
- Yellow Onions
- Carrots
- Cabbage
- Red Russian Kale (large only)
- Broccoli (large only)
- Garlic (large only)

As the deciduous trees reach their apex of brilliance and the crisp taste of frost permeates the nostrils in the morning sun, it's hard to resist cozying up to a fire post supper with a warm beverage for a reflection on a year of toil and pleasure.

It's been a year of great success. Karyn purchased the land on which Red Dog Farm resides, giving Rupert Dandelion a permanent home to cultivate his spunky, affectionate, while alternately loyal and independent reputation.

New folks have surely found out about the farm, sharing in the harvest by way of the farm stand, farmers markets, and of course the community supported agriculture program, for which your business is supremely appreciated.

Conversely, as nature will always dictate, it has been a year of unwelcome challenges. The farm flooded quite severely in late winter, swamping the farm stand for a time and making for difficulties in planting. This year's extraordinarily wet, cool spring and summer created a whole host of issues that led to lower than anticipated productivity of heat loving crops.

The list could go on at great length and many more memories wait to be added as time rolls on. All the while, Karyn and crew really pulled it together, savoring some of the more placid moments and staying cohesive and on the ball when times got tough. There are so many memories to cherish and learn from. I for one am thankful.

-Joel

Replace the Flock

Our friends, neighbors and fellow farm comrades, John Bellow and Roxanne Hudson at Spring Rain Farm recently sustained a huge blow to their farm when their brand new pole barn burned down. The fire luckily was quickly put out by Jefferson County Fire and Rescue before it did damage to other nearby barns, equipment and livestock. What was lost was the barn structure, several flocks of laying hens and meat birds, and equipment. The cause of the fire was unknown, but believed to be from the heat lamp used for the baby chicks. The farm community has rallied around John and Roxanne to help them recover from this loss. If you are feeling inspired to help, visit Rob Story's website where you can either make a cash donation directly to Spring Rain Farm, or purchase products that farmers have donated, of which 100% of the proceeds will go to Spring Rain Farm. I have donated 200# of spaghetti squash, in case anyone feels like stocking up! Below is the website to make a donation. Check back again in a few weeks for the opportunity to buy produce donated by myself and other farmers.

www.allonefamilyfarm.com

Recipes

Nut-stuffed Delicata Squash- *Sunset Magazine, October 2008*

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

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

Apple Celeriac Remoulade

1 Celeriac
2 apples
2 Tbs. finely minced Yellow Onion
1 tablespoon flat leaf Italian parsley, chopped
1/2 teaspoon grated lemon zest
1/2 cup (120g) mayonnaise
2 tablespoons (30g) grainy mustard
1 tablespoon fresh lemon juice
1 tablespoon olive oil
Salt
Black pepper

Peel the celeriac root and apple. Slice both into very thin strips, like match sticks. In a bowl mix together all the ingredients except the celeriac and apple. Then toss in the celeriac and apple. Serve immediately or chill for 30 minutes first.

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Laura and Kyra harvesting parsnips on a frosty morn

In your share this week:

Red Butter Lettuce
Cilantro
Parsnips
Green Mustard
Rose Apple Finn Potatoes
Red Onions
Broccoli
Stir-fry Mix (large only)
Fennel (large only)

These days of frigid evenings and mornings, followed by breath-taking sunny fall days are truly magical. Even Kyra, our Vermont-originated crew member, has been impressed by the fall colors and clear days. The frost hit a new low on Tuesday morning, as we weren't able to harvest any greens until after 10am! It was a beautiful sight to see the frost-encrusted lettuce and kale sparkling in the field.

The crew is dwindling now to the original four who started off the season: Laura, Joel, Kyra and myself. We miss our other crew mates, especially Dan and Zach, who just finished up last week. But we welcome the shorter harvest days and slower pace. The party two weekends ago was a huge success! Thanks to all of you who made it out to help celebrate.

Recipes

Red Lentil Soup with Parsnips and Mustard 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 Mustard Greens, chopped
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 mustard 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.

Roasted Fingerling Potatoes with Parsnips and Fennel

Potatoes
Parsnips
Fennel (optional)
Olive oil
Salt and pepper to taste

Chop into large pieces the potatoes, parsnips and fennel. Toss in a large bowl with olive oil, salt and pepper. Arrange in a single layer on a greased baking sheet. Bake at 375 degrees for 30 minutes, or until potatoes are tender.

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October fields. photo by Jim Lamb

In your share this week:

Red Butter Lettuce
Leeks
Buttercup Squash
Brussels Sprout tree
Purple Carrots
Rutabaga
Collards (large only)
Tat Soi (large only)

The change to standard time sure has a lot of our waking hours shrouded in darkness all of the sudden. With that come certain dietary urges, I have to say, with Brussels sprouts hot from the oven or sizzling in butter evoking the very essence of nourishment in the dark chill. Yes, and perhaps accompanied by that rib steak (available at The Red Dog Farmstand) you've have stashed away and a side of roasted squash served

simply, with just a kiss of salt and enough drippings to keep everything moist. Here's to being thankful for the autumn menu we love to look forward to each year. While sweet potatoes are generally lacking from the local menu, the taste of frost hugged leafy greens made intensely sweet and flavorful from the fall are to be embraced for their enhanced flavor that comes only after a summer's wait.

Next year's garlic crop is in the ground, beginning its journey toward full 'bulb hood'. The farm is more quiet now, the pace of life changes with the change in light. Thoughts of rich vittles and early slumber are ever present. The frost bites. The trees go naked. It's time to eat Brussels sprouts.

-Joel

Next week is Thanksgiving week and here's what to expect in your share:

Pie pumpkin, Brussels sprouts, Yukon Gold potatoes, Celery, Garlic

Happy meal planning!

Recipes

According to Laura, buttercup squash make the best "pumpkin" pie. I personally like a real pumpkin in my pie, but you can be the judge for yourself as you got a buttercup this week and will get a pie pumpkin next week. So why not make pie two weeks in a row? I would if I were you. Or, you can lend your buttercup this week to the recipe below:

Rutabaga Squash Mash- homey, creamy, delicious

1 lb. Rutabaga

2- 3 lbs. Squash (any kind is good)

Milk

Butter (optional)

Salt and pepper to taste

Dash of nutmeg

Roast the squash. Boil or steam the rutabaga. Mash together. Mix in as much milk and/or butter as desired. Season with salt, pepper and nutmeg. Serve with the above mentioned rib steak for a winter feast.

Tat Soi is a mild Asian green, which tastes like spinach. Cook it up or chop it raw into salads. The stems are also edible and delicious.

Brussels Sprouts with Leeks and slivered Almonds

1 Brussels sprout tree

½ lb. Leeks

Olive oil

Salt and pepper

¼ cup slivered almonds

Remove the sprouts from the tree. Clean off any bad leaves and slice in half. Set aside. Slice the leeks in half length-wise. Rinse under running water to remove dirt. Slice width-wise into half moons. In a large skillet, gently heat the olive oil. Add the leeks and sauté until almost tender. Add salt and pepper to taste. Add a single layer of Brussels sprouts, cut side down. Sauté until they are browned on the cut side. Turn them over a cook a little longer on the rounded side. Remove from heat. Toss in the almonds. Serve immediately.

Week 7 Session 4 CSA Newsletter

November 16, 2011

RED DOG FARM Newsletter



Queen Kyra

In your share this week:

Escarole
Hakurei Turnips
Jerusalem Artichokes
Pea Greens
Carrots
Garlic Braid
Red Curly Kale (large only)
Root Parsley (large only)
Acorn Squash (large only)

Sorry about the mix-up in last week's newsletter when I wrote what you should expect in this week's Thanksgiving share. I was getting a little ahead of myself! So this is this week's share. Next week (for Thanksgiving) you will be getting: Brussels sprouts, pie pumpkin, Yukon gold potatoes, shallots, celeriac, and tat soi. Large shares will also get extra Brussels sprouts, extra potatoes, beets and cabbage. There might be some slight deviations from this plan, but I will try to stick to it as much as possible since I know many of you have feasts to organize!

Just to reiterate my offer in the newsletter I sent out on Monday, I need to find more Winter CSA members! I currently have 50 shares and have another 50 shares worth of produce in the field, dry storage and cooler. Please help spread the word that I am offering one week's free trial share (small size) to anyone who wants to try out the CSA for a week. Trial shares can be had either 11/23 or 11/30.

Also, if you are a current CSA member, please feel free to order up as many free trial shares as you think you can give away to prospective CSA members. Any new winter (Session 5) members who tell me you referred them, earns you \$25 in Dog Bones. There are no maximum amount of free Dog Bones you can get. And there is no obligation to anyone trying out the free CSA shares.

Winter CSA (aka Session 5) begins Wednesday, December 6th and runs **every other week** through February 1st. Cost is \$150 for small shares and \$225 for large shares. Produce will include: winter squash, shallots, garlic, potatoes, root crops, cabbage, Brussels sprouts, many other greens, carrots, leeks and more! To sign up, download a brochure from my website (www.reddogfarm.net) or call (732-0223) or email (karyn@reddogfarm.net) me and I will send you one.

What's new on the farm this week? Cold, cold weather, killdeers racing through the fields, our new employee, Erin, Kyra's last week, and life without the Vitamilk cooler truck. Where to begin? I'll start with Erin, since she has brought a new spark of life to the farm. Erin joins us most recently from Ketchikan, Alaska where she was raised and returned to farm this past season. She has migrated south to our warmer climate to

spend what we hope is a long time as a co-worker at Red Dog Farm. You'll be hearing from Erin in weeks to come as she and Joel will be taking turns writing the CSA newsletter this winter.

The hardest part about farming this time of year is simply staying warm! Our knees and feet absorb the chill from the hard frozen ground, the icy breeze pushes through our many layers of down and wool to chill our bones, and the rain dribbles down our sleeves and backs. So why do we do it? Well, for one, the rainbows! I have never seen so many rainbows as I do at Red Dog Farm. They often extend from Cenex/Chimacum Schools, over to the ridge past Beaver Valley. Then there is also the breath taking skylscapes of dramatic clouds and mist, bright blue skies, dark gray skies, and pale pink skies. There are the foothills of the Olympics, covered in snow. And the closer ridges dappled in the bright orange glow of fading maple leaves. And, there are always the birds. Killdeers inhabit our fields, calling out in their distinctive voice. Starlings blaze through the grounds in stupendous flocks, turning the sky black for a few seconds. And there are the Canadian geese, flying high overhead, moving on to greener pastures and ponds. In addition to all that beauty, there is usually a warm pot of soup at the end of the day as well as the warm glow that comes from feeding fine folks like you!

We say a sad goodbye to our farming comrade, Kyra Williams this week. Kyra has worked at the farm since April. She held the 'Loose Greens Queen' title all season long, carefully cleaning and packing all the loose greens on the farm for the past eight months. Her hands are a little worse for wear, but she has become an excellent packing shed queen in the process. Kyra also worked the Saturday markets every other week in addition to helping out with all the field work and harvest on the farm. Kyra moves on to a winter of traveling and seeing family; first to Missoula, Montana, then Albuquerque, then Vermont, then back to Missoula where she plans to live and farm next season. Kyra's positive energy and keen eye will be greatly missed around here!

We also sadly had to say goodbye to our beloved Vitamilk cooler truck for a couple weeks. The Food Co-op needed it back to be able to store all the turkeys for the Holidays. In the past several months, we have really come to rely on "Vitamilk" to keep the produce cool in the heat and not frozen in the cold. I spent a sleepless night last night as I worried that all the produce we harvested yesterday was getting frozen solid in the barn. I draped everything with towels, sheets, foam, jackets, anything I could find to create a buffer from the mid-20 degree weather outside and our beautifully packed and washed produce inside. Luckily, all was well in the morning! It will take a little creative maneuvering to figure out how to keep the produce from freezing these next couple weeks, but farmers are nothing if not inventive!

I hope all of you are keeping warm and well nourished this time of year.

-Karyn

Recipes

Escarole is related to lettuce, but more closely related to radicchio and endive. In the heat of summer, escarole has a bitter flavor, but after several freezes, the texture gets creamy and tender, and the flavor mild. Tear into pieces and toss into salad. The heart is particularly mild, sweet and tender. The outer leaves can also be used in salad, or lightly sautéed, perhaps with your Hakurei turnip greens from this week's share!

Wintertime Salad

Escarole heart

Pea Greens

Carrots

Hakurei Turnips or J Chokes

Tear the escarole heart into bite size pieces. Chop the pea greens, leaving out any tough stems. Grate the carrots. Grate or thinly slice the turnips or artichokes. Toss together and serve with your favorite dressing and seeds. A great way to keep eating raw vegetables in the winter months.

Jerusalem Artichokes, aka Sunchokes, aka J Chokes, are a delicious, nutrient dense winter food. They are very crunchy raw, and very sweet cooked. Take care not to overcook as they become mushy and unbearable sweet. My favorite way to eat them is very thinly sliced, sautéed quickly in olive oil and garlic. Season with sea salt. Their flavor is so good, I prefer to keep it simple. They also can be used in place of potatoes in any recipe, except mashed potatoes. No need to peel them! Their skin is very tender and mild. Many people enjoy them raw for their crunch, but just as many avoid them raw for the flatulence they can cause (affectionately rewarding them the name Jerusalem Fartichokes). If you are new to J chokes, try them raw in moderation to see where you fall on the fartichoke scale.

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Farm's Reach Café in Chimacum offers shelter from the elements for farm crew members Joel, Kyra and Laura.

In your share this week:

Brussels Sprouts
Yukon Gold Potatoes
Pie Pumpkin
Celeriac
Tat Soi
Shallots
Deadon Cabbage (large only)
Red Beets (large only)

HAPPY THANKSGIVING!

While hearths and ovens are glowing hot across the country, it is indeed a time to be thankful and reflective, welcoming while introspective. As the firmament drenches us with its blessings of sweet saturation, this time of year reminds us of the familiar comfort lent by the changing seasons, the general predictability of warmth and cold, and the knowledge that we still cannot control everything in our midst. The culinary palette narrows to the foods we associate with the short days, the misty afternoons, and the chilly, sometimes biting cold mornings. Our bodies crave potatoes and with potatoes we are rewarded energy and satisfaction. The heartiest of green, leafy vegetables withstand the brutal attack of the ice crystals that regularly shape upon their modest forms. We eat and it is good.

Let us all ponder on what Thanksgiving means to us on a personal level. I am thankful for being continuously surprised by the learning opportunities that appear in my life. When I sit down to my Thanksgiving meal I will surely raise my glass and praise all that can be for the many treasures that have come and will come my way. And, of course, for all the lovely food that has been bestowed upon my table by Red Dog Farm and the many hard working farms out there.

-Joel

One week left in Session 4

Next Wednesday, November 30th, is the last share in Session 4. Session 5 begins the following week on December 7th. Session 5 runs through February 1st. With every-other week deliveries, there are a total of five pick-up days. Cost is \$150 for a small share and \$225 for large. Please consider signing up! There are still free trial shares available for next week (11/30) if you know of anyone who might like to try the CSA program. Any current CSA member who recruits a new member for winter earns \$25 in Dog Bones per each new member. Session 5 provides hearty roots, warming potatoes, refreshing greens, sweet winter squash, piquant shallots and garlic, and more! Sign up by December 4th to ensure your first share.

Recipes

Honey Pumpkin Pie

1 pie crust

1¾ cups cooked Pie Pumpkin

2 eggs

1½ cups milk

½ cup honey
1 teaspoon cinnamon
½ teaspoon ginger
⅛ teaspoon cloves
½ teaspoon salt

Preheat the oven to 425°. Lightly beat the eggs. Add the honey and milk. Stir until the honey is dissolved. Add the pumpkin, spices and salt. Pour into an unbaked pie crust. Bake in a preheated oven at 425° for 15 minutes. Then turn down oven temperature to 350° and continue baking for 45- 60 minutes. When pie is done, you should be able to nudge the pan and the center of the filling won't jiggle. Let cool at room temperature before serving. Enjoy!

Gypsy Soup of November

3-4 Tbs. olive oil
2 cups chopped Shallots
2 cloves crushed Garlic
2 cups chopped Pie Pumpkin (seeds removed, skin on)
1/2 cup chopped celeriac
1 can 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, celeriac 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. Even better the following day!

Buttery Pecan Brussels Sprouts

1 lb. Brussels Spouts, trimmed and sliced in half
3 clove Garlic, minced

1/3 cup pecan halves
2 Tbs. butter

Slice Brussels sprouts in half and mince garlic and set aside. In a heavy frying pan, melt the butter over medium-low heat. Add the Brussels sprouts cut side down. Cook until lightly browned then turn over and cook again until lightly browned. Remove promptly and set aside. Add the garlic and pecans to the hot skillet. Sauté until garlic is lightly browned. Toss nuts and sprouts together. Serve immediately. The trick to cooking Brussels sprouts is to not overcook!

Tat Soi is a mild Asian green most similar to spinach. Use in place of spinach in any recipe, raw or cooked. Delicious as a salad.

Celeriac is the root of the celery plant. It is creamy, sweet and mild. Delicious mashed with potatoes, or eaten grated raw on salads.

Tat Soi Celeriac Salad

1 bunch Tat Soi, cleaned and chopped
1 Celeriac Root
2 Tbs. mayonnaise
1 tsp lemon juice
1 tsp mustard
Sliced boiled Beets (optional)

Arrange the clean tat soi leaves in a bowl and set aside. Peel the celeriac and grate. Mix with the mayonnaise, lemon juice and mustard. Scoop the celeriac mixture on top of the tat soi. Garnish with sliced boiled beets, if desired.

Mashed Celeriac and Potatoes

Just boil half chunks of peeled celeriac along with your potatoes (as much as 1: 1 celeriac: potatoes is good). Mash the celeriac and potatoes and add milk, butter, sour cream, salt and pepper as much or as little is desired. Serve and relish!

RED DOG FARM Newsletter



Karyn and Erin still cheerful after a long harvest day.

In your share this week:

Carrots
Red Russian Kale
Root Parsley
Baby Pac Choi
Stir-fry Mix
Garlic
Beets
Red Potatoes (large only)
Green Mustard (large only)

Hello, All!

This is Erin here, writing to you for the first time. This will be my third week at Red Dog Farm, and so far I'm feeling very welcomed by the community and invigorated by the crisp Tuesdays and Fridays spent harvesting, washing and boxing hearty winter vegetables.

I am originally from Ketchikan, Alaska but arrived in Chimacum on November 14th via Skagway, Alaska where I spent the last eight months managing a 30-person CSA. It was a growing experience filled with both challenging and satisfying happenings. After having apprenticed at farms on Bainbridge Island for two years, I was grateful that my job in Alaska allowed me the opportunity to put those newly acquired skills to the test. I am also grateful for the opportunity to be back in Washington, doing work I love with a crew of vibrant young farmers.

Speaking of thankfulness, I am hoping you all had lovely Thanksgiving gatherings and got a chance to show off some culinary flare featuring Red Dog produce. The winter farm crew spent the holiday in various parts of western Washington. Laura feasted in a cabin at the base of Mt. Rainier, Karyn spent it with her family in Seattle, and Joel and I ventured to Bainbridge Island to have dinner with other fellow farmers and friends. As is usually the case, there were loads of leftovers and we enjoyed apple crumble pie as well as a pear-apple- cranberry pie for lunch on the farm the following day.

Awwww, lunch! This is one of my favorite parts of the Red Dog day. We all break around noon for an hour and eat together in the outdoor communal kitchen overlooking the fields. The days are getting colder and colder, so hot soup and cups of tea have become a consistent part of our meals! We often bring our leftovers and spruce them up with handfuls of fresh veggies plucked from the field. Once a week we take turns cooking a group meal for each other. Yesterday I made buttercup squash and black bean quesadillas with sharp cheddar cheese and arugula. I rounded out the meal with mulled apple cider, soup and collard roll-ups with hummus, arugula, avocado, squash and cheese in the middle! Rough life on the farm, ay?!

Part of what makes the dark of winter so glorious is that we have more time to enjoy our food and each other! Hope you are doing a little of both this week! And if you haven't got your friends 'n food fix, you have an opportunity on Saturday! There will be square and contra dancing at the Chimacum Grange Hall to show appreciation to the community for all the support that Spring Rain Farm received after one of their barns burned down. Donations are accepted. There is a dessert potluck that starts at 6:30pm and dancing starts at 7:15pm. Come on down and have some good ol' fashion fun while supporting another local farm!

CSA Shares:

Session 5 begins next week on December 7th. Session 5 runs through February 1st. With every-other week deliveries, there are a total of five pick-up days. Cost is \$150 for a small share and \$225 for large. Please consider signing up or letting your friends and co-workers know that fresh farm food is available! If you could let us know by Sunday, December 4th, that would be fabulous.

Today is the last week of Session 4. Thanks for your support!

Recipes

Parsley Root

Parsley Root is sometimes called Hamburg Parsley. It's often called to be cooked together with other roots, and this vegetable is crucial for the flavoring of some traditional chicken soup recipes. You can add this chopped vegetable anywhere you're cooking up carrots, celery and onions for a vegetable soup or braise, or a meat-based concoction. The leaves are just parsley leaves, and they are great to cook/eat raw as well, anywhere you would use parsley.

Lentil Soup with Parsley Root and Carrots

1 lb dried lentils, washed and drained
1/4 c lard, bacon drippings or oil
2 medium onions or leeks, chopped
1 parsley root, chopped
2 medium carrots, sliced
1 c sliced fennel or celery
8 c water
1 t salt to or to taste
Several whole black pepper-corns
2 whole cloves
2 bay leaves
1 large potato, peeled and grated
2 large links (or 4 small) smoked-sausage, skin pricked-with fork
2 Tbs. vinegar

In a large pot, heat fat and add carrots, root vegetable and onions. Sauté until onions are golden. Add lentils, water, celery, and seasonings. Grate the potato into the mixture and add sausage. Simmer covered 1 hour until lentils and vegetables are tender. Remove bay leaves. Add vinegar just before serving and adjust salt. Serve with a crusty bread and salad. Serves 4-6

Caramelized Onion-Kale-Garlic Pizza with Sausage

This pizza can be made with or without the sausage and it will taste great. We are using goat, parmesan and asiago cheese or any combination you like. This is a white pizza, no tomato sauce this time. We'll wait for the summer abundance of tomatoes and then make a fresh sauce for our pizza.

1 large onion, thinly sliced
1 bunch Red Russian Kale, washed stem and spine removed
2 cloves garlic, minced
2 sausage links
½ log or more Goat Cheese
Freshly grated parmesan
Freshly grated pecorino or asiago

Preheat oven to 475. Place rack in middle of oven.

Bring a pot of salted water to a boil. Add kale and cook for 3 – 5 minutes. Drain well. When cool enough to work with, squeeze excess water from leaves, place on cutting board and cut into bite size pieces.

- Heat 2 tablespoons olive oil and garlic in heavy large skillet over medium high heat. 1 – 2 minutes. Add kale and toss to coat well. Set aside.
- Add 2 tablespoons olive oil to skillet and heat over medium high heat. Add onions and sauté until tender about 5 minutes. Add a ¼ tsp salt, lower heat and sauté until onions are golden, about 30 minutes longer. Remove from skillet and set aside.
- Pierce sausages with fork in several places. Add sausages to skillet and cook over medium high heat until sausages are well browned on all sides. (You don't have to add any cooking oil. The sausages will cook in their own fat.) Cut sausages into ½ in rounds and cut each round in half if desired.
- Drop small dollops of goat cheese every 1 ½ -2 inches. Sprinkle with the parmesan and asiago or pecorino, which ever you are using.
- Drizzle a small amount of olive oil over the dressed pizza.
- Place in oven and cook for 12 – 14 minutes, checking from time to time.
- You might want to leave it in a bit longer to get the crust to the desired crispness.

Stir Fry and Shredded Carrots

Sauté garlic and onions in sesame oil for 1-2 minutes.

Add Red Dog Stir-Fry Mix and/or baby Pac choi sliced in half and peelings of carrots (peel carrots with peeler) and sauté for 5-8 minutes. Sprinkle with salt and toasted sesame seeds and serve hot!