

Red Dog Farm Summer 2009 CSA Newsletter Archive

Week 1 CSA Newsletter

June 10, 2009

In your share this week:

Salad Mix

Spinach

Baby Pac Choi

Hakurei Turnips

Broccoli Raab (large share only)

Greenleaf Lettuce (large share only)

Welcome to 2009 Red Dog Farm CSA Program!

For those of you returning from last year and those new this year I can not tell you how excited I am about this season! Already the farm is off to a bounteous start. The farm is lush with green growth promising fruits, as well as leaves and roots for us to feast on through the next year. The warmth of the past weeks has spurred incredible production. Strawberries are ripening as we speak, poking their shiny red orbs out from beneath the leaves. We harvested them for the first time this year just today. Unfortunately there were not enough for CSA boxes yet, but I expect that next week there will be. Snap peas are fattening on the vine, ready for picking as early as next week. Fava beans are tall and proud to bear their heavy fruits. The garlic is sending up its flower stalk, known as a scape, indicating the bulbing of the plant. Beets and kohlrabi are widening their hips to form round globes of goodness. The potatoes are out of control! Growing inches each day! I just hilled them today to increase their production. There's so much bounty and promise of bounty to come.

Reminders

- ☞ Remember to bring your bag back each week as you cannot take the black crate home with you.
- ☞ Pick-up hours are from 3-8pm for Port Townsend members. Please remember to pick up your produce during that time.

Wednesday Market Opens

The first Port Townsend Wednesday Farmers Market begins June 10th as well. The market runs from 3:30 'til 6:30 on Lawrence and Polk. Stop on by to pay us a visit! Bring your membership card if you plan to do any extra shopping as all our goods are 10% off for CSA members.

Contact Karyn

Please feel free to get in touch for any reason. I love to hear feedback, good and bad. I really want your CSA experience to be a positive one and I will address any complaints or suggestions you may have. I also love getting new recipe ideas!

The best way to reach me is by phone or email:

(360)732-0223 home

(360)774-6249 cell

karyn@reddogfarm.net

Online Newsletters

The newsletters are available online at: www.reddogfarm.net

I plan to post them Tuesday evenings. Also on the website are the archived newsletters from last year's CSA. Feel free to peruse those for more recipe ideas.

I will also be sending the newsletter to your email address on Tuesday evenings. I would really like to print out as few newsletters as possible. Please help me in this endeavor by sending me your email address(es) where you would like to receive the newsletter. If you are unable to view the newsletter online, please let me know and I will have a printed copy available for you each week. The first week only I will have extra paper copies available.

Recipes

Spinach Feta Casserole

A delicious way to pack in tons of healthy greens!

6 cups chopped fresh **Spinach**

2 cups cooked brown rice

$\frac{3}{4}$ cup feta cheese, crumbled

1 egg

$\frac{1}{4}$ tsp. pepper

1 Tbs. butter

Preheat oven to 350° F. In a bowl, mix together the spinach, rice and cheese and set aside. Beat the egg in a small bowl and add the pepper. Combine the egg and spinach mixture and transfer to a greased 2-quart casserole. Dot the tops with butter. Bake for 20- 25 minutes. *Serves 4.*

Karyn's Miso Soup

My favorite easy supper after a long day on the farm.

Onions, garlic or scallions, chopped
Baby **Pac Choi**, sliced in half length-wise and rinsed well
Bean thread or rice noodles
Tofu or cooked chicken (optional)
Miso paste (try South River brand at the Co-op. The Red Pepper & Garlic flavor is exceptional!)

If using rice noodles, boil the onion or garlic and noodles in 2 cups of water per serving and cook until noodles are tender. Then add the pac choi and tofu or cooked chicken. Cook for 2 minutes more.

If using bean thread noodles: Boil the onions or garlic alone in water for five minutes. Add the tofu or cooked chicken and bring to the boil. Then add the noodles and pac choi together. Cover with a lid and turn off heat. Let steep for several minutes.

Then, for either type of noodle, add miso paste to a small amount of the soup broth to mix well, then incorporate into the rest of the soup. Enjoy!

Hakurei Turnips: The Spring Apple

If you've never had one before, you're in for a treat. The Hakurei Turnip must be eaten raw. It is deliciously sweet, mild and creamy in texture. I prefer to eat them whole, munching into them like an apple, as a mid-afternoon pick-me-up. They are also delicious chopped or grated into salad. They can be stir-fried, although with their fresh taste, who wants to cook?!

Spring is Salad Time!

This week's share is no exception; spring is the time of abundant fresh greens to cleanse our bodies of winter's heavy roots and roasts. Treat yourself by making a different style of salad every day. Some new ideas include:

Breakfast Salad! It's wild, it's crazy, and it's delicious! Soft boil an egg and toss in salad greens with oil and vinegar. What a satisfying way to start the day!

Grate away! Grating Hakurei Turnips, carrots, beets, or what ever you have on hand adds a lot of texture and flavor to the standard greens.

Add Crunch! Try to add something crunchy to your salad. I like seeds, nuts, corn chips, and crackers.

Make it a Meal! Turn a salad into a meal by adding protein. Meat, tofu or cooked beans are some of my favorites.

Get Cheese-y! Sprinkling your favorite cheese on top is a sure way to make those greens a little more exciting. Try Mystery Bay Dairy's fresh goat chevre dotted on top. Salad will never be the same again!



Week 2 CSA Newsletter

June 17, 2009

In your share this week:

Greenwave Mustard
Red Chard
Greenleaf Lettuce
Dill
Garlic Scapes
Daikon Radish
Arugula
Strawberries!

First Week Success!

The first CSA pick-up went splendidly last week! Thanks to all of you for reading my letter so thoroughly and remembering to show up! I hope that you are polishing off the last of that abundant spinach in time for this week's basket of goodies.

This past week, we've been working so hard to get everything planted and make an honest effort to keep down the weeds. Today we planted about an acre and a half of squash and cucumbers, both in the cucurbit family. Our winter squash varieties are Acorn, Delicata, Hubbard and Sweet Dumpling. The summer squash are Costata Romanesco, Yellow and Green patty-pan types, yellow crookneck and zucchini. Cucumbers included slicers, picklers and the delicious lemon cucumber. It sure felt good to get those starts in the ground. They seemed eager for a little more space to spread out their legs, so to speak. I look forward to watching their vines cascade across the soil to form a thick carpet of giant green leaves and fattening fruits hiding underneath.

We've also been getting the on-farm stand prepared to open. My goal is to have it open by Friday. The biggest project left is to do is to put up the sign close to the road. That involves digging post holes, pouring cement and setting the posts. I will keep you posted about the farm stand. Keep your fingers crossed that it will be up in the next few days!

A note about the newsletter, if the formatting looked odd on your email, try opening it as an attachment. Please let me know how the non-paper newsletter is

working for you. I want to make it as easy as possible for you to know what's in your share and how to use it. Thanks for your feedback!

IMPORTANT NOTE: I will be out of town from Thursday, June 18th-Thursday, June 25th. CSA will continue on as normal. Just be aware that I will not be checking email. If you absolutely need to get ahold of me during that time frame, call my cell phone (360)774-6249 and I will relay the information to my fabulous crew running the show while I'm gone.

Recipes

Mustard Daikon Stir-fry

Daikon Radish, sliced thinly
Mustard greens, washed and chopped
Fresh Ginger
Sesame oil
Soy sauce

In a heavy skillet or wok, heat the oil. Throw in the daikon and ginger. Stir until just browned. Add in the mustard greens. Continue stirring until greens are evenly wilted. Keep stirring and cooking. Remove from heat and add soy sauce to taste. Delicious over rice or noodles.

The Versatile Scape

A scape is the flowering top of any plant in the allium family. The garlic scape is the most notable. It is tender and moderately garlic flavored. The scape must be removed from the garlic plant so that the bulb gets bigger and the plant focuses its energy downwards to its bulb, rather than in making seeds above ground.

It is delicious prepared as a simple side vegetable dish by steaming for a few minutes and eating whole, like asparagus. It is also used in place of garlic in any dish. The entire scape is edible. I recommend chopping it up, sautéing and topping any salad or cooked dish. A delightful green garlic pesto is made by using a food processor to combine garlic scapes, parmesan cheese, olive oil, and pine nuts. Or using the recipe below to accent its bold yet unobtrusive flavor in a fresh dressing.

Creamy Dill-Scape Dressing

2 Tbs. fresh Dill leaves, finely minced
1 bunch garlic scapes, finely minced
1 cup plain yogurt
1/4 cup olive oil
Salt and pepper to taste

Combine all ingredients and mix well. Serve over salads or as a dip for veggies.

Arugula is a much loved Italian green known for its mild nutty, peppery flavor and tender texture. It finds its way into salads, either as the star ingredient, or a one of many host of ingredients. Pair the perky green with sliced strawberries, sautéed garlic scapes, and fresh goat cheese for a distinctive taste treat.



Week 3 CSA Newsletter

June 25, 2009

In your share this week:

- Snap Peas
- Salad Mix
- Collards
- Strawberries
- Beet Greens
- Garlic Scapes

Meet the Crew

I'm writing this newsletter a week in advance since next week I will be off gallivanting around the Gulf Islands with my sweetheart, EJ, on his sailboat. We're setting sail Thursday afternoon. We hope to make it up to Desolation Sound by early next week so we can hang out for a couple days before I have to hop on a bus to come home. EJ will continue on to Alaska for a summer of adventure.

I'm pretty sure that you'll actually get the same crops I list above in your box, but in the natural world a lot can happen in the space of a week. So if there's any difference, I hope you will be able to flow with it.

I want to introduce to you the amazing members of my farm crew this year. These folks are taking up the slack to allow me to get away from the farm for a break.

Emily Truitt: Originally from Baltimore, MD, Emily is one of my best friends and my assistant manager on the farm this year. She and I previously ran Old Tarboo Farm together. In addition to farming, Emily has previously founded a pasta business, worked as a carpenter for Tree House Workshop, is a certified EMT (Emergency Medical Technician) and a regular volunteer firefighter with the Quilcene Fire Department. This woman has a passion for everything she does. She is so much fun to be around and she gets the job done right.

Jay O'Connor: Jay showed up early this spring, looking for a job on a farm as a change of pace. Previously he had been doing a lot of traveling, most recently working in a hostel in Eugene, then doing maintenance and repair on wind farms

across the U.S. Jay is an eclectic fellow with a grab bag of skills, most notable his ardent sense of humor. He keeps us all laughing and on our toes with his wry wit. Jay works the Port Angeles Farmers Market every Saturday in addition to working at the farm.

Mike Reis: Mike comes most recently from Whidbey Island where he was doing an extended house sitting job on a permaculture project. Mike now lives in Quilcene on a land collective. Mike is extraordinarily gifted in making people feel comfortable. Anyone new to the farm is instantly befriended by this gentle soul. Mike is such a great co-worker. My only complaint is that he's leaving us in mid-August to do another job to which he had already committed.

Kelsey Boesch: Kelsey just moved out here from Minneapolis specifically to work on Red Dog Farm. That, and her good friend, and now more than just friend, Pete Frost, lives out here and has been encouraging her to check out the West for several years. Kelsey's laugh is truly contagious. She's also a really hard worker. Farming is completely new to her, but she is making tracks to learn as much as she can while she's here. You'll see Kelsey every Saturday helping me at the Port Townsend Farmers Market as well as on Sundays at the Chimacum Farmers Market.

Chandra "Cha" Wright: I first met Chandra a year ago when she moved to Quilcene. She had just graduated from Evergreen State College where she did the farm program. She heard about me from the Evergreen Farm Manager and made a point to check out the farm. It worked out for her to work at the farm this year, and what a treat for me! Chandra is one hard worker and a bundle of positivity. Her can-do attitude and persistence make her a great farm addition. Chandra works the Wednesday Port Townsend Farmers Market. She also will be "farm sitting" for me while I'm away; keeping Rupert Dandelion company and turning off irrigation.

Andy Anderson: Emily likes to remind me of a day several years ago when I once mused, "I would really like to meet a retired guy who has mechanical skills and just wants to come help me fix things around the farm for free." She scoffed at me. Well, only months later, my wish came true. Andy Anderson, father of my friend Shana, fits the bill to a tee. And not only is he a handy fix-it man extraordinaire, he's a hoot to be around as well. He keeps us all regaled with his tall tales of the good old days, when things were built right. He has helped me build countless things, repair so many broken down tractors and other equipment, and mostly just remind me that all things are fixable.

Rupert Dandelion: Ru is the heart of the farm. He's my buddy who works tirelessly by my side all day long. All right, he takes a few naps in the shade throughout the day, but he makes up for it by keeping a tight patrol on any bird visitors (his favorite hobby) as well as the one-dog welcoming committee to any human visitors to the farm. His kindness and unbending love keep me going through the long hard days.

Karyn Williams: That's me. I'm the farmer and your newsletter writer. I've been farming for 11 years and learning more every year. I started off volunteering on farms, and then went to college to earn a degree in Sustainable Agriculture. I've been running my own farm business for four years. In addition to farming, I like

learning about food, spending time in nature and reading a good novel. I live on the farm and hope some day build a home to settle into.

Recipes

Snap Peas. Just eat them!

Snap peas are the variety where you eat the whole pea, pod and all. They are crunchy and sweet and downright irresistible. I can eat a pound of them in one snacking no problem. A fun way to dress up any salad is to slice snap peas in half length-wise and toss into salads. Beautiful and tasty.

Beet Greens 'n Scapes

1 bunch Beet Greens
1 bunch Garlic Scapes
Olive oil
Salt and pepper to taste

Chop the scapes into 1/2" pieces. Throw into a skillet with medium-hot olive oil and lightly sauté. Meanwhile, rinse the beets (greens and roots) and chop. Add the entirety of beets to the pan and stir until wilted. Cover and let steam for a couple minutes, stirring frequently. Season to taste. Serve with a meat or vegetarian main dish. Also good chilled and served alongside other cold salads.

Cha's Collard Burritos

Collard leaves, raw

Optional fillings:

Taco meat
Cooked beans
Chopped onion
Grated cheese
Salsa
Cooked Rice
Avocado
Grated lettuce, cabbage or carrots
Sour cream

Prepare the burrito fillings. Take each collard leaf and cut the thick stem out by cutting just outside the rib. Fill a collard leaf with all the fixings, roll up and munch. Yum! An easy way to get more raw greens in your diet.



In your share this week:

Broccoli
Romaine
Fresh Garlic
Strawberries
Italian Kale
Joi Choi
Snow Peas
Red Butter Lettuce (large only)

Destruction and Rebirth on the Farm

When Andy says, "Now, that cannot be fixed" then you know that for sure that it really cannot. And so it was with our poor wood frame greenhouses last Wednesday. About 3pm in the afternoon a freak windstorm developed amid clear blue skies. This was by far the most sudden and dramatic windstorm I had witnessed here so far. The wind scuttled our greenhouses across the ground then lifted them airborne, like giant sails, until they landed almost 200' away. They were smashed into pieces. Luckily, so luckily, no one was hurt and no other property was damaged. The crops in the greenhouses were sweet peppers, eggplant (I know some of you are rejoicing at that loss!) and melons. Unfortunately those crops will not survive well without their warm plastic-induced environs. But, luckily, the tomatoes were planted in the PVC hoop houses, which came through the storm beautifully. It takes a disaster to realize all the hidden blessings disguised within.

Sunday we had a small work party to help clean up the wreckage. Andy and Shana Anderson, as well as a few other friends joined some of the crew to cut off the plastic, salvage what wood was in 4' or longer pieces, and sort wood into burnable and landfill piles. It wasn't a particularly fun job as we had to face the waste of it all. All the cost of the materials, all of our labor into building the greenhouses, and the loss of the crops they would have nurtured. But, the job sure was easier with some eager, light-hearted helpers. Afterward we had a BBQ and Monday I took a trip to the landfill. The disaster is behind us now, but a strong lesson was learned about the power of the wind at Red Dog Farm.

The sailing trip was wonderful. We sailed in the San Juans and had great weather and some helpful winds. We unfortunately had to return early because the engine wasn't working well, so we didn't make it up to the Gulf Islands. And EJ had to delay his trip to Alaska. But we a fun time while we were out and then engine is repaired now and ready for more adventures.

Another exciting development on the farm (and this time positive) is that the Farm Stand is finally open! The sign is out, we're spreading the word,

and vegetables, berries and flowers are stocked in the canvas house. So far sales are going really well and I've been getting some really positive feedback.

Just a reminder that CSA members get 10% off in the farm stand as well as at all the markets. Stop on by and check it out. If you're so inclined, spread the word to your friends and neighbors that the farm stand is open. I included a flyer in your box this week for you to keep for yourself or pass on to someone else.

Strawberries are ripening rapidly! Our second year plants of Seascape and Hood varieties are extremely productive right now. Now through September (with a few lags in between) is the best time to get your flats of berries for freezing and canning. Flats of strawberries go for \$40. With your CSA discount, it's only \$36 for you! You can pick up flats at any of the markets or the farm stand. You can call ahead to make special arrangements, but no need to call if you only need a flat or two.

The first planting of Snap Peas are unfortunately not as productive this year as I had hoped. The snow peas, however, are making up for the loss! That's why you're getting snow peas every week. I am hoping that the second planting will be abundant enough to share with CSA members so stay tuned!

Lettuce can get sunburned too! Only we call it tip burn when it happens to lettuce. You might notice some of the tips of your romaine have a slight singed look. Well, they just got a little too much sun. Cut it off and munch away!

Recipes

BBQ Joi Choi

Just in time for the Fourth, you will be astounded by this recipe. We just discovered it at the clean-up party on Sunday and it is a party pleaser!

Joi Choi
Tamari
Olive oil

Pull the Joi Choi leaves apart and rinse well. Dip leaves in tamari and olive oil mixture then grill over low to medium heat for a couple minutes. Eat with hands or fork and don't be surprised to see these disappear fast!

Garlic Dressing

1 Garlic plant, leaves and all
1 Tbs. tahini
Juice of ½ lemon
½ cup olive oil
Salt and pepper to taste

Chop the garlic roughly including leaves and stalk. You may only need to peel a couple layers of the skins or maybe none at all. They're pretty tender at this young stage. Throw everything into a food processor and blend.

Green Salad

Romaine (and/or Red Butter) Lettuce
Italian Kale
Snow Peas
Garlic Dressing

Wash the greens. Chop the romaine into pieces. For the kale, hold the stem in one hand and with the other hand strip the leaf from the rib. Collect a couple of those de-ribbed leaves and roll into a cigar shape. Chop into very thin slices. Slice the snow peas into half length-wise. Toss the greens and peas together and dress with the garlic dressing. Bon Appetite!

Garlicky Broccoli

Garlic
Broccoli
Olive oil
Salt and pepper to taste

Chop the garlic. Cut the broccoli into florets. In a skillet sauté the garlic in olive oil for just a minute. Add the broccoli. Stir frequently, keep covered as much as possible while cooking over low heat. Cook until just tender and still bright green. Season with salt and pepper. For a real treat, melt cheese over the top.



Week 5 CSA Newsletter

July 8, 2009

In your share this week:

Salad Mix
Green Butterhead Lettuce
Fava Beans
New Potatoes
Purple Carrots
French Breakfast Radishes
Sprig of Italian Parsley
Arugula (large shares only)

The mantra is: Weed, Seed, Harvest

Now is the tri-busy time of seeding-weeding-harvesting. I've been busy doing the last major seeding of the year. I seeded most of the over-wintering greens like kales, chard, broccoli and Brussels sprouts, also roots like rutabagas,

carrots and beets. There are still more crops to seed over the next few months, but the final push will be over by the end of next week.

And then, the weeds have been keeping us all busy. They grow exponentially daily. I guess it's not only the vegetables that like the fertile Chimacum soil! We've had a couple days of calling in friends to help get a handle on the weed pressure and the extra help is paying off. On Monday, we finally got around to weeding the newly established perennial beds. They are filled with blueberries, raspberries, asparagus, rhubarb, new strawberries, and perennial cut flowers. What a deep breath I was able to take once we had finished the job and our carefully tended perennials once again could poke their leaves out into the warm sun.

The farm crew currently spends 2 ½ days a week harvesting. That's a lot of harvesting! The good news is that harvesting is everyone's favorite thing to do, so we don't mind too much. It is so much fun to select the crops to pick and to prep them by bunching, trimming, washing and packing them either to take to market or to put in your CSA share. It really is the reward of farming.

I have to say that last week I was way out of tune with the strawberries and they are no longer at the peak productivity as I had thought. They are clearly now over their peak, for the early summer anyway. Today we harvested only 3 flats, compared to the 18 we were previously getting! So, please, scratch my strawberry flat price. We don't have enough to offer a flat rate. The good news is the variety I grow, Seascape, does continue through the summer and makes another large flush of berries in August. Stay tuned to seeing more of those rosy gems in your shares in another month.

Recipes

Sautéed Fava Beans

Fava Beans

Garlic

Olive oil

Herbs (basil, parsley, oregano, etc.)

Salt and pepper to taste

To prepare fava beans, first shell the beans from the pod. Steam or parboil the beans for just a few minutes. Then, over medium heat, sauté the beans and garlic in olive oil until just slightly browned. Toss in chopped fresh or dried herbs of your choice and season with salt and pepper. Delicious as a side dish, or atop pasta or salad!

Buttery New Potatoes

In my world, this is THE only way to prepare new potatoes

New Potatoes

Butter

Parsley

Salt

Gently wash the new potatoes, taking care not to lose any more skin. Cut into quarters. Boil in water until just tender. Adorn with plentiful butter, some chopped parsley, and salt to taste.

Arugula Salad ideas

For those new to arugula, it is a peppery, nutty-flavored green best enjoyed raw. Try it with sun dried tomatoes, shaved parmesan cheese and pine nuts. Or try it dressed with gorgonzola cheese, fresh fruit and walnuts.

Hashbrowns

Grated Potatoes
Grated Carrot
Egg
Salt and pepper

Mix the grated potatoes and carrots together with an egg and salt and pepper to taste. Form into patties and pan fry over medium until golden on both sides. Serve for breakfast, or any meal of the day.

French Breakfast Radishes are so-called because the French love these mild-tasting roots so much they eat them for breakfast. Apparently the traditional way to eat them is on fresh buttered baguettes, the sliced radishes lightly salted. If this doesn't appeal to you for breakfast, try it at lunch, or a snack. Or, just leave out the baguette altogether and snack on just lightly salted radishes.



Week 6 CSA Newsletter

July 15, 2009

In your share this week:

Cabbage
Fava Beans
Hakurei Turnips
Cilantro
Gold Beets
Snap Peas
Red Butterhead Lettuce
Sunflowers
Red Beets (large shares only)
Green Leaf Lettuce (large shares only)

The weeks keep flying by! It's hard to believe it's already mid-July. Plants that were only tiny wisps mere weeks ago are now full grown and productive. Weeds with dim hopes of surviving our efforts at cultivation are now basking in their glory of maturity, threatening to drop seeds. Okay, well not all of the weeds

are enjoying the happy fate of survival and those that are have a quick death awaiting them. But it's true that weeds are as happy as our crops and we are struggling to keep up! This week, some friends came to help weed our onions, leeks, green beans and potatoes. And boy, are they singing the praises of weed-free living!

We just harvested the garlic crop today. We pulled in 35 bins packed full of garlic plants, about 500 lbs. in fresh garlic. Of course it will be less once it's dried and the stalks are removed. But either way, that's a lot of garlic! Tomorrow we'll be stringing it up from the rafters of the barn to help facilitate its drying.

The Red Dog crew isn't the only ones harvesting in the Red Dog fields these days. Starting last week a group of gleaners from the Port Townsend Food Bank came out to pick lettuce and spinach. This week they'll have access to lettuce and peas. Our produce left-over from the weekend markets always goes to the Tri-area food bank, but there's always a lot left in the field that either isn't worth the effort to harvest, or is not in perfect condition, but still perfectly good to eat. I'm really satisfied that more of our produce is going into the hands and mouths of people in this community.

The Port Townsend Farmers Market is once again hosting its annual fundraising Harvest Dinner on Sunday, August 30th at Fort Worden. For tickets and more information visit www.ptfmhome.blogspot.com or call (360)379-9098.

Red Dog Farm stand now offers local chicken eggs and fresh goat cheese. The eggs come from Spring Rain Farm, located just ½ mile away in downtown Chimacum. Their happy hens are raised on pasture and fed organic grains and no hormones or antibiotics. Stay tuned for information about Red Dog Farm's Winter CSA program with a new egg share option. The goat cheese is made from Wild Harvest Creamery, just a couple miles away on West Valley Road. Varieties currently in stock are Pesto and Wild Salmon/ Dill. Both are available in the white fridge in the farm stand. Stop by to check it out!

Hakurei Turnips are back! For all of you who asked for "apple turnips", the yummy white turnips, here they are again! There won't be more again until the fall so enjoy these while they last!

Pea apology: The snap peas' quality is not as high as I would have liked to give you. They are one of the last harvests off the vines so they are a little scarred from abrasion and honestly, they aren't the sweetest snap peas I've ever had. But I had them in abundance for the first time so I wanted to give them to you. The good news is the second snap pea planting is finally ready so expect a higher quality version of them in weeks to come. If eating them raw doesn't appeal to you this week, try doing a light sauté in oil, mixing in thinly sliced carrots and topping with chopped fresh cilantro. Before cooking, make sure to snap off the ends and only cook very lightly for a couple minutes for the best flavor.

Fava Beans Take Two! They only come once a year in the early summer so although they're a little weird and labor intensive to prepare, their gourmet quality makes it worth the effort to prepare. Expect to see fava beans maybe one more time in your shares. I'll keep including new recipes to give you more ideas and inspiration as to how to use these Mediterranean beans. Some people prefer

to double shell the fava beans, especially as they reach the more mature stage. There are two ways to do this: The first is to shell before cooking. After removing the beans from the pod, pierce each bean with a knife and pop out of its skin. This tends to work better for immature beans. The other method is to blanch, or boil the beans for a just a minute. Dunk in cool water, then with your fingers push each bean out of its skin. Some people, like myself, can't be bothered with all this effort and just eat the beans skin and all. Real gourmands will argue the only way to eat favas is without the bitter skin. I'll let you be the judge. But I will say that double shelled favas are a treat that really should be tasted at least once in one's life!

Recipes

Fava Cilantro Soup

This recipe is adapted from a soup that calls for frozen lima beans, but fresh favas are a far superior choice, while they are available.

1 T. coconut oil or butter
½ lb. shelled fava beans
1 small onion, minced
1 clove garlic, minced
1 carrot, peeled and cut in half
1 ½ cups water
½ t. sea salt, or to taste
½ t. ground coriander
pinch red pepper flakes (optional)
½ bunch Cilantro, coarsely chopped
Scallions, chopped for garnish

Beet Salad

This delicious salad is not only beautiful and tasty but also super good for you. The minerals in beets, coupled with its rich fiber content and liver cleansing properties make it a real vegetable winner.

Beets (large shares use both red and gold for a gorgeous color contrast.)
Feta Cheese
Golden balsamic vinegar
Olive oil
Salt and pepper to taste

Cut the tops off the beets about ¼ inch above the root. Boil the beets whole, unskinned for about 20 minutes or until tender when pierced. If using both red and gold beets, boil them in separate pots to maintain vivid colors. Drain the beets and immediately submerge in cold water. After a minute or so you will be able to easily slip the beets out of their skins. Slice the peeled beets into bite size pieces. Toss with vinegar, oil and salt and pepper. Sprinkle with feta. Either serve immediately slightly warm, or chill for a cold salad. If using red beets and chilling, wait to sprinkle with cheese until serving as the beets will turn the cheese pink!

Summer Slaw

No matter what color of cabbage you ended up with this week, it is guaranteed to make a delicious slaw!

Grated Cabbage, Turnips, Kohlrabi, Carrots or whatever crunchy vegetable you have on hand

Thinly sliced sweet onion

Chopped Cilantro and/or Parsley

Dressing:

½ cup olive oil

¼ cup lemon juice

2 Tbs. apple cider vinegar

2 Tbs. prepared stone ground mustard

1 Tbs. honey

Salt and pepper to taste

Grate everything up and dress to taste with the dressing. Perfect for a summer side dish.

Don't Forget the Greens!

Beet greens and turnip greens are not to be thrown out with the waste! These delicious and perfectly nutritious leaves are an equally important part of your beet and turnip bunches. Beet greens have a texture like spinach and a rich beet flavor. Gold beet greens are milder flavored than their red counterparts. Turnip greens are slightly mustard flavored and cook down to almost nothing, similar to mizuna. But they are the vegetable highest in vitamin C so eat them up! Here are a couple of ideas:

- ☞ Sauté greens in olive oil, sesame oil or butter and squeeze fresh lemon or lime on top after they're cooked.
- ☞ Steam and include them in quesadillas or your morning eggs.
- ☞ Chop them finely and add into salads.
- ☞ Incorporate into soups during the last five minutes of cooking.
- ☞ Juice them or use them in smoothies.



Week 7 CSA Newsletter

July 22, 2009

In your share this week:

Fava Beans

Green Butter Lettuce

All Blue New Potatoes

Italian Parsley

Garlic

Kohlrabi

Curly Kale

Green Onions (large shares only)

The heat of the past week has kept the farm crew bustling to keep up with moving irrigation and harvesting fruits and shoots of heat loving plants. We just started harvesting tomatoes this week! This is one of the earliest years for tomatoes that I can remember in a long time. We are growing the variety Big Beef, a large flavorful beefsteak tomato. It is generally a later one to ripen, but not this year! I expect that we will start harvesting these in quantity to give to CSA in the next week or two.

Summer squash are also starting to introduce their colorful fruits out into the world. Varieties we grow are: Zephyr, a yellow crookneck with a pale green tip on one end. People often remark that it looks like we hand-dipped the end to create the effect! Zucchini, a long-standing favorite for zucchini bread. Sunburst, a yellow patty pan. Bennings's Greentint, a pale green patty pan. Costata romanesco, the most delicious nuttiest flavored squash you'll ever enjoy. It's shaped like a zucchini, dark green with light green flecks, and pronounced ribs. We make an effort to harvest squash young, while they're still really flavorful. Look for some of these goodies coming your way in weeks to come!

I would like to invite you all out to **Red Dog Farm for a CSA picnic on Sunday, August 2nd 4-6pm**. Bring a potluck dish to share. I will provide the beverages and a large green salad. Come out to meet the farm crew, see the farm and share some good food together. We will have some games to play for the kids and we'll also invite you to pick your own bouquet of flowers straight from the field. I hope you can make it! Visit www.reddogfarm.net for directions.

Recipes

Some Fava Bean recipes from CSA members:

Tuscan Fava Bean Salad

Believe it or not, this is from the label of Progresso canned fava beans but oh boy is it good. Also tasty with beluga lentils instead of fava beans.

1 cup prepared fava beans (removed from pod, lightly steamed)
2/3 cup chopped red onions
1 cup chopped tomatoes (I've subbed 1/3 cup sun-dried marinated in olive oil tomatoes in winter)
1/2 cup chopped celery (blanched until still crunchy but makes flavor less dominant, recipe calls for raw but I like blanched better)
1/4 cup chopped cilantro (or more, but I love my cilantro!)
1/4 cup olive oil
3 Tbsp red wine vinegar
1 Tbsp chopped fresh or 1 tsp dried thyme leaves
1/8 tsp salt
1 clove of garlic, minced or put through a garlic press (I usually go heavier on the garlic too. Keeps the vampires in Forks.)

Combine all ingredients in a bowl and chill until serving time. This is even better on day two.

Fol Bel Baid

Here is an Arabic side dish we (CSA members) had often at an Israeli café in Melbourne many years ago in a galaxy far, far away. The Israeli's also make a variation with okra called Bameia. I bugged the owner/chef until he explained how to make it.

1 cup steamed fresh fava beans.
1 medium tomato, chopped (1/2 cup).
1/2 to 1 cup of water.
1/4 teaspoon ground cumin.
Salt to taste.
Dash of ground black pepper .
5 to 6 eggs, depends on how many you are serving.
Chopped parsley.

1. Mash fava beans and mix with chopped tomato, water, salt, cumin.
2. Lightly oil a shallow baking dish with olive oil and pour mixture into dish, crack the eggs over the mixture one by one, sprinkled with black pepper.
3. Bake at 350 F until eggs are cooked, sprinkled with chopped Italian parsley.

Serve with chopped tomato, red onion slices, roasted red peppers, feta cheese, and pita bread. An excellent accompaniment for grilled lamb shashlik (kabobs) skewered onto rosemary branches if possible.

Kale Chips

Cut the ribs out of the kale and cut into chip-sized pieces, about 2" across. In a large bowl, toss with tamari and oil (sesame is great, olive works too). Spread out on baking sheets and bake in a preheated oven at 400°. Delicious as a side dish or a snack.

Bacon and Blues

Blue Potatoes
Garlic, minced
Bacon, sliced
Italian Parsley
Green Onions (optional)
Sour cream (optional)

Cut the potatoes into bite size pieces and boil or steam for five minutes until just tender. Drain and set aside. In a hot skillet cook the bacon pieces. Add the minced garlic a couple minutes before the bacon is done. Then add in the cooked potatoes and cook another five to 10 minutes. Serve with chopped Italian parsley, chopped green onions and a dollop of sour cream. Kale chips would be an excellent accompaniment on the side.



In your share this week:

Salad Mix
Snap Peas
Broccoli
Swiss Chard
Green Onions
Savoy Cabbage
Sweet Peas
Summer Squash (large shares only)

I am heading out of town for almost a week and so am sending you this week's newsletter early. Once again I remind you that the vegetables in the share might actually be different than the ones listed here. If you need to get a hold of someone at the farm for any reason, please call Emily at: 301-3605. I will not be checking email between now and the CSA delivery.

The biggest change on the farm this week is that our beloved co-worker, Mike Reis, has left the farm! He had a previous commitment for a seasonal job on the east coast and so is moving on. He will be sorely missed around here! I sincerely wish that we could have organized to hold the CSA picnic while Mike was still around so you all could meet him. I can only hope that he will want to come back to work next year!

CSA Picnic is still scheduled for Sunday, August 2nd 4-6pm at Red Dog Farm. Please bring a potluck dish to share. Come join us to marvel at the beauty of the farm, share some good food together and meet your farmers. We hope you can make it!

Lately I've really enjoyed peaking into the bush bean patch. The small plants are loaded with flowers and tiny beans. Their delicate lavender flowers are exquisite to behold. It always amazes me how fast those tiny beans can turn into mature beans. By next week we will start harvesting beans and they'll only continue to explode from now on!

Today we got a sizeable tomato harvest for the first time. I expect to include tomatoes in the shares the following week. Also, the amazing surviving eggplant have surmounted all odds and produced fruit even without their airborne greenhouses! There were only 20 or so fruits harvested this week, with hopes of more to come. If you love eggplant, come by the Port Townsend Saturday market tomorrow to taste some of these gems.

Hope you all have a great week!

Recipes

Savoy Cabbage, Carrot and Apple Salad

www.epicurious.com

3 Tbs. apple juice
2 Tbs. lemon juice
1 Tbs. olive oil
½ tsp. caraway seeds, crushed
½ head Savoy Cabbage, thinly sliced (4 cups)
2 large carrots, thinly julienned
1 Granny Smith apple, quartered, cored and sliced crosswise 1/8" thick

Italian Parsley

Combine the first four ingredients in a small bowl. Toss the cut vegetables together in a large bowl. Dress with the oil mixture. Garnish with parsley.

Swiss Chard: Dreaded by some and adored by others. Either way you slice it it's good for you.

- ⌘ Simply sautéed Swiss Chard: Sauté garlic in a little olive oil. Add freshly washed and chopped Swiss chard leaves. Cook, stirring often, until wilted. Then cover, reduce heat and cook a few minutes more until tender.
- ⌘ Take the simply sautéed chard and add to eggs, Mac 'n cheese, atop pizza, or inside quesadillas.
- ⌘ Swiss Chard Rolls: Use leftover cooked rice mixed with fresh herbs and goat cheese; or raisins, nuts and anise seed; or ground beef and chopped tomatoes as a filling. Put a spoonful of filling onto each chard leaf and roll it up into a package. Gently steam for just a few minutes before serving.



Week 9 CSA Newsletter

August 5, 2009



In your share this week:

Radicchio
Cauliflower
Green Beans
Walla Walla Onions
Summer Squash
Dill
Cut Flowers

After a long day of harvest Tuesday, we rolled up our sleeves and sauntered over to the Red Dog Diamond, recently mowed by Jay, on the back fourteen. Dressed in red shirts and full of Red Dog spirit, we anxiously await our arch rivals, the blue-shirted Finn River Farm. They pulled up, dusty and tired as we were, and our kick ball match began! This week we hosted the first of what we're sure will be many more kickball games between RDF and our fellow rivals. We are hoping to battle against Dharma Ridge, Sunfield, and most definitely a re-match against Finn River. This week was a close game, but those antioxidant-pounding-blueberry-eaters won the game 15-10. We'll see who takes home the bone next time...

Another fun event on the farm was the CSA picnic Sunday. It was a glorious hot day as CSA members gathered at Red Dog Farm. About 20 members showed up to feast on delicious vegetable-based fare. All of the farm crew was present and it was a real joy to be able to introduce the crew and CSA members. We followed our dinner with a tour of the farm fields. Bunches of flowers went home with members to brighten up their homes. It was a fun event and I look forward to hosting more similar ones in the future.

If you missed the picnic, the next opportunity to come out to Red Dog Farm will be **Sunday, September 20th for the Farm Tour**. This year there are 10 farms on the farm tour and it is shaping up to be a memorable event! Come out to tour the farm, visit the farm stand, meet the farm crew, eat some delicious food and hear lively local music. I have already confirmed that the Cape Cleare salmon cart will be at Red Dog Farm to serve their famous salmon sandwiches! There are various other attractions in the works that will remain undisclosed at this time, but stay tuned for more info!

We have beans coming out of our ears!!! Thinking about canning beans, or making dilly beans? Look no farther than Red Dog Farm. Our beans are available for \$2 per pound for quantities of 10 lbs or more. Just stop by the market, or call ahead if you need a really large quantity.

Recipes:

Dilled Green Beans

Green Beans
Fresh Dill
Walla Walla Onion

Prepare the beans by snapping off the ends and snapping in half. Place into a sauce pot with slivers of Walla Walla onion. Add an inch of water. Steam for five minutes. Drain the water and sprinkle with chopped fresh dill and salt and pepper to taste.

Emily's Minestrone

1 medium Walla Walla Onion, chopped

2 cloves garlic, minced
1 can pinto beans
1 can tomatoes
2 cups water or stock
1 cup chopped cauliflower
1 cup prepared green beans
1 cup chopped summer squash
1 tsp. basil
1 tsp. oregano
¼ tsp. chili flakes
Salt to taste

Combine all the ingredients into a sauce pot. Bring to the boil, then reduce heat and simmer for 30 minutes. Serve with grated parmesan cheese and a liberal amount of olive oil drizzled on top.

Righteous Radicchio: The red and white striped radicchio is a beautiful yet intimidating vegetable. You'll recognize it as a regular component of our salad mix. Radicchio is also delicious on its own, as long as it's prepared right. For those who do not love a bitter flavor, I don't recommend eating it alone. The bitterness in radicchio is a quality of all chicories, of which it is a family member. That bitterness is what stimulates your gall bladder to produce bile and your liver to secrete digestive juices to enable you to assimilate your food more readily. For that reason, radicchio is excellent to eat as a starter course to any large, heavy meal. For the casual eater, I recommend pairing radicchio with either something fatty, such as lamb or salmon, or something sweet, such as fruits.

Radicchio Salad with Summer Fruits

1 head Radicchio
1 cup Blueberries
1 cup Cherries, pitted and chopped in half
¼ cup light oil, such as grape seed or sunflower
2 Tbs. white wine vinegar
1 tsp. honey

Chop the radicchio, removing the core. Top with blueberries and cherries. (A tip for pitting cherries: remove the stem, and push a chopstick into the hollow spot, pushing the pit out.) For the dressing, mix together the last three ingredients. Drizzle over the salad and serve.

Broiled Radicchio

Radicchio
Olive oil
Balsamic vinegar

Cut the radicchio in half length-wise. Drizzle olive oil and vinegar over the cut side. Cook under the pre-heated broiler for a few minutes, or until the top is just tinged brown. Serve with lamb, or a fatty fish, such as salmon, black cod or sword fish.

Roasted Cauliflower

Cauliflower
Olive oil
Paprika
Salt

Cut the cauliflower into florets. Toss in a bowl with oil, paprika and salt. Lay in a single layer on a baking tray. Bake at 375° F for 20 minutes, or until tender and just browned. Serve warm or cold. Delicious cold on top of summer salads.

Emily's Grilled Summer Squash

Summer Squash
¼ cup oil
1 Tbs. tamari
1 Tbs. balsamic vinegar
Pinch chili flakes

Cut the squash length-wise into ½" wide strips. Combine the remaining ingredients and marinate the squash for anywhere from five minutes to overnight. Grill over medium heat, turning once.



Week 10 CSA Newsletter

August 12, 2009

In your share this week:

Salad Mix
Garlic
Strawberries
Curly Kale
Basil
Kohlrabi
Red Cabbage
Zinnias
Hakurei Turnips (large only)
Squash Blossoms (large only)

I miss the hot sunny days of just last week. And so do our summer fruiting crops like tomatoes and cucumbers. The overcast days and rain have been a nice break, but I think we're all ready for some more sun.

This week we just continued to work hard every day on harvest, keeping up with weeds, and continuing with seeding fall crops. We used the opportunity of rain to spend some time in the barn to take down, clean and store garlic. We're still in that process today. We also were able to keep up with trellising and weeding our tomato hoop houses, a task which often gets neglected in the late summer rush.

Now with the fields nicely damp we get to take a break from irrigating. But on the down side, we can't weed because the weeds just re-plant themselves as quickly as we pull them up. If it's not one thing, it's another with farming!

As I write this the sun is peaking out from behind the clouds and I am reminded that it's only mid-August and there are hopefully many more sunny days to come this summer.

Recipes

Basil Hummous with Kohlrabi Chips

1 can chickpeas
1-2 cloves garlic
2 Tbs. tahini
2 Tbs. fresh lemon juice
2 Tbs. olive oil
¼ tsp. sea salt
1 oz. basil (that's the amount you got this week)
Kohlrabi

Put the first seven ingredients in a food processor and blend until smooth. Adjust seasonings to taste. Peel the kohlrabi and cut into round slices. Arrange on a platter and dig in!

Sweet and Sour Red Cabbage

www.cooks.com

6 rashers hickory smoked bacon or enough to yield:
4 tablespoons bacon drippings
2 lbs or 8 cups shredded red cabbage
4 cups cubed apples, unpeeled
1/2 cup brown sugar (firmly packed)
1/2 cup Bragg's organic cider vinegar
1/4 teaspoon celery seeds (optional)
1 teaspoon caraway seeds
1/2 cup water
salt and pepper, to taste

In a heavy bottom covered Dutch oven or large skillet heat bacon over low heat, stirring occasionally until the bacon has rendered 4 tablespoons bacon drippings. Remove bacon and reserve for another use.

Add remaining ingredients and cook over low heat, stirring occasionally. Continue to cook for 25-30 minutes for tender cabbage, or for as little as 15 minutes if you prefer a crisp bite.

Serve immediately while still hot, or refrigerate and reheat for serving the following day.

Note: Up to three tablespoons of the bacon fat may be substituted by olive oil for those observing a lower cholesterol diet at the loss of some amount of flavor, which may be replaced by adding 1/4 teaspoon ham soup base extract to the olive oil.

Curly Kale with Caramelized Onions

www.vegetariantimes.com

- 1 Tbs. olive oil
- 1 medium onion, halved and thinly sliced (about 3/4 cup)
- 2 cloves Garlic, minced (about 1 tsp.)
- 1 bunch Curly Kale, stemmed and coarsely chopped (about 6 cups)
- 2 Tbs. balsamic vinegar
- 1/4 cup chopped almonds

In the South, no Thanksgiving would be complete without a mess o' greens. This is an ideal make-ahead dish because the greens always taste better a day or two after they've been cooked.

Heat oil in large pot or Dutch oven over medium heat. Add onion, and cook 10 to 15 minutes, or until soft and beginning to brown. Add garlic, and cook 1 minute, or until fragrant.

Stir in kale and 2 cups water. Cover, and cook 30 minutes, or until kale is tender. Season with salt and pepper. If making ahead, cool, and store in airtight container. Just before serving, reheat kale mixture, then drizzle with vinegar, and sprinkle with almonds.

Squash Blossom Sauté

Lightly fragrant, mild flavored, and intriguingly textured, squash blossoms are not only a quintessential gourmet ingredient, they are also delicious and easy to come by.

Squash Blossoms

- 1 clove Garlic, minced
- Couple sprigs Basil, chopped
- Olive oil

Sauté the garlic in olive oil for one minute. Add the squash blossoms and sauté for a couple minutes until just wilted. Sprinkle with chopped basil and season with sea salt. Delicious as an appetizer, side dish, or atop salad and pizza.



In your share this week:

Carrots
Spinach
Shallots
French Fingerling Potatoes
Slicing Cucumber
Green, Wax and Purple Beans
Tomato
Strawberries

Yay sun! For the last week I was beginning to think summer was over and we were heading into an early fall. I'm so happy to find out we're not. Not yet anyway. This week on the farm has been harvest, harvest, harvest. We also got all our garlic cleaned up and stored away for the winter. We'll be re-planting most of it this fall, but you will definitely see some of it in your shares. Finally, this week we have carrots! I've been having really horrible germination with the carrots this year. I think it was a combination of bad seed and learning how to manage direct seeding into my newly opened south field with peat soil. The peat soil is great: fertile, high water table and good moisture-retention problems. But, as I have been discovering, it poses some challenges for direct seeding as it is incredibly fluffy, thus the seeder gets buried in it, and the top layer really dries out fast making it hard for seeds to germinate. I'm figuring it out fast, but not fast enough to enjoy an abundance of carrots this season. I have a decent patch in the ground now, which I will mostly be saving to over-winter for the Winter CSA, but you will definitely be seeing more of them in your summer shares as well.

This year, slicing cucumbers have been one of my favorite vegetables. I've been eating almost one a day! I love slicing them on salads. They are so refreshing and delicious. The great thing about the variety I grew this year is that it isn't at all bitter. They don't need to be peeled, and the seeds are unnoticeable. One of my favorite lunches is sliced cucumbers with tuna salad. I use the cucumber slices like crackers and scoop up the salad. It's a delicious low-carb meal.

For those of you asking about the strawberries this time of year; the berries are ever-bearing and the variety is Seascape. They generally bear well through September. Speaking of berries, this year I planted raspberries and blueberries, both of which are doing great. The raspberries especially look amazing. I expect to be beginning to harvest them next July. The blueberries are a couple years out before I'll be getting any significant harvest from them, but they are becoming well established. Other perennials I planted this year are asparagus, rhubarb and horseradish. The rhubarb will be ready next spring and the asparagus the following spring. There are so many goodies to look forward to!

We're almost half-way through the Summer CSA program! I want to remind you to start thinking about how your experience has been so far. I will be sending out a survey towards the end of the program asking how you liked the CSA. I especially need feedback about share size, variety of produce, what you liked and didn't, pick-up arrangements, and any suggestions you might have. Feel free to email me your thoughts at any time, or make a mental note to tell me about your experience when the survey comes around. Please, if you like the CSA, tell a friend. If you aren't satisfied, tell me!

Especially half-way through rather than at the end, so maybe I can do something to make it better for you!

Starting this week, I will be instituting the “Free Box” at the pick-up sites. This box is for you to put any unwanted produce from your share. Please feel free to add to or take from the Free Box freely!

Recipes

Spinach Salad

Spinach, torn into bite-size pieces

Slicing Cucumber, sliced

Shallot, minced

Fresh cheese, crumbled (try Mystery Bay plain chevre or Mt. Townsend Creamery fromage blanc)

½ cup grape seed oil

¼ cup white wine vinegar

1 tsp. honey

½ tsp. stone ground mustard

In a bowl mix the first four ingredients. Combine the last four ingredients in a small bowl, whisking with a fork. Dress the salad and eat immediately!

Beans Almandine

Beans

Olive oil

Walla Walla onion

Sliced almonds

Tamari

Lightly steam the beans until just tender, about 5 minutes. Set aside. In a saucepan, sauté the sliced onion in oil until caramelized. Add in the almonds and sauté a few moments more. Add in the beans and stir well. Season with tamari. Leave for just a minute to soak up all the flavors, then serve.

Easy Fried Potatoes

Fingerling potatoes

Olive oil

Sea salt

Herbs such as oregano, pepper, basil, rosemary (optional)

Slice the potatoes into 1/8” thick rounds. Bring a pot of water to boil. Parboil the potatoes until just before tender, about 5 minutes. Drain. In a saucepan heat the oil then add the potatoes. Stir only once or twice. Fry until golden brown. Season with salt and herbs, if desired. Delicious for any meal of the day.



In your share this week:

Walla Walla Onions
Savoy Cabbage
Celery
Red Beets
Summer Squash
Tomatoes
Strawberries
Flowers

An abundance of tomatoes

The heat units have built up and our persistent attention to pruning, weeding and protecting the tomato plants have finally paid off: The tomatoes are coming in full force now! For those of you waiting patiently, you will notice an abundance of the tangy red globes in your shares each week.

The farm is sliding quite gracefully into the end of summer. Our winter crops are planted, we have accepted that once again we lost the weed battle (although we are sure that next year will be a different story!), and crops are sizing up nicely and ripening quickly. It is a fun, almost lazy time of year where we watch the abundance rolling in and are sated with full bellies and busy bodies.

If you are thinking, "Oh no, not another cabbage!" sorry, but it's true! This week brings yet another cabbage. These Savoy cabbages have tiny ripples in their leaves, accentuating their thin, delicate leaf structure. The pockets in the leaves are also awesome vehicles for flavor in the form of a light dressing if eating in a salad, or butter, if eating cooked. This time of year, I really recommend trying a Cabbage Salad. Much different than a traditional slaw in that the dressing is light but flavorful, and the highlight is on the vegetable and not the dressing. For the quickest of salads, simply shred the cabbage then toss with oil, vinegar and a few shakes of salt. Cabbage is also delicious when paired with fresh Mexican food, such as fish tacos.

In this late summer time, nothing screams summer like vibrant, colorful flowers. This year we planted our flower garden near the barn so we could enjoy the beauty of the striking colors close at hand. I grow flowers for a lot more than just their beauty, however. Flowers attract all kinds of pollinating insects, such as bees, who while they're at it, will pollinate a less attractive flower, such as a cucumber or pea. Flowers also attract beneficial insects, such as insect predators and the occasional hummingbird. Flowers are an important part of my crop rotation cycle, as they do not require a lot of fertilization. They give the soil a break, and allow me to continue to grow a cash crop, while breaking up disease cycles in other crop families. Flowers are a good money maker for the farm. They allow me to pick up extra orders for weddings, or to simply set out buckets of fresh stems at the markets. They are a stand-up harvest crop, which we always

save to harvest last. Harvesting flowers at the end of a long day bent over in the fields is a real back-saver. And last of all, they are beautiful. There is not denying that we all need a little color in our lives and souls. If you doubt me, try offering your flowers this week to a friend who needs a little pick-me-up.

Recipes

Onion Rings

Walla Walla Onions

Corn starch

Sea Salt

High heat oil, such as grape seed or canola

Cut the onions into ¼” slices around the width. Each slice should reveal concentric circles. Carefully, separate the rings from each other. Dip in corn starch and fry in deep oil on high heat for a couple minutes, until browned. Set on paper towels to drain. Sprinkle with salt and enjoy!

Asian Cabbage Salad

One 3-oz. package ramen noodles

¼ cup butter

½ cup sesame seeds

½ cup slivered almonds

1 large head cabbage, shredded

6 green onions, chopped

¼ cup vegetable oil

¼ cp rice wine vinegar

1 Tbs. soy sauce

1 Tbs. sesame oil

1/8 cup sugar

Crush noodles, place in a medium skillet and brown in butter over medium heat. Add almonds and sesame seeds. Stir often to prevent burning. Remove from heat. Toss in large bowl with cabbage and onions. Prepare the dressing by whisking together the remaining five ingredients. Pour over the salad and serve. Best eaten immediately. If intending to serve later, wait to mix the ingredients until just before serving. For a ramen-free option, leave out the ramen and double the amount of almonds and sesame seeds.

Lemon, Parmesan & Chickpea Cabbage Salad

(adapted from [Molly Wizenberg](#))

1 head of cabbage, shredded

1 can of chickpeas, drained

1/4 cup Parmesan cheese

2 T olive oil

2 T lemon juice

1 clove minced garlic

Salt & pepper

Make the dressing by adding the lemon juice, olive oil, garlic, salt & pepper to a jar and giving it a good shake.

In a large bowl, add the shredded cabbage and the chickpeas and toss to combine. Pour over the dressing and the cheese and toss again. Season again if needed.

Boiled Beets

If you haven't tried this simple preparation since you were ten, it's time to give it another shot! Delicious on a green salad, or alone. Give a drizzle of vinegar to bring out the fresh sweet flavor.

Cut the stems of the beets to just a 1/4" above the root. Wash any dirt off the root. Place in a sauce pan of cold water and bring to the boil. Simmer until the beets are tender when poked with a fork. This could take anywhere from 15 to 40 minutes, depending on the size of the beets. When they are tender, drain and place the beets in fresh cold water. After 30 seconds, slip the beets out of their skins and place on paper towels to drain. Delicious warm or chilled.

Ants on a Log

Well, while we're going back to basics, no harm in reminding you of this tasty, healthy snack!

Celery stalks

Peanut or almond butter

Raisins

Smear the nut butter into the hollow of the celery stalk. Dot with raisins and eat! Don't forget to share with your children!



Week 13 CSA Newsletter

September 2, 2009

In your share this week:

Green Butter Lettuce

Eggplant

Mediterranean Cucumbers

Tomatoes

Basil

Green Onions

Broccoli

Strawberries

September Already!

The months have flown by and here we are, almost in fall again. It sure feels like fall with the crisp, misty mornings and the evenings quickly losing more

precious moments of light each day. Fall also means lots of yummy food! This is the most abundant time of year in the northwest, as finally our tomatoes, cucumbers, eggplant and peppers are really pumping out the fruits. And in addition, the fall crops start coming in. We are harvesting beautiful celery and leeks, the potatoes are setting their skins for long winter storage. The winter squash are maturing beautifully. Especially the Delicata are looking abundant and healthy!

Talk about abundance, on Tuesday we harvested 470 pounds of broccoli! These were the large beautiful crowns you'll find in your shares this week. I got carried away with planting this particular succession of broccoli and we are experiencing over-abundance. Thankfully the Food Co-op is bailing us out and taking almost all our broccoli crop and putting it on sale.

So, I'm sure you remember the greenhouse tragedy earlier this season; well the eggplants surprised us by doing just beautifully without their protective covering! You will find these in your share this week. The variety is Hansel and they are bred to produce prolific small fruits that mature early in our climate. These mini eggplants are delicious. The skins are not tough and bitter like some of the larger varieties, plus they add fiber, so be sure to leave the skin on!

Save the Date! Farm Tour is Sunday, September 20th from 10-4 and Red Dog Farm is proud to be a participant again this year. It's going to be a really fun event and a good opportunity to come out for a farm visit, especially if you missed the CSA picnic last month. We'll be hosting the Cape Cleare Salmon Cart. Lela and Jake (long-time Old Tarboo- Red Dog CSA members) will be here cooking up their lip-smacking salmon sandwiches. Julie and David, owners of Elevated Ice Cream (also long-time CSA members) will be here serving up intoxicating ice cream flavors from their mobile cart. They will be featuring flavors inspired by the farm using Victorian-era recipes. They've let us sample their version of Cucumber Ice, a creamy, cool cucumber sherbert-style ice cream with Red Dog cucumbers. They will also offer a Red Dog strawberry-basil, and sweet cream flavors. For the food alone, a visit to Red Dog during the farm tour is a must! In addition, we will be offering tours of the farm, live music, and a farm stand. Be sure to come out to say hi!

Recipes

Grilled Eggplant

Hands down my favorite eggplant recipe for its easy preparation and the way it showcases the eggplant flavor.

Eggplant

Olive oil

Sea Salt

Fire up the grill! Slice the eggplants length-wise in half for slender fruits, and into 1/4" strips for larger fruits. Leave skin on and seeds intact. On a plate, drizzle with olive oil. The more oil the better for grilling, but if you prefer to use less, that's okay too. Sprinkle with salt, then grill over low heat until almost burned on one

side, flip, then grill the other side. Serve immediately! Delicious served with polenta or steaks.

Pesto

1 bunch Basil, leaves and top of stems only (dark or spotted leaves are just fine)
1-2 cloves Garlic
¼ cup olive oil
6 Tbs. parmesan cheese
¼ tsp salt
1/8 cup pine nuts

Mix all ingredients in a food processor until smooth. Add more of anything to taste. Serve over pasta, pizza, eggs, or spread on sandwiches.

Basil Chimichuri

I found this recipe in a Martha Stewart magazine years ago and have been enjoying it ever since. Originating from Argentina, a chimichuri is a spicy condiment used mostly with meats. It's also delicious on eggs or anything else you can think of.

¼ cup Basil
¼ cup Parsley
1 tsp. oregano
½ cup olive oil
¼ cup red wine vinegar
2 garlic cloves
2 dried red chilies
¼ tsp. salt
1/8 tsp. pepper

Combine all ingredients in a food processor, or mince and combine by hand. Try it as an accompaniment to grilled steak.

Basil Butter

This is amazing on fresh-grilled sweet corn.

¼ cup Basil
2 Tbs. Olive oil
1 stick butter at room temperature
Salt to taste

In a food processor, blend the olive oil and basil until smooth. Add the butter and process until just evenly mixed. Salt to taste if using unsalted butter. Transfer to a serving bowl and leave at room temperature until serving for easy spreadability.

Tzatziki (Greek Cucumber Dip)

1 cup grated Cucumbers with excess juice squeezed out
1 tsp fresh or ¼ tsp. dried Dill

2 cloves Garlic, minced
1/8 cup olive oil
1/4 tsp. salt
1/8 tsp pepper
2 cups plain yogurt

Mix all ingredients until well blended. Adjust any amount of the ingredients to taste. Serve with toasted pita bread or carrot sticks.

Cucumber Tomato Salad

Cucumbers, sliced
Tomatoes, chopped
Green Onions, sliced
Basil, minced
Feta or fresh mozzarella (optional)
Sliced salami (optional)
Greek olives (optional)
Olive oil
Red Wine vinegar
Salt and pepper to taste

Arrange the veggies and optional ingredients, if used, on a platter. Drizzle with oil and vinegar and season with salt and pepper. Serve immediately.



Week 14 CSA Newsletter

September 9, 2009

In your share this week:

Spinach
Leeks
Russet Potatoes
Celery
Carrots
Curly Parsley
Cucumber
Tomatoes

These days all I want to do is make big pots of soup in celebration of fall. Fat, tender leeks; powdery, starchy potatoes; sweet, tangy celery; and rich, flavorful parsley. These are just the beginnings of many excellent soups.

If you have plans for soups, as well as stews, roasted vegetables, baked squash and potatoes and more, then keep your ears peeled for info about the Winter CSA coming soon! The brochure will be in next week's share.

Eggs are now available at your CSA pick-up site! I am partnering with Spring Rain Farm in Chimacum to bring you organic-fed, pastured-raised local eggs. The eggs are available FOR SALE each week. I will be having them every week, continuing through the winter as well. The eggs are \$4 for medium and \$5 for large. Check the label to see what size each carton is. For members who pick up at the farm, the eggs are available in the Farm Stand white fridge.

Feel free to start a "compost bin" at the pick-up site. Just take one of the black crates, put it front and center, and twist your carrot tops and anything else you don't want into it. Anyone who wants to take from the "compost bin" should feel welcome to do so. Otherwise, we'll take it home and add it to our compost.

I am seeking a host for a Port Ludlow CSA pick-up site. An ideal location would have a garage or porch with lighting, and access for members to pick up their shares Wednesdays from 2-8pm. Contact me for more information if you are interested. 50% off your winter CSA share plus extra veggies many weeks are some of the perks!

I hope you all are enjoying this time of year. I love the crisp mornings, the earlier evenings, and watching the fields come to fruition.

Recipes

Potato Leek Soup

It just wouldn't be September without this delicious soup!

2 lbs. Potatoes

2 lbs. Leeks

1/2 stick butter

Salt and pepper to taste

1 quart chicken or vegetable stock

Bacon (optional)

1 bunch Parsley, chopped

Slice leeks in half length-wise, rinse out any dirt, then slice into half-moon shapes about 1/4 " thick. Melt butter in a 2-quart pan over medium heat. Add in leeks and sauté until tender, stirring frequently, for about 10 minutes. Add salt, pepper, cubed potatoes and stock. Bring to the boil, then reduce to a simmer and cook for 1 hour. Take out half of the soup and puree it in a food processor or with a hand blender, then mix the pureed and non-pureed parts together. Toss in the chopped parsley and let it just wilt before serving. Optional: cook bacon, cut into small pieces and mix into soup.

Chicken Vegetable Soup

Toss any amount of anything in your share, EXCEPT THE CUCUMBER!, into a saucepan along with cut up pieces of chicken meat. Actually, reserve the spinach and parsley to add at the very end for maximum flavor and nutritional benefits. Cover with water or chicken stock and bring to a boil. Reduce heat and simmer for 30-60 minutes. Season with salt and pepper to taste. All soups are better the next day!

Karyn's Tomato Snack

1 large Tomato
1 Tbs. tahini
1 clove garlic
Water
Brown rice, prepared
Spinach or parsley

Cook brown rice and set aside. In a food processor, blend the first three ingredients. Salt to taste. Pour over the brown rice. Serve with either chopped parsley sprinkled on top, or over a bed of spinach leaves. Healthy and energizing!

Spinach Cucumber Salad

Spinach
Cucumber
Onion
Fresh goat cheese
Vinaigrette

Assemble the ingredients in a salad bowl. This is one of my favorite combos.



Week 15 CSA Newsletter

September 16, 2009

In your share this week:

Salad Mix
Kohlrabi
Swiss Chard
Walla Walla Sweet Onion
Summer Squash
Tomatoes
Basil
English Cucumber
Garlic
Strawberries

In the past week my chest freezer has gone from almost empty to stuffed to the brim. It's full of frozen berries and tomatoes, chickens, beef, salmon and ling cod. I love this time of year, when I get to collect the food that will sustain me through winter and beyond. All of my squirrel-like tendencies to hole away food finally amount to being useful. Are you anything like me? Are you starting to think about what you'll be eating this winter? Are you storing the abundance of now for

the scarcity of later? Well, if you find yourselves fearfully lacking, I have a couple suggestions for you!

First of all, my Winter CSA program is your guarantee to have fresh winter produce throughout the dreary cold season. Root crops like carrots, parsnips and beets, Cole crops like Brussels sprouts, cabbage and kale, and storage crops like onions, potatoes and winter squash are just a few samples of what you'll enjoy during the 15 weeks of the program. Check out the brochure in your box this week for more info, or visit www.reddogfarm.net and print a brochure online.

Another option for happy winter eating is to procure the abundance occurring now and preserve it for the winter. I love freezing because it is easy, but canning, drying and fermenting are all great ways to put up food. I have tons of tomatoes right now, and a fabulous bulk price of \$30 per 15lbs or \$50 for 30lbs. CSA discount does apply for a further 10% off. Look locally for an abundance of berries and other goodies to store away for winter use.

Buy local meat by the half or whole. Various farms in our county slaughter animals and sell them on-the-hoof, meaning you have to buy and whole or a half animal in order for the farmer to be allowed to slaughter on the farm and avoid the costly and questionably humane practice of transporting livestock long distances to a USDA slaughter facility. Beef, lamb, and poultry are all available locally at a variety of farms. If you only want a small quantity of meat, signing up for my Winter CSA and ordering the ground beef share is a good way to ensure high quality meat coming into your home on a regular basis.

Enough about winter, right now is time to revel in delicious recipes using fresh tomatoes! I loaded up your shares this week with tomatoes so you have plenty to make fresh gazpacho, eat on sandwiches, make pizza with, or cook into your favorite pasta sauce. Even though it feels like fall is in the air, all the fruiting crops are in their glory days. The tomatoes and cucumbers are at their most productive in September.

Wildlife note: We have a beautiful hawk that has taken to hunting every afternoon among our flower patch at the farm (yet another reason to have flowers!). I think that the sunflowers and amaranth we have stopped picking are making delicious seeds and attracting small rodents and birds, which the hawk seems to find most appetizing. He or she seems to appreciate organically-fed meat as much as we do!

REMINDER: Farm Tour is this Sunday, September 20th from 10-4pm. Check out the Leader insert for a cute picture of our crew and info about the farm tour. The highlights at Red Dog Farm include Cape Cleare Salmon Cart, Elevated Ice Cream Cart, bluegrass music by locals Anna and Dylan, a slideshow of the 2009 farm season in the Red Dog Theatre (aka the barn), a farm stand, tours through the fields and more!

Recipes

Gazpacho

This is the style that I so much enjoyed while traveling in Andalusia- loved the chopped vegetables and egg to add on top as I ate!

2 lb. Tomatoes

1-2 cloves garlic
pinch powdered cumin
sea salt to taste
¼ cup olive oil
Cucumber, diced
Sweet Pepper, diced
Sweet Onion, diced
Hard boiled egg, diced

Food process the first five ingredients until very smooth. Refrigerate until well chilled. Set out a plate with four quarters, one each of the four different garnishes, cucumber, pepper, onion and egg. The most refreshing meal around- yum!

Pasta Estivo

Olive oil
Garlic, minced
Summer Squash, chopped
Sweet Onion, chopped
Tomatoes, chopped
Swiss Chard, chopped
Salt to taste
Fresh Basil, minced
Pasta, cooked
Parmesan cheese

In a skillet, heat oil on medium, sauté onions, garlic and squash until tender. Add in the tomatoes, chard and salt to taste. Continue cooking until chard is tender. Remove from heat. Add in the basil and cooked pasta. Toss lightly. Sprinkle with parmesan cheese and serve.

Kohlrabi Ideas

Just in case you forgot what to do with that intimidating huge vegetable in your share this week, just remember how much you liked it last time. I hugely prefer to eat Kohlrabi raw. Always peel it first, then slice it into rounds for munching on, or grate it to put on salad. It also makes a great salad on its own grated with a little vinegar. Delicious on fish tacos!

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**In your share this week:**

Salad Mix  
Spinach  
Sweet Peppers  
Tomatoes  
Mediterranean Cucumbers  
Red Beets  
Walla Walla Sweet Onions  
Strawberries (small shares only)  
French Breakfast Radishes (large shares only)  
Sweet Corn

Farm Tour was stellar last Sunday! Red Dog had almost 500 visitors for the day. The ice cream was over the top! Flavors like Cucumber Ice, a cucumber sherbet with ginger brandy; Strawberry Basil with balsamic vinegar; and the most delicious Sweet Cream blew our minds! Music by Anna and Dylan, connoisseurs of the fiddle and banjo, serenaded us as we strolled the fields and munched delicious salmon sandwiches. And most of all, the weather was AMAZING. All in all, it was a highly successful Farm Tour. If you missed it this year, they'll definitely be one next year, and Elevated Ice Cream has already said they'd love to come back!

Before Farm Tour, we had a bustling week. Besides cleaning up the barn, we also had a major onion harvest. We pulled in many, many onions and shallots, and laid them out in a single layer, stacked in the barn to dry for long-

term storage. It feels good to have all the onions in for the winter, especially since we successfully dodged the heavy rains of this past Saturday.

It really feels like the farm is winding down now. The crew is dwindling, we're starting later and later in the morning, and the crops are noticeably slowing down. Plus today, Tuesday, is the first day of fall. Unfortunately the onset of cooler weather also signals the end of one of our favorite summer crops, tomatoes. I started to notice significant amount of late blight in the hoop houses yesterday, a sign that the end is near. We'll continue to pick them for as long as we can, and with this warm, dry weather, they will certainly last a little longer still. Enjoy these precious less-than-beautiful fruits while they last!

This week's Sweet Corn is the most pathetic sweet corn I've ever seen. But still, we couldn't just let it rot in the field, so we harvested these tiny, partially-pollinated ears just for you. Please don't expect anything more than a VERY SMALL snack. Just peel off the husks and munch the precious few kernels raw. It's sweet and fresh. For your BBQ, you'll have to buy some from another local farm. I hear that the Sweet Corn from Solstice Farm available in the Food Co-op is phenomenal right now.

## **Recipes**

### **Emily's Lunch Beets**

Beets

Walla Walla, sliced

Olive oil

Salt

Pepper

Balsamic vinegar

Boil the beets until they're tender. Meanwhile, sauté the onion in the olive oil until translucent. When the beets are tender, drain them and slice thinly. Toss them with the sautéed onions. Season with salt pepper and just a dash of vinegar.

### **Creole Stuffed Green Peppers**

1 Tbs. olive oil

1 small Onion, diced

1 stalk Celery, diced

1 small Green or Yellow Pepper, diced

1 clove Garlic, minced

1 Tbs. Parsley, minced

¼ tsp. each of the following: thyme, paprika, fennel seed, and cayenne

Salt and pepper to taste

½ lb. ground turkey

½ lb. baby shrimp

1 cup bread or cracker crumbs

4 large-ish Green Peppers

Sauté the diced onion, celery and pepper in the olive oil until tender. Add in the garlic, parsley, spices, salt, pepper, turkey and shrimp. Continue cooking until turkey is cooked through. Remove from heat. Toss in the bread or cracker crumbs and stir well. Cut the

large peppers in half and scoop out the seeds. Spoon the filling into the peppers. Spread out the stuffed peppers on an ungreased baking sheet. Bake at 325° for one hour.



**Week 17 CSA Newsletter**

**September 30, 2009**

**In your share this week:**

- Salad Mix
- Mixed variety of Potatoes
- Lemon Cucumber
- Green Tomatoes
- Sweet Peppers
- Green Beans
- Walla Walla Sweet Onion
- Strawberries (large shares only)

Well, it is official, fall is truly here. We've gotten a series of hard frosts over the past week. These frosts have almost killed most of our vine summer crops, like beans, winter and summer squash, and tomatoes. There are still a few summer squash and beans hanging on, though. The killing frost is an ending, but also a beginning. It means that we can start harvesting our winter squash. The frost brings out their sweetness and helps them store better through the winter. We are planning to bring them in and prepare them for storage over the next two days. The frost also sweetens up a lot of other crops as well. Kales, carrots, parsnips, and many more all generate more sugars to help the plant protect itself against freezing. The benefit to us is yummy sweet vegetables.

It's sad to see the season go. Our beautiful tomatoes have come to a screeching halt. We pulled the green tomatoes for your shares this week as the last harvest off our plants. Below I'll offer some recipes about what to do with the green variation of the tomato. Another crop that is starting to decline rapidly is the salad mix. This time of year the baby lettuces and other greens just don't grow as fast as we need them. Expect to see a serious decline of salad mix in your shares. The baby spinach is still growing strong however, so you'll still have plenty of salad-making ingredients.

**Recipes**

**Green Tomato Soup with Bacon and Brioche Croutons**

*6 servings*

- 4 Tbs. unsalted butter
- 1 medium onion, thinly sliced
- 1 tsp. whole coriander seeds
- 2 garlic cloves, finely chopped or minced with garlic press
- 3 lbs. green tomatoes, cored and roughly chopped (about 8 cups)
- 2 cups chicken or vegetable stock
- 1¼ tsp. kosher salt, more to taste
- Freshly ground black pepper
- 4 slices bacon

2 slices brioche (or other egg bread), cut into ½ inch cubes (about 2 oz.)  
⅓ cup crème fraîche (optional)  
2 Tbs. chopped fresh dill  
1 Tbs. honey, or to taste

Melt butter in a large pot over medium high heat. Add onion and cook, stirring occasionally, until translucent, about 5 min.

Meanwhile, lightly crush the coriander, either with a mortar and pestle or side of a knife. Add it to pot along with garlic and sauté for 3 minutes longer.

Stir in tomatoes, stock, salt and pepper. Bring to a boil; immediately reduce heat to medium low and simmer soup until tomatoes have fallen apart, about 30 minutes.

Meanwhile, fry bacon in a skillet until crisp. Drain, reserving the fat in skillet. Toss the brioche in bacon fat to coat well and toast until croutons are golden (you could clean bacon fat from skillet and use olive oil to coat brioche.)

Puree the soup in blender, food processor until smooth. Return soup to medium heat and stir in crème fraîche if desired, dill and honey. Cook until heated through, 1 to 2 minutes. Taste and add more salt or honey or both is desired. Ladle soup into bowls and crumble bacon over top and garnish with croutons.

### **Fried Green Tomatoes**      [www.elise.com/recipes](http://www.elise.com/recipes)

3 medium, firm green tomatoes  
1/2 cup all-purpose flour  
1/4 cup milk  
2 beaten eggs  
2/3 cup fine dry bread crumbs or cornmeal  
1/4 cup olive oil  
1/2 teaspoon salt  
1/4 teaspoon pepper

Cut unpeeled tomatoes into 1/2 inch slices. Sprinkle slices with salt and pepper. Let tomato slices stand for 15 minutes. Meanwhile, place flour, milk, eggs, and bread crumbs in separate shallow dishes.

Heat 2 Tbsp of olive oil in a skillet on medium heat. Dip tomato slices in milk, then flour, then eggs, then bread crumbs. In the skillet, fry half of the coated tomato slices at a time, for 4-6 minutes on each side or until brown. As you cook the rest of the tomatoes, add olive oil as needed. Season to taste with salt and pepper.

### **Green Tomato Salsa Verde**

Although usually made with tomatillos, [www.nytimes.com](http://www.nytimes.com) says this recipe is just as good!

1 pound green tomatoes

2 to 3 jalapeño or serrano peppers (more to taste)

1/2 medium onion, preferably a white onion, chopped, soaked for five minutes in cold water, drained, rinsed and drained again on paper towels

Salt to taste

1/2 cup roughly chopped cilantro

1/4 to 1/2 cup water, as needed (optional)

Preheat the broiler. Line a baking sheet with foil. Place the green tomatoes on the baking sheet, stem-side down, and place under the broiler about 2 inches from the heat. Broil two to five minutes, until charred. Using tongs, turn the tomatoes over, and grill on the other side for two to five minutes, until blackened. Remove from the heat. When cool enough to handle, core the tomatoes and remove the charred skin. Quarter and place in a blender or a food processor fitted with a steel blade (I prefer the blender). Add the remaining ingredients, except the water, to the blender or food processor, and blend to a coarse or a smooth puree (to your taste). Transfer to a bowl, taste and adjust seasonings, and thin out with water if desired. Allow to stand for 30 minutes or longer before serving to allow the flavors to develop. You may wish to thin out after it stands.

### **Refrigerator Pickles**

[www.allrecipes.com](http://www.allrecipes.com)

1/2 cup vinegar

1 1/2 tsp. salt

1 cup sugar

3 cups sliced Cucumbers (try Lemon cukes, or an assortment if you still have some from last week)

1/2 cup sliced Onion

1/2 cup sliced Green Bell Peppers

In a medium saucepan over medium heat, bring vinegar, salt and sugar to a boil. Boil until the sugar has dissolved, about 10 minutes. Place the cucumbers, onions and green bell peppers in a large bowl. Pour the vinegar mixture over the vegetables. Transfer to sterile containers and store in the refrigerator. Ready to eat in three days. Keeps for one to three months.





**In your share this week:**

- Spinach
- Italian Kale
- Delicata Squash
- Leeks
- Rhubarb
- Carrots
- Celeriac

You simply would not believe the success of our winter squash crop this year. I did plant about ten times as much as last year due to many CSA customers' requests for more winter squash over the winter. But despite the planting increase, the harvest has been phenomenal- way more than I expected! I think the long, hot summer really helped those sweet, flaky squash to mature well, as we have so few unripened ones left in the field.

So far we have hauled in six truckloads, with an estimated three more to go. The process from harvest to storage is time consuming and rewarding. Each squash gets hand cut and gently transferred to the truck bed. Then it gets hauled into the barn, where it gets washed, dried, and then gently tucked away into either a crate or storage bag. Any damaged or less-than-perfect squash get separated either to go to the Food Bank, or ear-marked to sell immediately, depending on their issue. For example, squash with the stem broken off are perfectly edible, just don't store well, so they get brought to market (or given to you) in the hopes that they'll be consumed over the next month or so. All those perfectly sorted, washed and dried squash then get driven a lengthy ½ mile to Evergreen Storage for safe keeping over the winter months. Since I don't have a large enough space that is freeze-proof and rodent-proof at the farm, I rent a storage locker to fill the need. This year I rented a 10'x10' heat-controlled space that seems like the lap of

luxury for the squash, and eventually the onions as well. They are stacked to the rafters. Going to the storage unit to drop off another load makes me feel like I am secretly protecting a hidden stash of food for the winter. Well, I am! I'm keeping it safe and sound for you CSA members to feast upon all winter long! Varieties I grew this year are: Baby Hubbard, Acorn, Delicata, Sweet Dumpling and Pie Pumpkin. If you can't tell from this long description of the squash- I'm very proud of them!

It has been a delightful surprise to realize that the rhubarb I planted this spring is perfect for eating now. Usually, rhubarb can only be harvested in the spring and early summer, but these year-old plants were too small back in the summer and just now are in their glory. Rhubarb is rich in vitamin C and dietary fiber. They are closely related to garden sorrel, also in the same family as beets, spinach, chard, amaranth, quinoa, and buckwheat. It is nice to have something to ease the transition away from the summer fruits. For a delicious and simple treat, try the Finnish Baked Pancake with Rhubarb recipe. I grew up eating Oven Babies, or Dutch Babies, which is essentially the same thing as a Finnish Baked Pancake, for special Sunday breakfasts. We always made plain ones, but topped them with rhubarb sauce. I like this Rhubarb "Oven Baby" as a dessert on a cozy night in.

Celeriac, also known as Celery Root, is not simply the root of celery plant, but another version of celery that has been bred to produce a large root. The root is creamy and sweet with a very mild celery flavor. It is delicious mashed, roasted, grated raw, or included in soups and stews.

## **Recipes**

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

3 T. butter  
2 medium yellow Onions or Leeks, finely chopped  
3 Garlic cloves, minced  
¼ 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 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.

### **Finnish Baked Pancake with Rhubarb**

*Catherine Kapp, PT Leader, 5/28/08*

2 cups Rhubarb, rinsed, ends cut off, and cut into 1" pieces  
1/3 cup sugar  
3 Tbs. butter  
4 eggs  
1 cup flour  
¼ cup honey  
2 cups milk  
½ tsp. salt  
1 tsp. almond extract

Powdered sugar for dusting

Preheat oven to 425 degrees. In a small bowl, combine the sugar and rhubarb. Reserve. Place butter in an enameled frying pan or shallow heatproof baking dish and place in oven for 3 to 5 minutes to allow the butter to melt, taking care that it doesn't burn. In a food processor or blender or with a whisk, beat together the eggs, flour, honey, milk, salt and almond extract to form a smooth batter. Remove the preheated pan from the oven, add the reserved rhubarb and then pour the pancake batter over the fruit. Put pan back into oven and bake on the middle shelf for about 30 minutes until it is puffed and browned on top and a knife comes out clean when inserted into the middle. Remove from oven, sprinkle liberally with powdered sugar and serve immediately.

### **Celeriac Potato Mash**

1 lb. Potatoes, chopped  
1 lb. Celeriac, chopped  
2 cloves Garlic  
¼ small Onion  
1 Tbs. sour cream (optional)  
1 Tbs. butter  
Salt and pepper to taste

Boil the potatoes, celeriac, garlic and onion in lightly salted water until just barely tender. Drain water. Mash and add in remaining ingredients.



**Week 19 CSA Newsletter**

**October 14, 2009**

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

Fennel Bulb  
Chioggia Beets  
Walla Walla Sweet Onion  
Baby Pac (Bok) Choi  
Salad Mix  
Red Mustard  
Jerusalem Artichokes  
Broccoli

It's blowing like winter really means it. I'm just glad for the rain! I was starting to think that I'd have to get the irrigation going again as the fields were SO dry. Glad to have the moisture and the warmer weather again. Although of course the clear sunny days were a real treat this late in the season. My farmer friend down by Olympia just responded to a hectic email from me with the observation that when we get nice weather, farmers just work harder! She mused, wouldn't it be nice if we just enjoyed the nice weather and took a break, and watched the crows. Why do we always just try to get more done? I guess it's in our blood to work hard and "get ahead", whatever that means!

And we have been working hard lately. We finally got all the squash in a put away for the winter. We started sorting the onions for storage. This week, we have plans to move the hoop houses. Since the tomatoes are all done, they're ready to be moved to protect the winter crops. This year they'll be covering Swiss chard, escarole and mizuna. There's still a good amount of

projects left to do in the next couple weeks. These include carrying in the irrigation pipe, planting cover crop, harvesting the potatoes, planting garlic and tulips, and digging up the dahlias.

## **Recipes**

It's that time of year again when the feared unknown knobby roots make their way into your shares. This week's possibly unknown root is **Jerusalem artichoke**, also known as sunchokes. These tubers are from a plant closely related to the sunflower. The starch in Jerusalem artichokes is called inulin and is really long-chain starch composed of fructose molecules. This means that the starches absorb into your bloodstream really slowly, like the opposite of white flour or sugar. The flip side is that they can be hard to digest, which has won them the fond name of "Fartichokes" in some households. Cooking them well helps. These interesting tubers provide carotenes, B vitamins, potassium, calcium, magnesium and iron. To prepare, simply scrub well. No need to peel.

### **Mashed Jerusalem Artichokes**

Cook whole Jerusalem Artichokes in boiling water for 15 minutes. Drain. Mash with butter, grated fresh ginger, salt and pepper.

### **Sautéed Sunchokes with Sunflower Seeds**

*Adapted from **Vegetarian Cooking for Everyone** by Deborah Madison*

1 1/2 pounds sunchokes (also called Jerusalem artichokes), sliced into 1/4 inch rounds  
2 tablespoons sunflower seed oil, or other high heat oil such as peanut or grapeseed S & P to taste  
3 Tablespoons sunflower seeds, toasted  
2 Tablespoons parsley, chopped  
1 teaspoon chopped thyme

Sauté the sunchokes in the oil in a large skillet over high heat until lightly browned and tender but still a bit crisp. Taste them as they cook; they can be done in 5 minutes or as many as 10 minutes. Season to taste with S & P, add the sunflower seeds, parsley, and thyme, and toss well.

### **Orange and Fennel Salad**

*www.foodnetwork.com*

3/4 lb. Fennel (what you got in your share), sliced  
2 medium oranges, peeled  
1 Tbs. olive oil  
1 Tbs. red wine vinegar  
Salt and pepper  
2 Tbs. dried cranberries (on sale at the Co-op now!)

Place the sliced fennel in a salad bowl. Slice oranges to divide flesh sections and add to bowl. Drizzle with olive oil, red wine vinegar, and salt and pepper. Toss, top with cranberries and serve.

### **Oven Jerusalem Artichokes with Fennel**

1 lb. Jerusalem Artichokes, cut in 1/2" cubes  
1 medium 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 Jerusalem artichokes, 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 artichokes are crisp on all sides, 30-35 minutes. Serve immediately.

**Chioggia Beets and Greens Pasta-** *This sauce utilizes both the beets and their leafy tops, so freshness is paramount. Boiled and diced beets are added to a simple sauce of tender beet greens wilted in garlic and olive oil. A splash of lemon juice helps balance the sweetness in the beets, as does the gentle bitterness of the greens themselves.* **Pasta e Verdura, Jack Bishop**

1 bunch Chioggia Beets with their leafy greens

1 tsp. salt, plus some to taste

¼ cup olive oil

4 cloves fresh garlic

1 ½ Tbs. fresh lemon juice

1 lb. Pasta (best choice: fusilli or other short curly shape)

1. Bring 4 quarts of salted water to a boil in a large pot for cooking the pasta.
2. Slice the beet stems where the leaves begin and set the leaves aside. Trim all but the last inch of the stems from the beets themselves. Trim any dangling roots and wash the beets to remove any dirt. The trimmed beets should weigh about 1 pound. (Julia's note: if you have a beet or 2 left over, they are good grated raw into a salad.)
3. Place the beets in a medium saucepan and cover with water. Bring the water to a boil and add salt to taste. Simmer until the beets are tender enough so that a metal skewer slides easily through them, about 25 minutes. Drain the beets and cool them slightly. Use paper towels to hold the beets and rub gently to slip off their skins. Trim and discard the remaining portion of the stem. Slice the peeled beets into thin rounds and set them aside.
4. While the beets are cooking, place the beet greens in a large bowl and soak in several changes of cold water until no grit appears on the bottom of the bowl. Shake the leaves to remove excess moisture but do not dry them. Slice the damp leaves crosswise into 1/2 inch wide strips and set them aside. There should be about 5 cups of shredded beet greens. (Julia's note about the 'several changes of cold water': I just wash the beets, but then I'm not a fussy chef from New York City....)

5. Heat the oil in a large sauté pan with a cover. Add the garlic and sauté over medium heat until golden, about 2 minutes. Add the beet greens and 1 teaspoon salt. Stir several times to coat the leaves with the oil. Cover and cook, stirring several more times, until the beet greens have wilted, about 5 minutes.

6. Stir in the cubed beets and the lemon juice and cook until heated through, about 1 minute. Taste for salt and adjust seasonings if necessary.

7. While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the beet sauce. Mix well and transfer portions to warm pasta bowls. Serve immediately.

### **Really Green Stir-fry**

Red Mustard  
Baby Pac Choi  
Broccoli  
Sweet Onion  
Sesame, olive or sunflower oil  
Fresh ginger  
Fresh garlic  
Soy Sauce

Stir-fry all the veggies in oil until just tender. Toss in garlic, ginger and soy sauce. Serve immediately with steaming hot rice.



**Week 20 CSA Newsletter**

**October 21, 2009**

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

Spinach  
Cilantro  
Red Radish  
Adult Pac Choi  
Leeks  
French Fingerling Potatoes  
Cipollini Onions  
Delicata Squash

### **Finishing Up Fall Jobs on the Farm**

Last week was really productive on the farm. We moved our hoop houses to cover the bountiful Swiss chard for the winter. We also dug up the dahlias and stored them away in the cooler for the winter, safe from freezing. This week we are hoping to get the garlic planted and the onions cleaned and stored away. Little by little we hack away at the last of the fall projects. The work has been going considerably faster thanks to the help of our devoted volunteer

Jeremy Blackman. Jeremy showed up a couple weeks ago after a summer long bike trip across the country, eager to help. He recently graduated from UC Berkley and is pursuing interests in writing and food. He is very bright, and keeps us laughing with his great sense of humor. He's been helping out three days a week for the past three weeks and has been a huge asset. Thanks Jeremy!

### **Eat Your Colors!**

During this flu season time, remember to eat your colors! Diverse vegetable and fruit colors correspond to different nutrients and help keep your body ready to fight off colds or blast through them quickly. Delicata and other winter squash with their vibrant orange and yellow flesh are rich in Vitamin A, just like carrots. The red of radishes, red potatoes, beet greens and red chard contain flavanoids, which are antioxidant compounds important for a healthy immune system. And of course, we all know how good greens are for you. Green leaves are loaded with chlorophyll, which is an antioxidant as well as cleansing to the blood. Don't forget to add a little vinegar or lemon juice to help make the minerals more available for you to digest. Diverse colors on your dinner plate have an additional benefit as well- they are beautiful! We've all had experiences of sitting down to a drab colored meal, or a sloppily laid out plate and the effect is the food just doesn't taste as good. Your eyes don't lie- food that looks vibrant really is.

### **Recipes**

#### **Rainbow Feast**

2 Delicata Squash  
Olive oil  
1 Leek, chopped  
½ Onion, chopped  
½ bunch Pac Choi, chopped  
½ bunch Spinach, chopped  
Salt and pepper to taste  
1 Tbs. red wine vinegar  
2 Tbs. chopped fresh Cilantro  
3 Red Radishes, thinly sliced

Slice the delicatas in half, scoop out seeds and pulp and break off stem. Steam until tender. Meanwhile heat the oil in a skillet over medium heat. Sauté the onion and leeks until tender. Add in the Pac choi and spinach. Continue to sauté, stirring often until the greens are just tender, but not over cooked. Season with salt and pepper and vinegar and set aside. Arrange the squash on plates or a platter. Artfully drape the greens sautéed over the squash. Garnish with chopped cilantro and radish slices.

#### **Oven Roasted Potatoes-** *Fingerling potatoes, with their waxy texture, make THE BEST roasted potatoes*

2 lbs. French Fingerling Potatoes  
½ Cipollini Onion  
Salt and pepper  
Olive oil  
Chopped cilantro

Chop the potatoes into 1" cubes. Chop the onion. In a large bowl, toss the potatoes and onions with salt and pepper and olive oil. The oil should evenly coat the potatoes. Place in a single layer on a baking sheet. Bake at uncovered at 425 degrees for one hour. Half way through, turn the potatoes. Sprinkle with chopped cilantro before serving.

### **Spinach Radish Salad with Cilantro Caper Lime Dressing**

Spinach, washed and chopped  
Radishes, thinly sliced  
1 clove garlic, finely chopped  
1 1/2 tsp whole grain mustard  
2 limes, finely grated rind and juice  
1 Tbs. white wine vinegar  
4 Tbs. olive oil  
1 tsp. capers  
3 Tbs. fresh Cilantro, chopped  
Freshly ground black pepper to taste

Place the garlic, mustard, lime rind, juice, and vinegar in a bowl and mix together. Slowly pour in the oil, whisking constantly, until well emulsified. Stir in the capers and cilantro. Season with black pepper to taste. Toss in a large bowl with the prepared spinach and radishes. Serve immediately.



**Week 21 CSA Newsletter**

**October 28, 2009**

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

Dill  
Broccoli  
Carrots  
Baby Head Lettuce  
Walla Walla Sweet Onion  
Baby Arugula  
Celeriac  
Swiss Chard  
All Blue Potatoes

Everything on the farm is going along just farmingly! I am truly enjoying this fall season, the slower pace, the longer evenings to read and reflect, and the dwindling of outside work to do. Not much exciting has really been going on. The crew remaining at this point is Emily, Jay, Kelsey and Chandra, although everyone is only part time at this point. I have been so lucky to have a crew with such a positive attitudes, hard-working, and fun. I am so pleased that many of this year's crew will be returning next year for more Red Dog fun!

I included a brochure from Tilth Producers in this week's share. Tilth Producers is a wonderful, necessary non-profit serving sustainable, organic farmers of Washington and surrounding counties. They host an invaluable conference every year. I have attended most of the past nine conferences. I invariably learn many new farming strategies and techniques, get invigorated for the next growing season, and connect with other farmers, sharing ideas, struggles, and encouragement. Tilth also is a political force, working to benefit small-scale sustainable

growers. They also do education and outreach to get the word out about local farmers markets, CSA's and other ways people can connect with local food. Tilth recently published an excellent flyer of Jefferson/Clallam counties CSA Farms. Take a look at their brochure, and if you want to know more, visit their website at [www.tilthproducers.org](http://www.tilthproducers.org). I am greatly looking forward to attending their annual conference in a couple weeks!

## **Recipes**

### **Dilled Carrots**

2 large Carrots, thinly sliced on the diagonal  
½ cup chopped Sweet Onion  
1 Tbs. olive oil  
1 tsp. chopped fresh Dill  
Salt and pepper to taste

In a saucepan, sauté the onion in olive oil until tender. Add in the carrots. Stir fry for several minutes, then cover, reduce heat and let cook for just a couple minutes, taking care to not over-cook. Remove from heat. Season with dill, salt and pepper and serve.

### **Dilled Carrot Salad- [www.epicurious.com](http://www.epicurious.com)**

1 Tbs. oil  
1 Tbs. white wine vinegar  
2 tsp. stoneground mustard  
1 Tbs. chopped fresh Dill  
1 tsp. sugar  
¾ lb. Carrots

In a bowl whisk together all ingredients except carrots and season with salt and pepper. In a food processor fitted with fine-shredding disk or using large holes of a hand grater grate carrots and stir into vinaigrette.

You could add greens like torn up lettuce pieces and baby arugula to this salad, if desired.

### **Breakfast Blues Potatoes**

1 lb. Blue Potatoes, cubed  
2 Tbs. Olive oil  
½ cup chopped Sweet Onion  
1 clove minced  
2 leaves Swiss Chard, washed and sliced cross-wise  
Dash Tabasco sauce (optional)  
Salt and pepper to taste  
Jack Cheese (optional, Mt. Townsend New Moon is exceptional!)

Parboil the potatoes for two minutes. Drain and set aside. Sauté the onion in oil until tender. Add in the garlic and potatoes. Stir every few minutes to get even browning. Once the potatoes are cooked, add in the Chard. Stir until wilted, then cover and reduce heat until tender. You may need to stir a couple times. Season with Tabasco, salt and pepper. Sprinkle with cheese, if desired.

### **Celery Root and Apple Soup- [www.epicurious.com](http://www.epicurious.com)**

¼ cup butter  
4 cups ½"-cubes peeled celery root (aka Celeriac)  
3 cups ½"-cubes peeled cored Granny Smith apples  
1 ½ cups chopped onion  
4 cups chicken or vegetable broth  
½ cup chopped chives

½ cup grapeseed oil (or any mild vegetable oil)  
Salt to taste  
1 package bacon

Melt butter in heavy large pot over medium heat. Add celery root, apples, and onion. Cook until apples and some of celery root are translucent (do not brown), stirring often, about 15 minutes. Add 4 cups broth. Cover and bring to simmer. Reduce heat to medium-low; simmer covered until celery root and apples are soft, stirring occasionally, about 25 minutes. Remove from heat; cool slightly. Working in batches, puree soup in blender until smooth, adding more broth by ¼ cupfuls to thin to desired consistency. Return soup to pot. Season to taste with salt and pepper. Puree chives, grapeseed oil, and pinch of salt in blender until smooth. Set aside. Cook the bacon, drain and crumble. Rewarm soup over medium heat. Divide soup among bowls. Sprinkle bacon crumbles over each serving. Drizzle each bowl with chive oil.

### **Roasted Celeriac**

Celeriac, peeled and cubed  
Onions, chopped into large pieces  
Olive oil  
Salt and pepper

Toss the celeriac and onion in oil, salt and pepper. Roast in 400 degree oven for about 30 minutes, until tender.



**Week 22 CSA Newsletter**

**November 4, 2009**

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

Lettuce  
Broccoli  
Brussels Sprouts  
Carrots  
Leeks  
Garlic  
Beets  
Spinach  
Cauliflower (small shares only)

November already! Wow, time flies. This week is already the 22<sup>nd</sup> week of the CSA, meaning only two weeks left in the summer/ fall program! For those of you interested in signing up for the winter, do so soon to secure your spot. In your share this week is a survey asking you to evaluate your experience with the CSA this season. I really value your feedback and suggestions, so please take a moment to fill it out and return to me. And please, if you enjoyed the CSA program this season, please tell a friend. And if you have complaints, please tell me!

The most notable event on the farm this week was the wind storm Friday night which destroyed the farm stand. The gusts of wind picked up the structure and flipped it over, knocking down the small fridge in the process. Luckily, the stand was anchored down adequately in one location, enough to keep it from continuing to blow down the valley. And also luckily, the big glass-front fridge was not damaged. And most luckily, no one was hurt. I am bummed to have to deal with farm stand clean-up right now, when I am trying to coordinate getting other things done. And, I was hoping to be able to leave the stand open at least a little longer, if not through the

winter. But lessons have been learned. First of all, no more temporary structures! All structures at Red Dog Farm need to be solid walled and/or secured with concrete. Second, the farm stand was really successful this year and definitely deserves a more permanent structure on the farm, so now I know that it is worthwhile to build one this winter. And third, the wind here is really, really, really powerful!

Over the past week we have really tied up a lot of loose ends. We finally finished cleaning the onions and shallots and now they are all stored away in their dry storage locker. We also carried in the irrigation pipe and some other remnants in the field. Last Thursday, we planted our garlic. This year we planted two varieties: Siberian and Nootka Rose. Nootka Rose is especially good for braiding.

Garlic is propagated by replanting individual cloves, which then grow a new bulb the following year. The new bulb is genetically identical to the bulb from which the "seed clove" came from. For that reason, after we bring in our crop of garlic, we first sort through it to make sure we save all the biggest, most vigorous bulbs for replanting the following fall. Since this year was the first year I grew garlic (didn't own the land the previous year!), I had to keep back the majority of this year's crop to replant for next year's harvest. Another thing about garlic is that it's really expensive, so it makes more sense to increase the crop gradually, rather than just buy a whole bunch the first year. Last year, we planted 50 lbs and this year, 90 lbs. In just a couple of years, there will be plenty of garlic to go around, but for now, we're planting for the future.

I hope you all got a chance to get out and enjoy the beautiful weather last weekend!

## **Recipes**

### **Dina's Brussels Sprouts**

Brussels Sprouts

Minced garlic

Olive oil

Pine nuts

Prepare Brussels Sprouts by trimming off excess stem. Cut each sprout in half. Wash well, drain and set aside.

In a heavy skillet, dry roast the pine nuts over medium heat until lightly toasted and fragrant. Pour into a bowl and set aside. Heat the olive oil in the skillet over medium heat and sauté the garlic for about 30 seconds. Add the Brussels Sprouts and sauté until just tender and slightly browned. Remove from heat, add in the toasted pine nuts and serve immediately. Also good cold the next day!

### **Broccoli Sausage Pasta- [www.mariquita.com](http://www.mariquita.com)**

1 lb turkey Italian sausage

1 lb broccoli

1 box shaped pasta

1 onion and as much garlic as you can stand

Toasted Pine nuts

Parmesan Cheese

Chicken Stock

Red Pepper flakes

Sauté onion and garlic in pan until softened. Add sausage and sauté until browned. At the same time, blanch the broccoli in boiling water and drain and cook pasta in boiling water until Al dente. Once

Broccoli is done add it to the sausage mixture along with crushed red pepper flakes to taste. Add small amount of chicken or vegetable stock to moisten the "sauce".

Place a good amount of pasta on plate, add shaved parmesan, and "sauce". Add more parmesan and toasted pine nuts.

**Asian Broccoli-** [www.mariquita.com](http://www.mariquita.com)

1 bunch broccoli  
1 tsp. minced garlic  
1/3 c. chicken broth  
2 Tbs. soy sauce  
1/4 tea. sesame oil

Peel the stems on the broccoli. Slice into "coins." Cut the tops into flowerettes.

Heat a wok until very hot. Add the oil and immediately add the garlic. Let sizzle for 15-20 seconds. Add the remaining ingredients and give everything a quick stir. Without turning the heat down, cover the wok and let steam for 4-6 min., until the broccoli is done.

**Chocolate Chip Carrot Cake** adapted from *Recipes from a Kitchen Garden* by Shepherd & Raboff

1 cup butter, softened  
2 cups sugar  
3 eggs  
2 1/2 cups flour (I use half whole wheat)  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon allspice  
2 Tablespoons cocoa powder  
1/2 cup water  
1 Tablespoon vanilla  
2 cups shredded carrots  
3/4 cup chopped nuts  
3/4 cup chocolate chips

Preheat oven to 350 degrees.

Cream butter and sugar until light and fluffy. (I use my standing mixer for this recipe!) Add eggs one at a time, beating well after each addition. Sift dry ingredients together. (if using whole wheat flour mix thoroughly but don't sift); add to creamed mixture alternately with water and vanilla. Fold in carrots, nuts, and chips. Pour/smooth into greased and floured 9x13 inch pan. Bake for 45 minutes. Cool and top with dusted powdered sugar or a citrus glaze or a cream cheese frosting.

**Soft Polenta with Leeks-** *Bon Appetit, February 1999*

3 Tbs. butter  
3 large leeks (white and pale green parts only), thinly sliced  
2 1/4 cups (or more) water  
2 cups canned chicken broth  
1 bay leaf  
1 cup polenta\*  
1/3 cup freshly grated Parmesan cheese

\*Sold at Italian markets, natural foods stores and some supermarkets. If unavailable, substitute 1 cup regular yellow cornmeal, and cook leek-cornmeal mixture for about 15 minutes rather than 35 minutes.

Melt 2 tablespoons butter in heavy large saucepan over medium heat. Add leeks; stir to coat. Cover and cook until leeks soften, stirring occasionally, about 10 minutes. Add 2 1/4 cups water, broth and bay leaf. Bring to boil. Gradually whisk in polenta. Reduce heat to medium-low and cook until mixture is thick and creamy, stirring often and thinning with more water if necessary, about 35 minutes.

Remove pan from heat. Discard bay leaf. Stir in remaining 1 tablespoon butter and Parmesan cheese. Season polenta to taste with salt and pepper. Divide polenta among plates. Serves 4.



**Week 23 CSA Newsletter**

**November 11, 2009**

**In your share this week:**

Red Russian Kale  
Italian Parsley  
French Fingerling Potatoes  
Fennel  
Sweet Dumpling Squash  
Kohlrabi  
Green Butter Lettuce  
Arugula  
Cauliflower (large shares only)

I'm sorry that the newsletter is getting out so late this week- I'll be more on top of it next week!

So, this has been a busy week; the highlight being our end of the season farm celebration potluck celebrating all the amazing people who made up the farm crew this year. At the party, the crew awarded me the "Top Dog Award", a trophy of a gold covered giant kohlrabi! I was so honored that they would think of bestowing me with the rank and prestige of a giant golden kohlrabi. It is one of my most cherished possessions.

Besides celebrating, we also brought in the remainder of the potatoes. And not a moment too late as the rain really started to flood out that part of the field the following day. We

harvested about 2 ½ tons of the delicious tubers and now have them safely stored away for winter eating. Varieties we have in storage are All Blue, French Fingerling and Russet. Unfortunately I did not plant enough Yukon Gold and Red Potatoes to get us through the winter, but next year I'll tweak the planting amounts so that I do.

For those of you who might have missed the news, the Summer/ Fall CSA is drawing to a close. Next week, November 16<sup>th</sup> is the last CSA share pick-up! If you've enjoyed the summer and fall and want to give the winter share a go, NOW is the time to sign up. Attached is the winter brochure for you to fill out and send in. For those of you who only participate in the summer/fall share, thanks for a great season and I will be in touch again in a couple months with info about next year's summer CSA program. For all, whether you are continuing on as a winter member or not, PLEASE, PLEASE, PLEASE! Fill out a survey. I included a paper copy in your share last week. I'll also attach it to this email. Feel free to fill it out anonymously if you wish. I really need to get your feedback to learn how the program went for you this year and to get ideas on how to improve for next year. THANK YOU for taking the time to share your thoughts.

Did you know parsley has the highest protein content of any leafy green vegetable. It is also super high in Vitamin C. Use this flavorful green as a garnish or as a vegetable. I most enjoy chopping it and eating in salads. It's best to eat raw or lightly wilted. If using in soups, add at the last minute for maximum flavor and nutrition.

Sweet Dumpling Squash are basically a Delicata in a stumpy costume. They taste the same, have the same coloring, and cook the same. They make an attractive base for stuffed squash, or use any way that you would Delicata. With both Sweet Dumpling and Delicata I always eat the skin along with the flesh. It is surprisingly tender!

## **Recipes**

### **Roasted Fennel, Potatoes and Squash**

2-3 small bulbs Fennel  
2 lbs. Potatoes  
1 Sweet Dumpling Squash  
Olive oil  
Salt and pepper to taste  
2 Tbs. or more Italian Parsley, chopped

Prepare the vegetables: slice the fennel bulb, cube the potatoes, cut the squash in half, cut out the stem, scoop out the seeds, leaving skin on, cut into chunks twice the size of the potato cubes. Toss with olive oil, salt and pepper and arrange in a single layer in a glass baking dish. Roast at 375 degrees for 30-60 minutes, until potatoes are tender when pierced with a fork. Sprinkle with fresh chopped parsley and serve.

### **Stir-fried Kale and Kohlrabi**

1 bunch Kale  
3 small or 2 medium Kohlrabi  
2 cloves Garlic, minced  
1" square piece ginger, minced  
2 Tbs. Toasted sesame oil  
1 tsp. Tamari  
2 Tbs. Sesame seeds

Rinse the kale, chop and set aside. Chop the kohlrabi into sticks. I leave the peel on for cooking, however some people prefer to peel kohlrabi. Sizzle the garlic and ginger in the oil over medium heat for 30 seconds. Add the kohlrabi sticks. Stir fry for one minute. Add in the chopped kale. Stir until wilted. Continue cooking until kale stems and kohlrabi is just tender and not overcooked. Remove from heat. Season with tamari and serve.





### In your share this week:

Romaine Lettuce  
Broccoli  
Purple Cabbage  
Leeks  
Radishes  
Spinach  
Celeriac  
Parsnips  
Carrots

Well, this is it: The last week of the Summer/ Fall CSA program! **THANK YOU for your support this season!** And congratulations for making it through a season of eating locally! I know that you probably consumed some vegetables that were new to you this year. You probably also tried your best to enjoy some that aren't your favorites! Good job! Your support helped me to get through a financially difficult year and enabled me to continue farming here at Red Dog Farm. I will be back next year with an even better CSA program. I will have information out about it in January.

I have really enjoyed reading the surveys that some of you filled out and returned to me. If you haven't done so already, please do. I really need to hear from my members about how I am doing. Thanks!

We had the most dramatic harvest day ever today (Tuesday). It started with fields flooded from the massive amount of rain we got Monday night. We harvested the spinach with our boots literally sinking almost a foot into the soft mud. Midday, the sun broke and we enjoyed a sunny lunch break. Then, right after lunch, as we were harvesting bunched greens for the Co-op, we endured a torrential hailstorm- almost 45 minutes of hard solid ice pellets! I wish I had had my camera in the fields. The cabbages nestled under layers of white ice were a beautiful sight! Then, FINALLY, the hail abated and it just poured on us until finally it cleared and the late afternoon was precipitation free. There's nothing like bunching Collards in hail to make me feel like I'm crazy to grow winter crops! But, I just can't help myself.

We've been enjoying lots of bird activity about the farm lately. There are hawks that soar high above the fields, either for fun or hunting or both. The crows come in groups of 30 or so to visit the wetland or farm fields. Ducks are ever present with their disturbed quacking announcing their presence. And then there are always swallows swooping through the air, keeping Rupert well-entertained.

I want to say thank you for those of you who have offered money, labor, lumber, roofing and windows to help build a permanent farm stand this winter. Your contributions are very much appreciated and most of all it feels wonderful to go home after finding the destroyed farm stand to find messages on the phone, email and in the mail offering encouragement and physical support. Thank you!!!

## **Recipes**

### **Purple Cabbage Salad**

Medium Purple Cabbage, chopped  
1 bunch Scallions, chopped  
1 red pepper, diced  
Handful of sesame seeds, toasted  
½ cup apple cider vinegar  
1 tsp. honey  
¼ cup toasted sesame oil

Mix the first four ingredients in a salad bowl. In a small bowl, whisk together the vinegar, honey and oil and pour over the salad.

### **Radish Slaw**, [www.mariquitafarm.com](http://www.mariquitafarm.com)

1/2 lb. Radishes, trimmed and grated coarse (about 2 cups)  
3 cups finely shredded Purple Cabbage  
1 cup coarsely grated Carrots  
1/2 cup thinly sliced red onion  
2 tbsp. fresh lemon juice  
1/2 tsp. sugar  
2 tbsp. olive oil  
2 tbsp. finely chopped fresh cilantro, mint, or parsley leaves

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the coriander, and salt and pepper to taste.

### **Warm Spinach Salad (a variation on Kelley Watson's delicious salad)**

1 bunch Spinach, chopped  
1 medium Carrot, grated  
1 lb. Parsnips, sliced in large round  
1 lb. Celeriac, sliced in large round  
1 lb. Leeks, sliced  
2-4 cloves garlic, minced

**Dressing:**

- 1/2 cup sunflower seeds
- handfull Spinach leaves
- 1/4 cup olive oil
- 1-3 cloves garlic to taste
- 1/4 cup balsamic vinegar

Layer the chopped spinach and grated carrot in a salad bowl. Boil the sliced Parsnips and Celeriac until tender. Meanwhile, sauté the leeks and garlic in a little olive oil until tender. Prepare the dressing in a food processor until smooth. Top the spinach with the sautéed leeks and the sliced root vegetables. Toss with the dressing and eat immediately. Yum!

**THANKS FOR BEING A RED DOG CSA MEMBER THIS YEAR!!!**

*Love, Rupert, Karyn, Emily, Jay, Cha, Kelsey, Mike, Josie, Kaili, Megan, David & Andy*

