



Session 4, Week 1

Oct 3, 2012



Sana greets the day

In your share this week:

Arugula
Golden Beets
Fennel Bulb
Hakurei Turnips
Strawberries
Green Curly Kale

The Signs of Fall

Though the days remain sunny and warm, there is no doubt fall is here. As farmers, we live by the seasons- the length of day, weather, soil temperature, increasing or decreasing day length that each one brings. Where in the peak of the summer it was light from 5am- 10pm, these days we have a mere eleven hours of daylight each day. Just this week, we switched all our start times to 8am, even on harvest days.

The weather has given us little to complain about, though we could really use a good soaking rain. Surprisingly this year we are unusually late in getting a farm-wide killing frost. In our lowest field, which we lovingly call Loretta, we did get a frost almost a month ago now, but otherwise crops are untouched.

Did you know that many plants are sensitive to whether the day length is increasing or decreasing? For example, in January- June, when the daylight hours get a little bit longer each day, plants grow more vigorously. And conversely from July- December, plant growth slows. Of course, there are a number of plants that respond primarily to heat as a growth stimulant as well. Beside air temperature, with plants having half their bodies in the ground, they respond largely to soil temperature. As you might imagine, soil being denser than air, it takes longer to heat up and holds heat for longer as well. By late summer and into early fall, the soil is at its warmest, thus making heat-loving plants the happiest.

On a more human level, everyone on the farm is enjoying the slower pace of fall. We are working fewer hours, which means more time for sleep and play. I am starting to reflect on the year and making plans for next season, one of my favorite parts of farming. I read recently that farmers are, if nothing else, eternal optimists. No matter how stressful a season is, there is always the promise and hope of next year. That certainly holds true for myself. With so much of my livelihood at the whim of weather and nature, when things are hard there is incredible strength gained from knowing it all starts over again next season.

This week we said goodbye to our fabulous picking crew as they picked their last beans and strawberries on Friday. Ben R., Tamara, and Siobhan are all off to other jobs and activities. Sana is continuing on with the Sunday market for one more month. Best wishes to all them as they peel away from the farm and move on to other adventures. For those of us who are left, we have switched into major harvest mode. When we are not harvesting for CSA, markets or special orders, we are pulling in our winter storage crops. We just finished up the shallots yesterday. Next comes potatoes, then celeriac and beets. Our deadline for getting these crops in: Before nighttime temps dip in the low 20's. When that will happen: Unknown, usually between mid-November and mid-Dec.

A fall change you might notice is the shift in produce you receive in your weekly share. Summer crops are fading leaving room for heartier roots and greens. Luckily our strawberry variety keeps producing until a serious freeze, so we will keep including those as long as we can.

I hope your experience of fall is enjoyable and meaningful and delicious!
Karyn

Recipes

Arugula Salad with Fennel and Roasted Beets

- 3 medium Beets, washed, tops removed and cut into same size pieces
- 1 cup extra virgin olive oil
- Salt and freshly ground black pepper
- 2 Tbs. lemon juice
- 1/4 tsp. honey
- 1 Tbs. finely minced chives
- 1 Tbs. diced Shallots
- 1 medium bulb Fennel, top trimmed
- 6 cups baby Arugula
- 4 oz. soft goat cheese (optional)

Preheat oven to 350°F. Place beets in a small baking dish. Add 1 1/2 teaspoons of the olive oil and sprinkle with salt and pepper; toss to coat. Cover and bake for 45 minutes or until beets are tender. Let beets cool, peel off skin, and cut into bite-size wedges. Whisk together remaining olive oil, lemon juice, honey, chives, and shallots. Season with salt and pepper. Add 1 1/2 tablespoons of dressing to beets and toss to coat. Cut fennel bulb in half and remove core. Using a mandoline or sharp knife, thinly slice fennel and transfer to a large bowl. Add arugula and gently toss to mix. Add remaining dressing and toss again. Season with salt and pepper. Heap a mound of fennel-arugula salad in center of each plate. Scatter beets around fennel mixture and serve.

Kale Chips

- 1 bunch Curly Kale
- 1 Tbs. soy sauce
- 1 Tbs. olive oil

Preheat the oven to 350 degrees. Wash the kale and strip each leaf from the center stem. Rip into bite-size pieces. In a large bowl, toss the kale leaves with the olive oil and soy sauce. Arrange in a single layer on a greased baking tray. Bake for 10- 15 minutes until the edges are brown but not burnt. Delicious snack!

Speedy Sautéed Hakurei Turnips and Greens

- 1 lb. Hakurei Turnips
- 1/2 bunch Kale
- 1/2 tablespoon olive oil
- 1/2 tablespoon butter
- Salt and pepper to taste
- 1/4 cup white wine

Rinse the turnips and greens well. Chop the greens into 2" pieces. Cut the turnips into quarters or eighths, depending on size. In a sauté pan with a lid, heat the olive oil and butter. Add the turnips, sprinkle lightly with salt and pepper, and sauté until crisp-tender, about 5 minutes. Remove the turnips from the pan. Add the greens to the pan, along with any moisture still clinging to the leaves. Cover the pan and allow the greens to cook, stirring once or twice, until just tender, 6 to 8 minutes. Add the white wine and cook until almost all the liquid is gone. Return the turnips to the pan; cook 1 to 2 minutes to heat through. Serve immediately.



Session 4, Week 2

Oct. 10, 2012



Rupert 'Ru' Dandelion and Maganita 'Maggie' Rose enjoying a frosty morning on the farm

In your share this week:

Acorn Squash
Sweet Corn
Cherry Tomatoes
Romaine Lettuce
Red Onions
Red Chard
Carrots
Yukon Gold Potatoes (large only)
Celery (large only)

Dog Days on the Farm: a day in the life of Rupert Dandelion

Every morning I wake up early and start the day with a bath. I clean off any dirt that hasn't fallen off my coat over the night. Pretty soon after, my person wakes up and then I hear my daughter, Maggie, stirring. That's how I know it's time to begin my yoga routine. My favorite is the downward dog, but I also do some cat-camel poses to get the blood flowing again. My person finally gets up and gives me a good pet while I pretend to be really sleepy, but as soon as she makes a move toward the door, I am wide awake: I have work to do. I run out the door, every morning, eager to see what has happened overnight. Is there frost? Has it rained? Who has visited? Coyotes? My neighbor? There is a lot to take note of early in the morning. After a bit I settle down for a nap in the driveway. I like a spot that gives me a good view of my home and the farm driveway so I don't miss any action. Maggie is pretty lazy in the morning, so she usually just comes out with me for a minute, then goes back inside to nap.

The excitement really starts to happen when my person finally heads out of our home and to the barn. Usually the farm workers show up around this same time. I like to run ahead of my person and make my characteristic greeting, "Roo, roo, roo", just so everyone knows we have arrived. Maggie gets all amped up and decides this is a great time to have a play fight. She latches onto my neck fur and we scrapple in the dust of the barn. My person thought it was cute at first, but now she is training us to not make such noisy, dusty play while the farmers are having their morning meeting. I know the rules pretty well, but Maggie acts like she can't remember. Seems like when I was her age, I was on perfect behavior all the time, but my person tells me differently.

At this point in the day, all the people head off to work. Some days they load up the truck and all work together in the field. They spend all day cutting, digging, and pinching the plants in my field. They fill the truck more times that I can count and haul everything into the barn to wash and put away in the cooler. These days are my favorite, as my person is always out in the field all day, and I can keep track of everyone. Maggie and I spend the day alternating between sleeping in perfect dog-nap hollows in the field, barking at our neighbor, Amo, digging for field mice and voles, and playing games with

each other. Sometimes we get into more serious work mode and I chase birds and Maggie chases butterflies. It's hard work but someone has to do it.

Other days, my person spends a lot of time on the computer or the phone. On these kind of days, I catch up on sleep. These days can get kind of boring, but my person also does a lot of walking around the farm, talking to people and checking on things, so it never takes too long before I'm needed to accompany her.

At lunch time, Maggie and I and all the farm workers gather in the barn kitchen. We take naps under the table, while the people cook the most delicious meals I have ever smelled. Sometimes we get a nibble or two of their scraps from the compost pile. In the afternoon, there's more work to do, and more naps, and before we know it it is dinner time. Sometimes after dinner my person drives the tractor around the farm. This is one of most important jobs: chasing the birds who land in the field. Really I just like to keep company with my person.

Finally, it is bedtime again. I like sleeping under my home, but my person makes me come inside so I don't bark all night. And right before we really settle down for the night, we take a walk in the dark all over the farm to turn on irrigation. Sometimes there are a lot of coyotes around, so I keep them all away from my person and Maggie by barking really loud and running circles around the farm. After that, it's really bedtime and I get to sleep on the couch. It's always a big day the next day, so I'm sure to fall asleep quick so I am ready for work in the morning.

Produce Notes

Frost has found the farm! We have had a series of hard frosts, the first one coming early Friday morning last week. The frost is welcome this time of year as it sweetens many of our fall/ winter crops and helps us finally say goodbye to the summer crops we are really tired of picking. But, it can cause a small amount of superficial damage, which you will see on your **Romaine Lettuce** this week. The brown edges on the leaves are perfectly fine to eat and you won't notice them one bit in your salad or sandwich. Enjoy some of the last lettuce of the year!

Our **Winter Squash** this year was a crop failure and I'm surprised we even managed to pull out a few squash. The acorn squash in our share this week are some of the precious few, and I wish I could say that since there are so few, they are really delicious, but unfortunately that's not true. They are not fully ripened so have not developed the sweet, dense flavor you would expect. So, treat them more like a combination between winter and summer squash. Use them in sautees, soups, pasta, or stuffed, rather than roasted alone.

Sweet Corn, finally! It is tasty and sweet and we have lots more to come! You will notice that the ears do have aphids on the outside of them. They are perfectly fine inside, so just peel them and wash them well before cooking.

Happy eating!
Karyn

Recipes

Acorn Squash with Sausage, Onion and Sage Cornbread Stuffing

- 2 Tbs. butter
- 1 box corn muffin mix
- 1 large egg
- 1/2 cup milk
- Olive oil for pan
- 1 large Acorn Squash
- 1/2 lb. sweet or hot pork sausage links
- 1 onion, chopped
- 2 tsp. chopped, fresh sage
- 1 Tbs. minced Garlic
- 1/4 cup stock

Preheat oven to 400 degree F and butter an 8-inch square metal baking pan. Line bottom of pan with waxed paper; then butter paper. Prepare corn muffin mix, adding egg and milk, according to package directions; spoon each batch of batter into prepared pans to make corn bread. Smooth tops and bake in middle of oven until golden brown and a toothpick inserted in center comes out with a couple of crumbs clinging to it, about 20 minutes. Let corn bread cool in pans 10 minutes, then run a thin knife around edges and invert onto wire rack to cool completely. Cut into 3/4-inch cubes. Preheat oven to 375 degree F. Lightly oil a large baking pan. Season cavity of squash with salt and pepper. Arrange squash, cut side down, on prepared pan and bake in middle of oven until almost tender, about 25 minutes. Remove pan from oven, carefully turn squash over with a spatula and let stand at room temperature while making stuffing. Remove sausage from casing and cook in a large skillet over moderately high heat, stirring and breaking up sausage, until golden brown and no longer pink, about 5 minutes. Transfer with a slotted spoon to a bowl. Drain all but 2 tablespoons fat from skillet. Melt 2 tablespoons butter in skillet and add onions, celery, sage, and garlic; cook over moderate heat, stirring, until tender, about 10 minutes. Transfer to large bowl with sausage, add corn bread cubes and toss gently to combine. Season with salt and pepper. Butter a shallow 3-quart glass baking dish. Spoon about 1 cup stuffing into each squash half in pan. Spoon remaining stuffing into prepared dish; drizzle with stock and dot with remaining 4 tablespoons butter. Bake stuffing and squash in upper and lower thirds of oven, uncovered, until top is crispy and golden brown, about 30 minutes. Makes 2- 4 servings.

Swiss Chard Skillet Supper with Corn and Cherry Tomatoes

- 1 bunch Swiss Chard, washed and sliced into strips, stems too!
- 1 small Red Onion, chopped
- 2 Tbs. butter
- 2 ears Sweet Corn, cut off the cob
- 1 pint Cherry Tomatoes, sliced in half
- Salt and pepper to taste

Over medium heat, saute the onion in butter until translucent. Add the wet chard leaves. Stir until wilted, then cover and steam for 5- 10 minutes, until cooked. Remove from heat and stir in the corn and tomatoes. Season with salt and pepper.



Session 4, Week 3

Oct. 17, 2012



photo by Deb Swanson

In your share this week:

Pink Radishes
Sweet Corn
Jerusalem Artichokes
Celeriac
Italian Parsley
Stir-fry Mix

Cover Cropping

Last week everyone on the farm helped to get the cover crop seed in before the rains came. Ben spent three solid days on the tractor, tilling harvested beds, and then going over the fields again once the seed was spread to incorporate the seed an inch or two into the soil. Ben said he didn't mind spending all that time on the tractor in the trying dry conditions, but he wasn't a big fan of having dust in his nose, mouth and eyes!

Brandon and Erin seeded the cover crop with a broadcast spreader, basically a backpack with a spinning mechanism underneath it where the seed comes out. They walked the fields, seed spraying out in 15' wide swaths. Meanwhile, everyone else kept all the other farm operations going to support this effort.

In case the concept of cover cropping is new to you, I'll explain. Cover cropping involves growing a crop for the soil. We don't harvest any part of this crop. Cover cropping fulfills several important jobs, depending on which varieties used: protecting the soil over the winter, shading out weeds, inhibiting weed seed germination, adding organic matter to the soil, adding nitrogen to the soil, improving soil structure, breaking up hard pan, and providing food for soil microbial life. This past week we seeded some fields in crimson clover, a beautiful red clover flower that also attracts bees, and some in an oat/ vetch mix. It's always a good feeling to get the cover crop in. It's like doing the right thing and giving back to the soil that has provided so abundantly for us all season long.

Potato Harvest: Check

Just today we finished our potato harvest, thankfully. It was not a fun job this year as we had late blight earlier than one would think a disease with the word 'late' in it would be. That resulted in a very light tuber set, which meant crawling along the ground without finding many potatoes. But, it is a good feeling to have them all collected. And now that we have them amassed in one spot, it does look like a lot. Laura spent a lot of time harvesting the potatoes this past week and is especially glad to be done with the job.

Wind and Rain

After the protracted summer days, the stormy wind and rain reminds me what winter is really like. Somehow I was more focused on the lazier days, warm soup, getting to read novels and watching movies. Reality check: It also involves working in the cold, fighting the wind's effect on anything not bolted or concreted to the ground, and bundling up to keep warm and dry. Every season brings with it blessings and challenges so I plan to mostly continue to focus on the soup and movies.

Eat well and stay warm,
Karyn

Recipes

Celeriac & Apple Salad with Creamy Honey Dijon

Dressing- www.riverfarmri.com

Serves 6 as a side.

- 1 T shallot, minced
- 1 T cider vinegar
- 1 t fennel seeds
- 2 t mustard seeds
- 1 T Dijon mustard
- 1 T honey
- 1 t mayonnaise
- ½ t salt
- several grinds black pepper
- 3 T vegetable oil
- 3 T buttermilk

- 1 medium celeriac, cleaned and peeled
- 1 tart apple
- 1 T parsley, chopped fine
- 2 t tarragon, chopped fine

Place the shallot and vinegar in a small bowl to macerate. Toast the fennel in a dry pan over low heat for a minute, then add the mustard seeds and continue toasting until fragrant. Set aside to cool in a medium bowl.

Whisk the vinegar and shallot, mustard, honey, mayonnaise, and seasonings into the toasted seeds. Continue whisking while very gradually adding the vegetable oil, then stir in the buttermilk.

Coarsely grate the celeriac and apple using a food processor or box grater. Immediately toss with dressing, then stir in the herbs and adjust seasonings. Refrigerate until ready to serve.

Fresh Corn and Jerusalem Artichoke Soup

- Corn kernels (cut from 4 to 6 ears)
- 1 lb. Jerusalem Artichokes, cubed
- 6 cups water
- 1 tablespoon kosher or coarse sea salt
- 1/4 cup chopped fresh Parsley

Simmer corn and Jerusalem artichokes with salt in the water, covered, 20 minutes, or until very tender. Purée soup in batches in a blender until very smooth. Can be served hot or cold. If soup is too thick, thin with water. Serve sprinkled with fresh parsley.



Session 4, Week 4 Oct. 24, 2012



Sebastian and Allie in a past year's pumpkin harvest

In your share this week:

Baby Pie Pumpkins
Spinach
Shallots
Parsnips
Sweet Corn
Red Russian Kale
Garlic

My culinary thoughts ultimately go towards winter squash this time of year. The changing leaves and impending Halloween holiday have me thinking orange, mirroring the fleshy insides of this cold-weather crop.

Winter Squash, *cucurbita maxima*, is in the same family as its' summer loving cousins zucchini, summer squash and cucumber. It is planted in the early summer months as it has a long growing season then harvested in September or early October. Squash is then given a period of "curing" time where it sits in a warm zone (typically a greenhouse, or outside if temperatures and lack of rain allow) letting the outer skins dry and thicken up to prepare for long-term storage, where it will store for months if kept at a temperature between 50 and 55 degrees.

All varieties of cucurbits have both male and female flowers on them, meaning they have the power to pollinate themselves, but are prone to cross-pollinate with other varieties of their family. This can be exciting in thought, but frustrating for a home-garden-seed-saver hoping to carry on a perfect pie pumpkin from season to season as the purity of saving a seed from one pumpkin cannot be ensured unless hand pollination is utilized and only one variety of squash is planted.

There are dozens of varieties of this clumsy and sometimes awkward vegetable--think warty gourd--but most common and accessible are butternut, pumpkin, spaghetti, Hubbard, delicata, kabocha and pumpkin.

According to "From Asparagus to Zucchini- A Guide to Cooking Farm Fresh Seasonal Produce" by MACSAC, Winter Squash was not grown in North or Central America before European colonization like summer squash, but rather flourished first in South America until it finally found its way north in the early to mid 1800's. It was an important winter storage food, especially in New England.

While beloved for its starring role in pies and spiced quick breads, this adaptable vegetable should be rewarded by making its way to your table for being high in potassium, vitamin A, fiber and complex carbohydrates.

Enjoy those baby pumpkins this week!

Warm wishes,
Hanni

RECIPES

If you haven't heard of Madison Area Community Supported Agriculture Coalition's publication "From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce", I highly recommend it. It is a go-to for any CSA member as it lists vegetables alphabetically including a brief history of its' origins, cooking and storage tips and simple and flavorful recipes straight from farm owners and CSA members themselves! It is a great resource when you have little inspiration or no clue what to do with those less than familiar vegetables that grace your share from week to week. Here is an example of the kind of recipe you can expect to find in this book:

Cranberry Pumpkin Squash Molly Bartlett, Silver Creek Farm

- 1/2 cup raw fresh cranberries (substitute dry ones if you don't have fresh)
- 1 small apple, cored, chopped into small pieces
- 1/4 cup currants
- 1/2 cup orange juice
- 1 1/2 tablespoons honey or maple syrup
- 1 tablespoon melted butter
- pinch salt
- 2 small pumpkins (or acorn squash) cut in half, seeds removed

Heat oven to 350 degrees. Combine cranberries, apples, currants, orange juice, honey, butter and salt in a saucepan. Heat until berries are just tender. Place squash in ovenproof dish. Fill cavities of squash with fruit. Cover dish and bake until squash is tender, about 35-45 minutes. Makes 4 servings.

Black Bean Pumpkin Soup from smittenkitchen.com and Gourmet 1996

- Three 15 1/2 ounce cans black beans (about 4 1/2 cups), rinsed and drained
- 1 cup drained canned tomatoes, chopped
- 1 1/4 cups chopped onion
- 1/2 cup minced shallot
- 4 garlic cloves minced
- 1 tablespoon plus 2 teaspoons ground cumin
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 stick (1/4 cup) unsalted butter
- 4 cups beef broth
- a 16-ounce can pumpkin puree (about 1 1/2 cups)
- 1/2 cup dry Sherry
- 1/2 pound cooked ham, cut into 1/8-inch dice
- 3 to 4 tablespoons Sherry vinegar
- Garnish: sour cream and coarsely chopped lightly toasted pumpkin seeds

In a food processor coarsely puree beans and tomatoes.

In a 6-quart heavy kettle cook onion, shallot, garlic, cumin, salt, and pepper in butter over moderate heat, stirring, until onion is softened and beginning to brown. Stir in bean puree. Stir in broth, pumpkin, and Sherry until combined and simmer, uncovered, stirring occasionally, 25 minutes, or until thick enough to coat the back of a spoon.

Just before serving, add ham and vinegar and simmer soup, stirring, until heated through. Season soup with salt and pepper.

Serve soup garnished with sour cream and toasted pumpkin seeds.



Session 4, Week 5

Oct. 31, 2012



Farm crew in mid-August

In your share this week:

Red Beets
Celery
Leeks
Kennebec Potatoes
Arugula
Stir Fry Mix
Carrots (large only)
Curly Parsley (large only)

We will miss you Erin!

We say god-bye this week to our friend and co-worker, Erin Jakubek. Erin, though not moving far in distance, will no longer be working with us in the fields and at market. Erin will spend the winter working at the Chimacum Corner Store. After that, the world's her limit! We wish you the best, Erin.

Youth of My Mind

As a youth I spent my fall mornings bounding down the cliffs above Black's Beach in San Diego, CA. Looking South from the cliffs of the Torrey Pines Gliderport, where the trail head down to Black's is located, you can peer across the waves below, beyond the Scripps Pier of Oceanography, and feast your eyes upon the billion-dollar mega mansions of La Jolla. If you turn your glance slightly northward you might notice one of many people launching from the nearby gliderport, apparently the Mecca of paragliding amongst close knit glider circles. And if you happen to focus your gaze slightly downward, you might happen to notice the textile of nude bathers, beach blankets, and beach umbrellas sprawled out on the beach below you. But this scene changes dramatically in the Fall. Right around early November the gentle onshore winds of Summer fade away, and the usually drier Eastern wind sailing across the nearby Sonoran and Mojave deserts begin to sculpt and shape the waves. Then the crowds start to head home--the paragliders back to their homes in Nevada and Arizona--and the nude bathers bundle up in t-shirts, jeans, and flip flops for the winter. Around this time, Black's Beach and the surrounding beaches of San Diego become somewhat of a surfer's paradise.

People often ask me if I miss surfing, and the answer is most obviously yes. But I think the more interesting question is: why did you start farming? I don't really know how to respond to this question anymore. I could give the oversimplified answers of I didn't want to work in an office, or I love working outside, but that's not quite it. More often, I return to those feelings I felt surfing in the fall as a youth. Those times were simple, they were basic, or more appropriately, they were elemental. All I needed was Sun, Wind, Swell, and a little bit of fiberglass and neoprene to create my perfect playground. Now all I need is Sun, Water, Soil, and a little bit of nutrients and sweat equity to grow food for our CSA. So rather than focus on the inevitability that most farmers end up in fertile places like the Yakima Valley, or the Central Valley of California, quite a distance from the ocean, I prefer to focus on this notion that, being a farmer, I can stay in direct connection with the mysterious and somewhat fleeting essential elemental existence I was raised on. So yes, being a farmer in the Center Valley of Chimacum in the fall has it's drawbacks--the rain has started, it's cold, it's not quite as colorful as New England, and the surf definitely isn't as good as San Diego--but damn, it feels good to be a farmer, and I'm in touch with and connected to something much bigger, more powerful, and infinitely more mysterious than myself, and that is something that I would not trade for anything.

Yours Truly,
Brandon

Recipes

Beet, Goat Cheese and Arugula Salad

from Giada de Laurentiis and foodnetwork.com

- 1/4 cup [balsamic vinegar](#)
- 3 tablespoons shallots, thinly sliced
- 1 tablespoon honey
- 1/3 cup [extra-virgin olive oil](#)
- Salt and freshly ground black pepper
- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted, coarsely chopped
- 1/4 cup dried [cranberries](#) or dried [cherries](#)
- 1/2 avocado, peeled, pitted, and cubed
- 3 ounces soft fresh goat cheese, coarsely crumbled

Line a baking sheet with foil. Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough [dressing](#) to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.

Toss the arugula, walnuts, and cranberries in a large bowl with enough [vinaigrette](#) to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and [goat cheese](#), and serve.

Sauteed Celery with Leeks and Mushrooms from finecooking.com

They recommend using cremini mushrooms, but if you substituted some Washington Chanterelles, this dish would be even more of a knockout!

- 2 Tbs. extra-virgin olive oil or butter
- 1 medium leek, halved lengthwise and thinly sliced crosswise (white and light-green parts)
- Kosher salt
- 8 oz. cremini (baby bella) mushrooms, quartered
- 6 medium celery stalks, sliced 1/2 inch thick on the diagonal
- 1 Tbs. fresh lemon juice
- 1-1/2 tsp. finely chopped fresh rosemary
- 1 tsp. chopped fresh sage
- 2 Tbs. chopped fresh flat-leaf parsley
- Freshly ground black pepper
- 2 Tbs. lower-salt chicken broth, vegetable broth or water

Heat a 12-inch skillet over medium heat. Add the oil, leek, and a pinch of salt; cook, stirring often, until just tender, 3 to 4 minutes. Add the mushrooms and a pinch of salt and cook until the mushrooms are lightly browned and tender, 4 to 5 minutes. Add the celery and a pinch of salt and cook until crisp-tender, 5 to 8 minutes. With a wooden spoon, stir in the lemon juice and scrape up any browned bits from the bottom of the pan. Stir in the rosemary and sage and cook until fragrant, about 1 minute. Stir in the parsley and season to taste with salt and pepper. Transfer the mixture to a bowl. Return the pan to medium heat, add the chicken broth or water, and scrape up any remaining bits. Let the liquid reduce by half and then pour over the celery.

Serve immediately.



Session 4, Week 6

Nov. 7, 2012



In your share this week:

Brussels Sprouts
Broccoli
Salad Mix
Carrots
Red Onion
Cauliflower
Celeriac

Bring on the Brussels!

I love this time of year when the Brussels sprouts come on, and when the roots and kales get nice and sweet. I no longer mourn the passing of tomatoes and berries, as I enjoy the earthy sweetness of roots and greens. Lately, I want to put apples in everything; stir-fried greens, roasted roots, soups, salads, or just plain sauteed with cinnamon for my morning cereal. Look below in the recipe section for my absolute favorite way to prepare Brussels (hint: it includes bacon and apples and is to die for). I actually ate my first batch of it of the season for breakfast yesterday. It would have been delicious with a fried egg on top as well.

I wanted to share a tip with you that I have been really enjoying lately. It is a way for me to eat more vegetables, eat less processed food, and save money. I am sure I am the only one who struggles with these things, right?! My tip is to roast vegetables, any kind, in the morning, or night before, and just pull the pan out of the oven and leave it sitting on the stove. Roasted vegetables have very low risk of spoiling if left at room temperature for even a day or two. Then, every time you wander in the kitchen looking for a snack, this delicious tray of roasted veg is sitting there at a nice warm temperature, just waiting to be snacked on. (I personally do not like eating cold food, but for those of you who do, the fridge could be a storage option. Although, part of the beauty of this idea is that the vegetables are really accessible, almost like a fruit bowl on the table.) I have been keeping it simple and just doing one vegetable at a time with a little olive oil and salt, but of course you could get fancy. So far, I have done Hakurei turnips, beets, squash, carrots, Brussels sprouts, and apples. Of course, the hardest part is just taking the few minutes of time to prepare it, but I am blown away by the genius of how effective this trick is. I hope you give yourself the chance to try it!

Some of you may have noticed that I was gone on vacation for the last (almost) two weeks. You would have had to pay very, very close attention as Laura and the farm crew covered for my absence near seamlessly. I had a wonderful time away. I flew to New York and visited some friends, two of who some of you long-time CSA members may remember; Emily (who ran Old Tarboo Farm along with me and worked as assistant manager here at Red Dog in 2009 and 2010) and Kelsey (who farmed at Red Dog in 2009). It was so great to see old friends and visit upstate New York, and so refreshing to take a break from my busy farm life.

Now that I am back, there is so much to do! Pulling in and storing fall crops is top of the list, followed by planting garlic and dividing dahlia tubers. As harvest starts to wane, we get into clean-up mode as we pull down the move-able hoop house, pull in black plastic and drip tape and the list goes on and on. Luckily this year, many of the crew were interested in continuing to work late in the season, so there is adequate hands to get the work done.

Eat Well this Week!
Karyn

Recipes

Brussels Sprouts Roasted with Bacon and Apple

- 1- 2 lbs. Brussels sprouts, trimmed
- 1 apple, cut into chunks
- 1/2 Red Onion, chopped
- 2- 4 strips bacon (or better yet, try Walker Mountain Meadows 'Cottage Bacon'. Think bacon steaks. Avail at PT Sat Market)

Cook the bacon in a cast iron skillet until cooked through but not crispy. Remove from heat. Meanwhile, prepare and chop Brussels, apple and onion. Cut the bacon into chunks. Throw everything back in the skillet and roast in the oven at 375 degrees until done, which is not long, about 15 minutes. Yum!

Broccoli Celeriac Carrot Cheddar Soup

- 1 red onion, roughly chopped, very lightly caramelized
- 3 good sized cloves garlic, minced
- 2 large stalks broccoli, florets roughly divided, stalks peeled and sliced
- 1 celeriac root, peeled and grated
- 5 medium carrots, peeled and grated
- 1 cup chicken stock, plus a bit of water to cover veggies
- salt, pepper, tarragon

Simmer for ~15 minutes; you just want to get the broccoli tender. Immersion blend. Heat, but do not boil. Add ~2 cups grated sharp cheddar, a handful at a time.



Session 4, Week 7 Nov. 14, 2012



Brandon washes celeriac in our new root washer

In your share this week:

Winter Squash (Acorn, Hubbard or Kabocha)

Cauliflower

Shallots

Beets

Celeriac

Broccoli (large only)

Farmer Invention, Inspiration

Farmers are nothing if not inventive. Our new root washer (which has been in the works for 2 years now!) has finally been completed and is in operation. Why did I wait so long? This thing is amazing. All it is is a concrete mixer with the paddles removed and astro turf bolted in. I got the idea from another farm in Olympia, Kirsop Farm, where they built the same thing. So years ago, I bought a concrete mixer, intending to give it a second life as a root washer. It was one of those things that sat around as a to-do project for years, which thankfully came to a head last week when Ben finally spent the better part of a day cutting and attaching the astro turf. A few tweaks later, we had our very own device to clean and scrub roots. Brilliant! In addition to saving tons of time this contraption has the added benefits of getting the roots cleaner than we can by hand and taking less water to do so.

This past weekend, I, along with five other Red Doggers, attended the Washington Tilth Producers Conference held this year in our own Port Townsend. This annual conference brings together 600 farmers, farm wannabes, farm educators, farm researchers, and the like. There is always much to talk about and learn. We went to workshop topics ranging from growing berries and mushrooms to cultivation techniques. It is a great place for farmers to geek out. Plus it is really fun and social. Wine and cider tastings, square dance, and plenty of meals and coffee socials facilitate getting into good conversation with others doing similar work. There is nothing like talking to farmers, who are all on the tail-end of a long season, that so inspires and reminds me of why I do it. The work is rewarding, addictive, and full of good company.

-Karyn

Thanksgiving Next Week

I hope you all are already dreaming about your Thanksgiving meals next week. To help with planning, here is what will most likely be in the shares next week:

Brussels Sprouts (1 tree small, 2 trees large)

Yukon Gold Potatoes (2# small, 3# large)

Curly Parsley (1 bunch)

Red Onions (1# small, 2# large)

Garlic (1 bulb)

Salad Mix (1/2#)

Crop Notes:

As of last Thursday, we have had several hard frosts. Luckily this time of year almost everything left out in the field is hardy enough to withstand hard frosts, as long as the temperature goes above freezing during the day. Unfortunately, **Cauliflower** is one of those crops that is more sensitive. Cauliflower is included in your share this week, and it is delicious, but you will notice some darker yellow markings on the heads. This is from frost damage and still wonderfully edible. I strongly encourage you to overlook it and not try to cut it off. Take my word for it, just ignore it and roast it up as is. Thanks for eating with the seasons, even when it is the cold, frosty season!

Is **Celeriac** new to you? You are not alone. This magnificently odd root vegetable is one of our most often asked about vegetables at market. Also called celery root, it is very similar to celery, only grown for its root instead of stalks. To prepare, you will need to peel it. You can use a peeler or paring knife. If peeling large, round things makes you nervous, a great trick is to first cut one side off (could be in half, could be a very small side) to give yourself a flat surface. Put your flat surface on the cutting board and you now have a stable root on which to work. You will want to peel or cut until you are down to a creamy white color, all root hairs and dirt gone.

Celeriac can be eaten raw or cooked. For raw, I recommend grating it, or cutting into matchsticks in your food processor. It is delicious in salad. For roasting or soups, cut into chunks. It is also delicious mashed alone or with potatoes. I like to do half potatoes, half celeriac. It really adds a lot of flavor to mashed potatoes, plus lightens the carb load, if you worry about that kind of thing.

Session 5 Starts in 3 Weeks

Red Dog's Winter CSA Program (aka Session 5) runs from December 5th through January 30th.

This year there are only 4 pick-ups, which are all on Wednesdays: Dec 5th, Dec 19th, Jan 16th and Jan 30th.

Cost is \$150 small; \$225 large

What's in the shares?

- Winter Green things like Brussels Sprouts, Kales, Collards, Spinach, Tat Soi
- Sweet Roots like Parsnips, Celeriac, Potatoes, Jerusalem Artichokes, Carrots, Beets
- Pungent Alliums like Leeks, Garlic, Shallots

To Sign Up:

Visit our website (www.reddogfarm.net) or stop by our market booth on Saturdays 10- 1.

Recipes

Roasted Cauliflower with Lemon

- 1 head Cauliflower
- 1/4 lemon
- Olive oil
- Salt and pepper

Preheat the oven to 400 degrees. Cut the cauliflower into segments. Use the stem too! Cut the lemon into small pieces, rind and all. Toss the cauliflower and lemon with olive oil, salt and pepper. Arrange in a single layer on a greased tray and roast until cauliflower is tender and lightly browned.

Roasted Squash, Beets, Celeriac and Shallots

Chop 'em up (same size is always best). I leave the skin on squash and beets, but peel the celeriac. Toss with olive oil, salt and pepper. Get fancy with herbs and spices, if you want. Roast at 400 degrees until tender. Delicious served with ketchup, fresh goat cheese, or sauerkraut for a simple, filling meal. Or, make a warm salad by putting the roasted vegetables on a bed of spinach with a simple vinaigrette.

Spinach Salad with Roasted Beets

- Spinach
- Beets
- Walnuts
- Fresh goat cheese or blue cheese

Vinaigrette

- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 2 Tbs. water
- Shallots, minced
- 1 tsp. honey or agave syrup
- 1/4 tsp thyme
- Salt and pepper to taste

Roast the beets (use the recipe above for reference). Let beets cool to room temperature, or chill in the fridge. Whisk together the vinaigrette ingredients. Arrange the spinach, beets, walnuts and cheese on a plates and drizzle on vinaigrette.



Session 4, Week 8 Nov. 21, 2012



The wild beasts of Red Dog Farm

In your share this week:

Salad Mix
Yukon Gold Potatoes
Curly Parsley
Brussels Sprouts
Yellow Onion

It's Turkey Thyme!
Please indulge my play on words.

With the impending holiday and monsoon-like weather, our thoughts (perhaps I speak for myself?) have drifted indoors, warm by a fire sharing food and good company. As the week came to an end after a major dahlia harvest and sorting, and as the week began today, the crew swapped conversations about travel plans, meal plans and memories of the past this time of year.

Some of us are already on vacation, relaxing in a sauna, another will be flying across country and others will be celebrating with family and pseudo families 30 members large. Then it's back to the harvest-world, getting special orders out and veggies to the market for those who didn't get their fill of Brussels sprouts.

I floated the question around today, "What's your favorite Thanksgiving Dish?". No hesitation came from Ben as he definitively answered "Gravy". Laura, soon to be in winter hibernation before returning for another year as Red Dog Crew Manager, couldn't contain her excitement for a Pennsylvania Dutch classic recipe called *Potato Filling*. A recipe will follow, as it is a great use of parsley and potatoes from the share this week. Karyn first answered stuffing, but followed up with much enthusiasm for Brussels sprouts and their simplicity and deliciousness in an easy pan frying followed by a toss with pine nuts and garlic.

As for me, it's cornbread stuffing, with leeks, celery, walnuts, dried cranberries and figs, oh my! It has been a favorite since vegetarians graced the table at my family gathering years ago.

Other ideas to inspire you this food friendly season?

- Roasted Butternut Squash Pie
- Potato Gnocchi flecked with parsley and drizzled with butter
- Dijon Braised Brussels Sprouts
- Parsley Pesto (great a-top warm and crusty bread)

I'll stop myself before I get carried away.
Cheers, safe travels and warm wishes this Thanksgiving!

Best,
Hanni

The Dahlias are Done

Another item was crossed off the to-do list this week as we soaked up an already unfamiliar sun this past Thursday, digging up the dahlia tubers, spray washing them off and then dissecting the tubers to be packed into crates filled with sawdust and stored in the red cooler. Each tuber must have an eye, much like a potato, to ensure a healthy vigorous plant growing and planting season in the summer. They are stored in the cooler over the winter to prevent freezing from colder temperatures and fungus and

other microorganism growth from warmer temperatures. Dahlias are a close relative to Sunflowers and the native to North America Jerusalem Artichoke, making their tubers (and petals!) edible. While the flavor and consistency varies with the variety, flavors of this favorite flower have been likened to carrot, celery root and apples. Here's to that versatile plant in beauty and culinary capability. Look for them next summer at the Jefferson County Farmers' Markets!

Sign up Now for Session 5!

One week left in Session 4. Not sure if you're signed up for the next session? Send me an email. You won't want to miss out on a vegetable-filled winter, so sign up today to reserve your place. \$225 large, \$150 small. www.reddogfarm.net for more info

Recipes

PENNSYLVANIA DUTCH POTATO FILLING from cooks.com

Laura recommends using at least a cup of freshly chopped parsley, much more than this recipe calls for!

- 4 lg. potatoes
- 1 onion
- 2 tbsp. butter
- 3 slices bread, cubed
- 3 tbsp. chopped parsley
- 3 tbsp. chopped celery leaves
- 1/2 tsp. salt
- Pepper to taste
- Hot milk (about 1 c.) or part hot milk and part chicken broth
- 1 beaten egg
- 2 tbsp. butter

Peel, cut and cook potatoes in water. Saute onion in butter. When onion is beginning to brown, add bread cubes and brown them also.

When potatoes are soft, drain and mash. Add bread mixture, parsley, celery leaves, salt and pepper. Adding hot milk gradually, beat all together. Add beaten egg and beat until mixture is well blended. Turn into greased baking dish. Pat with butter. Bake 30 minutes at 350 degrees.

DIJON-BRAISED BRUSSELS SPROUTS from smittenkitchen.com

Serves 4 as a side dish

- 1 pound Brussels sprouts
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- Salt

Freshly ground black pepper
1/2 cup dry white wine
1 cup broth (chicken or vegetable)
2 to 3 shallots, peeled and thinly sliced
2 tablespoons heavy cream
1 tablespoon smooth Dijon mustard (or more to taste)
2 tablespoons chopped flat-leaf parsley (optional)

Trim sprouts and halve lengthwise. In a large, heavy 12-inch skillet heat butter and oil over moderate heat. Arrange halved sprouts in skillet, cut sides down, in one layer. Sprinkle with salt and pepper, to taste. Cook sprouts, without turning until undersides are golden brown, about 5 minutes. Add the shallots, wine and stock and bring to a simmer. Once simmering, reduce the heat to medium-low (for a gentle simmer), cover the pot with a lid (foil works too, if your skillet lacks a lid) and cook the sprouts until they are tender can be pierced easily with the tip of a paring knife, about 15 to 20 minutes. Remove the lid, and scoop out Brussels (leaving the sauce behind). Add cream and simmer for two to three minutes, until slightly thickened. Whisk in mustard. Taste for seasoning, and adjust as necessary with more salt, pepper or Dijon. Pour sauce over Brussels, sprinkle with parsley, if using, and serve immediately.



Session 4, Week 9 Nov. 28, 2012



Karyn and Laura, bundled up for the frosty harvest

In your share this week:

Beets, Gold and Red
Stir-fry Mix
Rainbow Carrots
Parsnips
French Breakfast Radishes
Green Swiss Chard
Winter Squash (large only)

Cold weather on the farm

Well, unbelievably the frost melted away by noon yesterday and all the crops were just fine! It was a mighty cold morning to be harvesting, but we warmed ourselves by forking up carrots and parsnips. Many of the crew have been on vacation over the past two weeks, and we have been joking that no one escaped weather extremes. Last week's crew got to work in the pouring rain and flooded fields and this week's in the freezing cold with a hard frozen ground. This time of year, there is no truly easy weather!

See you in 2013, Laura!

This week we say "See you later" to Laura, as she finishes up her last week of work in 2012. Laura has been vital to the farm's success for the past two years as she manages the farm crew. She is off to Pennsylvania to visit family then plans to spend the remaining two months of her break holed up at home, by the wood stove, making baskets all winter long. We hope she gets well rested and rejuvenated for another lively season at Red Dog next year.

Cheer from Here Wreaths

If you haven't been to Red Dog's Farmstand in awhile, you really have to stop in and check out the beautiful wreaths for sale. Most are \$25 each and made locally by Kelley Watson. As a bonus, 10% of the profits from the wreaths will be donated to Felicity Ann Boat Project; a Northwest School of Wooden Boatbuilding project to restore women's history and empower women's futures through a 4H program for Port Townsend Highschool youth. It's an inspiring program, which Kelley is a large part of. Check out their website: <http://cfarproject.wordpress.com> and definitely stop by to pick up a wreath. Besides benefiting the program, the wreaths will also lift your spirits each time you see one hanging on your door this winter. For more info about wreaths, contact Kelley at: cheerfromhere@gmail.com.

Last Session 4 CSA Today!

We hope you have enjoyed your share for Session 4. Want to continue? It's not too late to sign up for Session 5, which begins next Wednesday. Session 5 has only four pick-ups: Dec 5, Dec 19, Jan 16, and Jan 30. \$150 small; \$225 large. Lots of winter goodies

like roots, greens, potatoes, Brussels sprouts, shallots, leeks, garlic, and more! We need to know by Sunday if you want to sign up. Simply email or call: karyn@reddogfarm.net (360)732-0223. For those who have already signed up, I will be sending a confirmation email today or tomorrow.

Recipes

Maple Roasted Parsnips

- 1 lb. Parsnips
- 2 Tbs. oil
- 2 Tbs. maple syrup

Peel the parsnips and then halve them crosswise, then halve or quarter each piece lengthwise. Place the parsnips into a roasting tin. Pour the oil over the parsnips and mix them well so that the oil covers all of the pieces. Pour the maple syrup over the parsnips and transfer the roasting tin to the oven. Roast the parsnips for 35 minutes, or until they are tender and golden brown.

Roasted Rainbow Carrot Salad (with Citrus Cumin Dressing)

Salad:

- 15 carrots (peeled, trimmed and thinly sliced)
- 1 avocado, cubed
- 2 ounces goat cheese, crumbled

Dressing:

- 1 shallot, minced
- 2 tangelo oranges
- 1 Meyer lemon
- 1/3 cup extra virgin olive oil
- 1/2 teaspoon ground cumin
- Salt
- Ground pepper

1. Preheat oven to 375F. Evenly divide sliced carrots between two lined (important!) baking sheets and place in oven for 15 minutes. Remove carrots and let cool on baking sheets. You'll find them slightly rubbery. This is good. You don't want a carrot chip salad, ya know?

2. Meanwhile, make the dressing. Place the minced shallots in a small bowl. Squeeze the juice from the oranges and lemon, being sure to catch any seeds. Whisk in extra virgin olive oil. Add cumin and add salt and pepper to taste.

3. To assemble the salad, add the carrots, cubed avocado to a medium bowl. Pour half of the dressing over top and gently toss. Add more and more dressing until it's to the point of your liking. Divide salad between two plates and crumble goat cheese on top.

BOOM! Eat the rainbow.

Warm Beet and Chard Salad

Serves 4-6.

- 6 medium beets (red, golden, Chioggia)
- 1/2 red onion, sliced
- 3 cloves of garlic
- 1 bunch chard
- 1 cup cooked garbanzo beans (canned is fine, but rinse well)
- 2 tablespoons good olive oil

1. Roast the beets: Wrap beets in foil two and two together (of the same type so they don't stain each other), place on a baking sheet in the middle of the oven and roast at 375 degrees for about one hour. Take the beets out of the oven to cool in the foil for a while. (Keeping them in the foil will help loosen the skin.) When cold enough to handle, remove the skin and slice beets in big pieces. Keep aside in a bowl.
2. Sauté the onion and garlic on medium heat for about five minutes. Add roughly chopped chard, stems removed, and cook until the chard is done (5-10 minutes). Add the garbanzo beans and beets and heat for a few minutes. Taste for salt and pepper.

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