

December 5, 2012



## Session 5, Week 1



*Siobhan, Brandon, Ben and Laura prepare garlic seed for planting*

# In your share this week:

Watermelon Radish  
Red Potatoes  
Celeriac  
Jerusalem Artichokes  
Brussels Sprouts  
Carrots  
Leeks  
Mustard Greens  
Red Russian Kale  
Winter Squash, assorted (small only)  
Curly Parsley (large only)  
Shallots (large only)

## Sun, Water, Birds, Winter

Ahhh. These sunny winter days are glorious! I find myself easily in an upbeat mood, and I notice the same in my co-workers and neighbors. It is exponentially more enjoyable to work in the fields, even if our boots still get stuck in the mud with each step. The rain of the past week has our soils saturated as the water table has risen above soil level. Luckily, most of the crops are fine, although we have lost a few carrots to rot. Our feathered friends of the valley love both the sun and the rain, or at least they seem to. As we were harvesting yesterday, a huge bald eagle flew directly overhead, seemingly lazily gliding by, enjoying the clear sky and warming sun. Other most notable birds in the valley are the trumpet swans. Every year they return to spend the winter here. I have seen various flocks of them either flying overhead, or enjoying some swampy patch of valley, either in our hay field, or one of our neighbors. I love to hear their trumpeting sound as they fly by, and Rupert thinks it is most fun to chase underneath them. He is training Maggie to take over his job of swan herding, but so far she is mostly interested in herding him!

As our Red Dog Lake expands over the hay field, there appears more and more ducks, happily splashing and quacking away. They are especially noisy in the hours right after dark, their persistent quacks echoing off the water.

The familiarity of winter is a comfort. Even if it can be hard, I am beginning to know what to expect in this place; which spots are low and will flood and which are reliably safe, how cold nighttime lows will be, and that there will always be many, many birds to watch during winter farming.

## Welcome to Winter Shares!

Just a reminder that there are only four pick-ups this session. The next one is in two weeks on Wednesday, December 19th. Please let us know if you have flexibility in your share pick-up as we REALLY want to make sure you get all four shares. If you need to arrange a different pick-up time or location, just let us know BEFORE we deliver the shares, reliably the day before would be great.

Hope you enjoy your share this week!  
Karyn

## Storage Tips

**Watermelon Radish, Potatoes, Celeriac, Jerusalem Artichokes, and Carrots-** These are all hardy roots that are already in hibernation mode and ready for long-term storage. You can keep them in your fridge, garage, or even outside. Here are some parameters to help you find a good location: Dark, Cool 32-45 degrees, Humid

**Brussels Sprouts, Leeks-** These will be better off if you store them in your fridge. Left on the stalk, Brussels keep well for a week or more. Once they are off, they are best if eaten within a couple days. Both leeks and whole Brussels sprouts can keep up to two weeks.

**Mustard Greens, Kale, Parsley-** Store in the fridge. Best if eaten within one week. Still fine up to two weeks.

**Shallots, Squash-** Store inside your home, on a counter, in a cupboard, or an unused bedroom. They like to be 45-55 degrees, dark and dry.

# Recipes

## Kale Salad with Quick-Pickled Watermelon Radish *Serves 4*

- 1/2 cup white wine vinegar
- 1/4 cup sugar
- Kosher salt
- 1 (6-ounce) watermelon radish (can substitute regular radishes)
- 1 (8-ounce) bunch kale
- 2 tablespoons extra virgin olive oil
- 1 tablespoon toasted pumpkin seed oil
- 1 teaspoon lemon juice
- 1 teaspoon fresh thyme leaves
- Freshly ground black pepper
- 1/4 cup pumpkin seeds, toasted

Do ahead: In a medium bowl, combine vinegar, sugar, and 1 teaspoon salt. Thinly slice the radish using a mandoline or chef's knife, add to the bowl, and stir to combine, making sure the slices are well coated. Let stand at least 30 minutes or refrigerate up to a day before serving.

Wash the kale and pat off excess water. If the center stems are tender enough to eat, simply trim the bottom inch or two. If the center stems are thick or tough, cut or tear them out and discard or save for another dish. Slice the leaves crosswise into 1/4-inch-wide ribbons. In a large bowl, combine olive oil, pumpkin seed oil, lemon juice, thyme, a generous grind of black pepper, and a little salt. Add the kale and use your hands to massage the dressing into the leaves until they soften and wilt. Drain the radishes. Toss with the kale - OR - arrange the slices on individual plates and place the kale on top. Garnish with pumpkin seeds and serve.

## Mustard Greens Pesto

- 1/2 cup plus 1/3 cup olive oil
- 1/4 cup pecans
- 2 garlic cloves, peeled, quartered
- 2 tablespoons balsamic vinegar
- 1/4 cup grated Parmesan cheese
- 3 cups (loosely packed) coarsely chopped mustard greens

Puree all the ingredients until smooth. Serve on pasta or a baguette. Delicious with mushrooms.

# Celeriac, Potato and Leek Soup with Bacon

Yields 4 servings

- 2 slices of bacon – diced
- 1 Tbs. butter
- 2 cloves of garlic – minced
- 1 Leek – sliced
- 1 large Celeriac – peeled and diced
- 4 medium Potatoes – peeled and diced- or substitute Jerusalem Artichokes
- 2 springs of fresh thyme
- 1 qt chicken or vegetable stock
- 1 tsp salt
- 1/2 tsp pepper
- extra virgin olive oil for drizzling

Render the bacon in a large pot over low heat, 5-6 minutes. Remove the bacon and set aside. Pour off the fat leaving approximately 1 tablespoon in the pot. Add the butter, garlic and leeks. Sweat over medium-high heat until tender and translucent, 5-8 minutes. Add the stock, potato, celeriac, thyme, salt and pepper. Simmer the soup for about 20-25 minutes or until vegetables are very tender. Reserve some whole pieces of potato and celeriac – if desired – and purée the soup using a food processor or blender until smooth. Taste and adjust seasonings with additional salt and pepper. To finish the soup, garnish with reserved bacon, celeriac and potato and drizzle with extra virgin olive oil.

## **Roast Your Roots**

Any assortment of Watermelon Radishes, Potatoes, Celeriac, Jerusalem Artichokes, Carrots, Leeks, or any other roots you have hanging around. Throw the winter squash in there too. Toss cut pieces with olive oil, salt and pepper. Roast at 375 degrees until done, depending on the amount you make and how large the pieces are, probably 30- 45 minutes.

December 19, 2012



## Session 5, Week 2



**Happy Holly-days from the Red Dog  
Crew!**

# In your share this week:

Stir-fry Mix  
Brussels Sprouts  
Collards  
Lacinato Kale  
Curly Parsley  
French Breakfast Radishes  
Yukon Gold Potatoes  
Beets  
Black Radish  
Turnips  
Red Onions  
Shallots  
Garlic  
Horse Radish  
Purple Carrots  
Parsnips  
French Fingerling Potatoes (large only)

Being a child spawned from Midwest, with its clearly demarcated seasons, I have found myself wishing for the respite a few months full of snow and cold could offer the farmers of this region.

Our hands, a bit rawer from the repeated freeze and thaw, nose at a permanent drip and spirits reawakened by an unfamiliar sun on a harvest day. We're still out there! Clearly evidenced by the quality and quantity of your shares this week. And the season keeps churning along as we approach the solstice in the coming days, finishing projects such as weeding and pulling out black plastic in the strawberry patch, tearing this season's expired tomatoes out of the greenhouse and harvesting for the remaining CSA shares of this session and final Farmers' Market. FYI: December 22nd is the last day to get fresh Red Dog Produce for your holiday feasts at the Uptown Market!

But maybe my wishes of winter for my fellow farmers and I is a misplaced. The dedication and hardiness it took to brave the elements this Saturday was proof enough for me that this is why people choose to farm in this region. To continue the excitement of the near-year round local eating afforded by these seasons. Farmers, happy to brave the 40 mile per hour

gusts of wind and near freezing temperatures, to provide food for the people. So much gratitude and sympathy awarded by the customers, made it a great pleasure to have our produce available.

Remarkably enough, for this novice to the northwest farmer, thoughts are turning towards the 2013 season as well, beginning with the cover cropping done back in October, and more currently, with plans to start lettuce in the greenhouse for the start of the season.

It has been a valued experience to see a season on a farm from cold and rainy, to dry and sunny, and back again to cold and rainy.

And all with good food along the way!

And my hopes for you too.

### ***Goodbye to more Crew...***

Brandon and Caitlin's last day at the farm is Tuesday. Their presence in the farmstand and rootwashing arena, as well as in the fields and around the lunch table, will be greatly missed as Ben and I march on, a bit more waddle-y in our rain pants, through the month of January. It's been a pleasure to call these two part of my farm family and you better believe they'll add spice and spirit to any and all future endeavors in the Port Townsend and Chimacum communities.

Three cheers for Brandon and Caitlin!

-Hanni

### **Couple of Important Reminders:**

- Next CSA pick-up is not for FOUR WHOLE WEEKS until January 16th.
- This week your shares are in wax cardboard boxes since they were too big to fit in crates. Feel free to take the box home. Bring it back, or not.
- If you have any black crates at home (even though you're not supposed to) PLEASE bring them back! We won't tell, but we will be grateful to collect some of the wayward crates that have wandered off. Thanks!



# Produce Notes:

**Black Radishes** are really spicy! Grate them in moderation on your salad, or roast them to reduce spiciness. Pairing sweet (i.e. sugar or honey) and/or sour (i.e. vinegar or lemon juice) with them also keeps their spice in check.

**Garlic** is hard neck and not a long storage type, so don't plan to save it all winter- eat it now! It should keep for a couple more weeks, but it will be better the sooner you eat it. Time to roast some garlic and spread on toast!

**If ever you get** produce in your share that is low quality, please let us know ASAP. We never intend to give poor quality produce, sometimes a few scoundrels slip through our vigilant sorting methods. Especially this time of year we have to up our efforts, so if ever you get something you're not happy with just let us know. We will be happy to replace it for you.

# Storage Tips:

**Stir-fry Mix, Brussels Sprouts, Collards, Lacinato Kale, Curly Parsley, French Breakfast Radishes-** You will want to eat these within a week or two. Quality declines after that, although they are probably still really good. Remove the tops from your radishes to keep best.

**Potatoes, Beets, Black Radish, Turnips, Horse Radish, Purple Carrots, Parsnips-** These will keep very well for months in the right conditions: dark, cool, moist. In an average fridge, they should keep for a month as long as you keep them from drying out. Store loosely in a plastic bag. A cold garage or shed would be a good alternative, just don't let them freeze!

**Red Onions, Shallots, Garlic-** These are not great storage quality at this point. Use them within a couple weeks to a month. Store in dark, dry and warm (for produce, that is, about 50- 60 degrees F)

# Recipes

## Fusilli with Collards, Bacon and Garlic

- 1 pound collards, coarse stems discarded and the leaves washed well and chopped coarse
- 1/4 pound sliced bacon, cut into 1/2-inch pieces
- 4 large garlic cloves, chopped fine
- 1 large onion, sliced thin
- 1/4 teaspoon dried hot red pepper flakes

- 1/3 cup olive oil
- 3/4 pound fusilli (spiral-shaped pasta)
- 1 tablespoon red-wine vinegar
- freshly grated Parmesan as an accompaniment

In a kettle of boiling water boil the collards for 10 minutes, drain them in a colander set over a large bowl, and return the cooking liquid to the kettle. In a large skillet cook the bacon over moderate heat, stirring, until it is just browned and transfer it with a slotted spoon to a small bowl. Pour off the fat from the skillet and in the skillet cook the garlic, the onion, and the red pepper flakes in half the oil over moderately low heat, stirring, until the onion is softened and the garlic is golden brown. Bring the cooking liquid to a boil, in it boil the *fusilli* until it is *al dente* and drain the *fusilli* well. To the skillet add the collards, the bacon, the *fusilli*, the remaining oil, and the vinegar and toss the mixture well. Season the *fusilli* with salt and pepper, divide among 4 bowls, and sprinkle each serving with some of the Parmesan.

from [epicurious.com](http://epicurious.com)

## Roasted Vegetables with Pecan Gremolata

Substitute or add any root vegetables--think potatoes.

- 1 pound medium carrots, peeled, halved lengthwise, then crosswise
- 1 pound medium parsnips, peeled, cut in half lengthwise, then crosswise
- 1 pound turnips, peeled, halved, cut into 1-inch-thick wedges
- 1 1/4 pounds Brussels sprouts, trimmed, halved
- 6 tablespoons olive oil, divided
- 3/4 cup pecans
- 1/4 cup grated Parmesan cheese (about 1 ounce)
- 1/4 cup finely chopped fresh parsley
- 2 tablespoons fresh lemon juice, divided
- 1 tablespoon finely grated lemon peel
- 1 small garlic clove, minced

Preheat oven to 425°F. Toss carrots, parsnips, turnips, and Brussels sprouts in large bowl with 3 tablespoons oil. Transfer to rimmed baking sheet; sprinkle with salt and pepper. Roast until vegetables are tender, tossing often, about 1 hour. Transfer vegetables to large platter; cool.

Using on/off turns, chop pecans in processor until coarsely ground. Transfer ground pecans to small bowl; stir in grated cheese, parsley, 1 tablespoon lemon juice, lemon peel, garlic, and 1 tablespoon oil. Season gremolata to taste with salt. Drizzle vegetables with remaining 2 tablespoons oil and remaining 1 tablespoon lemon juice. Sprinkle gremolata over vegetables just before serving.

from epicurious.co <https://us4.admin.mailchimp.com/campaigns/wizard/html-template?id=314681>

### **Radish Slaw**

This could also be good without the cabbage.

- 2-3 black Spanish radishes, scrubbed and grated
- 3 cups finely shredded cabbage
- 1 cup coarsely grated carrots, any color
- 1/2 cup thinly sliced onion
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon sugar
- 2 tablespoons olive oil
- 2 tablespoons finely chopped fresh parsley

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

from [mariquita.com](http://mariquita.com)

### [Home-made Horse Radish Sauce](#)

- 1 cup peeled and cubed horseradish root
- 3/4 cup white vinegar
- 2 tsp sugar
- 1/4 tsp salt

In an electric food processor or blender, process horseradish root, vinegar, sugar and salt. Carefully remove the cover of the processor or blender, keeping your face away from the container. Cover and store the horseradish in the refrigerator.

### Mashed Potatoes with Horse Radish

- 5 Potatoes, quartered
- 2 Tbs butter, divided
- ground black pepper to taste
- 1/2 cup sour cream
- 1 Tbs Horse Radish sauce
- 1/4 cup minced Parsley

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, and mash with 1 tablespoon butter and black pepper. Stir in sour cream, horseradish and parsley. Whip potatoes and place in medium serving bowl. Melt remaining 1 tablespoon butter and pour over potatoes. Serve immediately.

### Collard Rolls

- 2 bunches Collard greens
- 1/3 cup orange juice
- 3 tablespoons tahini
- 1 clove garlic, minced
- 2 cups cooked brown rice
- 1 (15 ounces) can no-salt-added aduki beans, rinsed and drained
- 1 red bell pepper, finely chopped
- 2 teaspoons toasted sesame seeds

Bring a large pot of water to a boil. Remove and discard thick stems from collard greens and place leaves in boiling water. Cook 5 minutes or until just tender. Gently remove leaves from water and drain in a colander. Carefully transfer 12 largest leaves to a baking sheet lined with paper towels. Chop remaining leaves and squeeze to drain excess liquid (you should have about 1 cup chopped leaves).

In a large bowl, whisk together orange juice, tahini and garlic. Add chopped collards, rice, beans, bell pepper and sesame seeds. You will have about 4 cups mixture. Arrange a reserved collard leaf on your work surface and top with 1/3 cup rice filling. Roll up, starting with the large end of the leaf and rolling it over the filling, tucking in the ends, like a burrito. Repeat with remaining leaves and filling and serve.

**Happy Holidays! Happy New Year!**

January 16, 2013



## Session 5, Week 3



*Hanni, tossing salad mix*

## In your share this week:

**Stir-fry Mix**  
**Brussels Sprouts**  
**Blue Potatoes**  
**Celeriac**  
**Black Radish**  
**Carrots**

## **Parsnips Shallots**

# **Happy New Year!**

Hope you all have had a happy holiday season and your year is off to a healthy start. Although the break from the CSA was probably not ideal for you, it was a welcome reprieve for me and the crew. Hanni and Ben both took off across the country for the Midwest and Washington DC, respectively. I stayed closer to home, but did get in an amazing cross country ski trip to the Methow Valley in Eastern Washington. Now that we are all back on the farm, we are kept busy slopping through wet, icy and muddy fields to bring in the winter harvest. As another local farmer put it recently, "It seems cold to us, but the vegetables don't mind!". Overall it has been a very mild winter and we still have oodles of greens left in the field. It has however been the wettest winter for this early in the season and I have discovered new limitations to field space suitable for winter farming. Parts of our carrot patch is flooded and the bottoms of the roots rotted beyond salvation. Luckily there is a good part of the field mere inches higher in elevation, so most of the beds are just barely high and dry enough to keep the carrots safe.

## **Swans Above Us**

As we are out in the fields this time of year, it is such a treat to watch beavies of trumpet swans fly overhead in their ever seeking of greener and wetter pastures. Their classic trumpet call on a clear day inspires me, seeming to call me to live life fully and deeply. It also calls Rupert and Maggie to run at break-neck speed underneath their large white flying bodies.

## **Well Wishes to Hanni**

This week, today actually, is Hanni's last day on the farm! Hanni has been with us since last February- a full eleven months. I have come to rely on her intelligence, deliberateness and attention to detail for a myriad of tasks around the farm. It will be a transition to adjust to farm life without her. Hanni luckily is staying in the area and sticking with farming as she is moving over to work at Midori Farm for 2013. There she joins her sweetie, and former Red Dogger, Jay, as she develops her passion for value-added food processing. We wish her all the best on this next leg of her journey!

## Sneak Peak: 2013 CSA

I am in the final stages of pulling together the 2013 CSA brochure, and you will surely get a hard copy in your last CSA share on January 30th. But since I have all the hard facts figured out, I thought I would share them with you here:

- I have restructured the CSA a bit for 2013. There will still be the basic "sessions" that you can pop in and out of as fits your schedule. There will only be four sessions: spring, summer, fall and winter. Spring Session runs April 17th- June 26th and costs \$200 small/ \$300 large. Summer Session runs July 3rd- September 11th and costs \$300 small/ \$450 large. Fall Session runs September 18th- November 27th and costs \$200 small/ \$300 large. Winter Session runs December 4th- 18th and costs \$150 small/ \$225 large. Spring, Summer and Fall sessions run 11 weeks each. Winter Session is comprised of two regular weekly shares plus one super large storage share.
- With this restructure, the overall cost of the CSA is nearly identical to 2012. The biggest change is that the Winter Session ends in December rather than January.
- Discounts are very similar to 2012. Sign up for: 2 sessions, take 5% off; 3 sessions, take 10% off; all 4 sessions, take 15% off. CSA members returning from 2012 and who sign up and pay in full by March 1st, take 20% off. For those who want to sign up for the entire season, are returning from 2012 and pay in full by March 1st, the **Total cost for 2013 is: \$680 small share and \$1020 large share**
- One other change is that I am creating a CSA assistance program. Those who feel compelled to donate to this fund will have their donations matched by me. And those that need to request assistance for paying for a CSA will be given a sliding scale option, depending on their needs and funds available. This is something I have wanted to do for years, and now am so pleased to be able to offer this assistance.
- Last but not least, the 2013 CSA brochure is getting a facelift this year. We hope that our new look and additional photos will inform prospective CSA members more about Red Dog Farm and encourage them to sign up with us.
- Let me know if you have any questions. If you know you want to sign up for 2013, feel free to send in a check with your name on it. As long as all your contact info is correct, no need for you to fill out a 2013 brochure.

Hope you all enjoy your winter veggies! Thanks for being a Red Dog CSA member!

-Karyn

## Recipes

### Celeriac and Blue Potato Gratin

- 2 Garlic cloves, halved
- 1 small Celeriac, peeled
- 2 pounds Blue Potatoes, cut into 1/4-inch-thick slices
- 4 thyme sprigs, divided
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups milk
- 1 cup (4 ounces) grated Gruyère cheese, divided

Preheat oven to 350°. Rub the sides and the bottom of a greased 11 x 7-inch baking dish with garlic halves. Crush garlic halves; set aside. Cut celeriac into 1/4-inch-thick slices; cut slices into quarters to measure 2 cups, reserving remaining celeriac for another use. Place 2 cups celeriac, potatoes, and 3 thyme sprigs in a large saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 10 minutes or until potatoes are tender; drain and discard thyme. While the potatoes are cooking, combine flour, salt, and pepper in a small saucepan; gradually add milk, stirring with a whisk. Stir in crushed garlic and 1 thyme sprig. Place the pan over medium heat, and cook until thick (about 10 minutes), stirring constantly with a whisk. Remove from heat; stir in 3/4 cup cheese. Arrange potatoes and celeriac in baking dish; pour sauce over vegetables. Sprinkle with 1/4 cup cheese. Bake at 350° for 30 minutes or until lightly browned. Discard thyme.

### Warm Brussels Sprouts Salad

- 1 1/2 teaspoons extra-virgin olive oil, divided
- 1 garlic clove, minced
- 1/3 cup fresh breadcrumbs
- 3/4 pound Brussels Sprouts, trimmed and halved
- 1/4 teaspoon salt



- 1/8 teaspoon freshly ground black pepper
- 1 1/2 tablespoons finely chopped walnuts, toasted
- 1/2 ounce shaved Asiago cheese

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add garlic; cook 1 minute or just until golden, stirring constantly. Add breadcrumbs; cook 1 minute or until lightly browned, stirring constantly. Transfer garlic mixture to a small bowl. Separate leaves from Brussels sprouts; quarter cores. Heat remaining 1/2 teaspoon oil over medium heat. Add leaves and cores to pan; cook 8 minutes or just until leaves wilt and cores are crisp-tender, stirring frequently. Remove from heat; toss with breadcrumb mixture, salt, and pepper. Top with walnuts and cheese.

## Black Radish and Grapefruit Salad

- 1 Black Radish, scrubbed with a vegetable brush and washed under cold water
- 1 red grapefruit, segmented
- 1 Shallot, sliced thinly
- 1/4 cup pine nuts
- 6-8 lettuce leaves, washed and dried
- Olive oil
- Kosher salt
- Black pepper

Slice the black radish into 1/4 inch rounds using a mandoline (or very carefully with a knife). Put 1 tablespoon of olive oil in a large sauté pan and set over medium heat. When the oil has heated, add the slices of black radish in a single layer (you may need to cook them in batches depending on the size of the pan) and season with a sprinkle of salt. Cook for a few minutes on either side, or until each side has browned around the edges. Transfer the slices to a plate that has been layered with paper towel. Sauté the shallots in the same pan for a minute or so, just so they start to caramelize. Remove from heat. Assemble your salad by placing the lettuce in one layer on a large round platter. Place the black radish on top of the lettuce, then the grapefruit segments. At this point, sprinkle with the cooked shallot and then the pine nuts. Season with another pinch of salt and a few cracks of fresh black pepper.

# Cider-Glazed Roots with Cinnamon

## Walnuts

- 3 pounds assorted root vegetables (Carrots, Parsnips, Black Radish, Celeriac, Potatoes) peeled and cut into 1-inch pieces
- 1 cup apple cider
- 1/4 cup dark brown sugar
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon freshly ground pepper
- 1/2 cup chopped walnuts
- 1 tablespoon butter
- 1/8 teaspoon ground cinnamon

Preheat oven to 400°F. Whisk cider, brown sugar, 1/2 teaspoon salt and pepper in a 9-by-13-inch baking dish until the sugar is dissolved. Add root vegetables and toss to coat. Cover the baking dish with foil. Bake for 20 minutes. Uncover and stir the vegetables. Continue cooking, uncovered, stirring every 20 minutes or so, until the vegetables are glazed and tender, about 1 hour more. Meanwhile, place walnuts in a small skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 6 minutes. Remove from the heat and add butter, cinnamon and a pinch of salt. Stir until the butter melts and the nuts are coated. Spread out on a plate to cool slightly. Transfer the vegetables to a serving dish and sprinkle with the cinnamon walnuts.

January 30, 2013



## Session 5, Week 4



*Ben T. has braved the cold, hard winter weather conditions and now has two months off, one of which he will spend in Spain. It is well-deserved time-off. Have fun, Ben, and see*

*you again in April!*

# In your share this week:

Leeks  
Red, Yellow and Blue Potatoes  
Brussels Sprouts  
Escarole  
Beets  
Celeriac  
Garlic  
Jerusalem Artichokes  
Stir-fry Mix  
Carrots (large only)

## Last CSA for Two Months

Well this is it: the last CSA share of the 2012 season! If you've been a member since April, then congratulations for almost a year of healthy, local, community-supported eating! If you joined us somewhere in between April and and December, then well done to you as well!

It has been a successful season overall from my point of view. Not without challenges of course, but thanks in large part to your support, the farm was able to weather difficulties outside our control- namely weather, disease, and equipment failure. Our CSA program has grown by leaps and bounds in 2012, and now accounts for almost 20% of our gross income. A huge thanks to all of you for making the commitment to Red Dog Farm.

## 2013 CSA: Sign-up Now!

I hope you have enjoyed your CSA experience and want to continue on in 2013. I will tuck a brochure in your share this week (or drop one in the mail for those who are not current members). 2013 CSA begins April 17th.

For anyone who was a member of the 2012 CSA (even for only one session), if you sign up for the entire 2013 CSA Program and pay in full by March 1st, take a 20% discount for a total cost of \$680 small share/ \$1020 large share. Thanks for signing up early!

## 2013 Season Line Up

We have collected another awesome roster of farmers for the 2013 season. Laura, Ben T., Ben R., and Siobhan all return for a second season.

Newcomers Devon and Courtney are joining us from Whidbey and Sunfield Farm, respectively. Crop wise, we are planning to do an even better job of bringing you a wide assortment of your favorite veggies. A new crop for us this year will be English cucumbers- yum! No major spring projects- i.e. no plantings of thousands of trees, erecting greenhouses, perennial crop installations. Whew- thank goodness as I need a break! And, I am having a house built! Break-ground date is scheduled for May 1st. It will be such a relief to watch my home go up. My trailer has been a good shelter for me, but after five plus years, it is time to move on! 2013 is looking to be an exciting year. I hope you will join us for the ride.

## Look for CSA Survey

In the next week, I will be emailing you a link to a very short, quick survey for the 2012 season CSA Program. Please take a quick moment to fill it out. Your suggestions are much appreciated!

Thanks for all your support this season! I couldn't have done it without all of you.

Karyn

## Recipes

### [Escarole Salad with Walnuts and Parmesan](#)

- [realsimple.com](http://realsimple.com)
  - 1/2 cup walnuts
  - 1/2 lb. Escarole, torn into pieces
  - 1/2 small red onion, thinly sliced
  - 1 ounce Parmesan, shaved (about 1/4 cup)
  - 1 Tbs. red wine vinegar
  - 2 tsp. Dijon mustard
  - Salt and pepper
  - 3 Tbs. Olive oil

Heat oven to 375° F. Spread the walnuts on a rimmed baking sheet and toast, tossing occasionally, until fragrant, about 8 minutes. In a large bowl,

combine the escarole, onion, Parmesan, and toasted walnuts. In a small bowl, whisk together the vinegar, mustard, ½ teaspoon salt, and ¼ teaspoon pepper. Whisking constantly, gradually add the oil. Toss with the salad.

## **Julia's Escarole Sausage Dinner Soup-**

[maraquita.com](http://maraquita.com)

- up to a pound of sausage of just about any kind (half a pound, even a quarter pound is fine for the flavor, you could also use 2-4 slices bacon here, and of course this is easily skipped for a vegetarian version.)
- 1-2 onions or [leeks](#) cleaned and diced
- 2-6 garlic cloves minced or roughly chopped
- 1-2 cups cooked beans (white, pinto, garbanzo.... yes, it's fine to use a can of beans!)
- 1 can diced tomatoes (about 2 cups or 15 oz.)
- 2 cups broth (chicken or vegetable)
- Parmesan rind, if available
- 2-5 cups cleaned chopped escarole or other [cooking green](#) such as [chard](#), [dandelions](#), kale, spinach...

Brown the sausage, drain off excess fat if there's lots, then remove the sausage for just a bit. Add the onions to brown in the sausage drippings and cook until translucent then add the garlic and cook for a few seconds more. Then quickly add the beans and tomatoes and broth and parm. rind. Add the sausage back and bring the pot to a low boil. Then add the cooking greens and cook through. (3-4 minutes for escarole, less for young spinach, more for kale or collards....) Serve.

## **Brussels Sprouts Chips**

What to do with the outer leaves trimmed off of your sprouts? Make chips! Roast them at 400 degrees, tossed in a little olive oil, salt and pepper, for about 8 minutes. Watch closely as they can burn quickly. Great as a side dish or a snack.

# Potato, Leek, Brussels Sprouts Soup-

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- 3 Leeks, rinsed really well and chopped.
- 2 lbs Potatoes, chopped (if you use Blue Potatoes, your soup will be a purple-gray color)
- 1 Chopped Yellow Onion (or more Leeks!)
- 2 Cloves of Garlic
- About 3 cups of Brussels Sprouts
- A pat of cultured unsalted butter
- 1 Bay leaf
- Sea Salt
- Olive oil

Preheat the oven to 400 degrees. Take your potatoes and chop in to like sized bits and put in a good sized pot. Fill with cold water so the potatoes are well-covered. Add a bay leaf, a nice pinch of salt and 2 smashed garlic cloves. Bring to a boil. Cover, reduce heat and cook until done, about 15-20 minutes. Do not drain, remove 1 garlic clove and the bay leaf. Take the Brussels sprouts and cut in half through the stem. If they're really big you can quarter them, if they're babies just cut off the end of the stem. Put the sprouts on a cookie sheet with some olive oil and sea salt and toss well. Put in the preheated oven for about 15 minutes. When the side that was down has browned and caramelized edges, flip and cook for another 10 minutes. When these are done set them aside. Take a skillet and add a tablespoon or two of olive oil. Add the leeks and chopped onion and cook under medium/low heat until broken down and caramelized a little, at least 20 minutes. Set aside. Blend the potato water and potatoes together, you will probably need to add water to get the right consistency. This will make the soup creamy without adding loads of fat. Add the leek/onion mixture and a pinch or two of sea salt. Add the butter (if you're using it) as well as the Brussels sprouts and stir well. Let sit over a low flame to meld together, adjust seasoning and serve.

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