

Lightning & Thunder, Welcome to Fall



**RED
DOG
FARM**



CSA Newsletter

Fall CSA, Week 1

Sept 18, 2013



Kids at Farm Tour loved the Harmonica Pocket show

In your share this week:

Carrots
Zucchini
Rainbow Chard
Leeks
Big Beef Tomatoes
Red Butter Lettuce

Welcome to Fall CSA!

It's Fall! The evidence is in our fields as we watch our squash and pumpkins ripen daily, tomatoes fade into dreamy memories, and every morning we get a hint of the frost soon to come. This time of year brings the best eating. For those of you new to the CSA, Welcome! You should have received an email with pick-up info. If you did not, please let me know. Hope you enjoy your Red Dog fall crops!

Lightning, Thunder, Farm Tour

Farm Tour last Sunday was a huge success! We had almost 500 visitors, including many of you! It was a really fun day with three local musician groups playing tunes, Crust was here selling sweet and savory hand pies stuffed with all kinds of Red Dog goodies, Jefferson Land Trust was here educating folks about land conservation, and of course we had top notch tours by Red Doggers on hand and a gorgeous veggie booth set up. My mom, sister, brother-in-law and niece all came out to lend a hand (or just to be ridiculously cute, in the case of my niece). Despite the false advertising, we welcomed many, many bicyclists. We met some new-comers to the area, farmers from neighboring counties, visited with old friends and customers, and generally tried to have a good time celebrating local agriculture in our county. What a huge success!

Just after we finished cleaning up (amidst pouring rain!), an epic lightning storm started up; tremendous thunder clapped overhead and lightning bolts danced all around. Just across Center Road from the farm, one of the giant redwoods got struck by lightning, shattering the tree into pieces in a second. Although I missed the spectacle (I was cowering in the barn with my terrified dogs), Devon witnessed the shocking event and came running over amped up with excitement. It is just not something you see every day.

Although the storm was terrifying in intensity, I am always thankful for the atmospheric nitrogen lightning brings to ground and to our soil. Our fields look lush and verdant, and with any luck, we have enough organic matter built up to feed the microbes for the long haul.

-Karyn

Recipes

Swiss Chard and Leek Gratin

- 1 bunch Swiss chard
- 2 tablespoons extra-virgin olive oil
- 3 medium leeks, white and tender green parts only, sliced 1/4 inch thick
- Salt
- 2 garlic cloves, minced
- 3 tablespoons unsalted butter

- 1/3 cup all-purpose flour
- 2 cups whole milk
- 1/4 cup shredded Gruyère cheese
- 1/4 cup freshly grated Parmigiano-Reggiano cheese
- 1/8 teaspoon freshly grated nutmeg
- Freshly ground pepper

In a large pot of boiling water, blanch the chard in batches until wilted, about 1 minute. Drain the chard, squeeze dry and chop it. Heat the oil in the pot. Add the leeks and a pinch of salt. Cover and cook over moderately low heat, stirring, until tender, 7 minutes. Uncover, add the garlic and cook, stirring, until fragrant, 2 minutes. Add the chard, season with salt and remove from the heat. Preheat the oven to 425°. Butter a 10-by-15-inch baking dish. In a large saucepan, melt the butter. Stir in the flour over moderate heat to form a paste. Gradually whisk in one-third of the milk and cook, whisking, until the mixture starts to thicken. Repeat two more times with the remaining milk. Bring the sauce to a boil, whisking constantly. Reduce the heat to low and cook, whisking often, until thickened and no floury taste remains, 15 minutes. Whisk in the cheeses and the nutmeg; season with salt and pepper. Mix the sauce into the leeks and chard. Season with salt and pepper. Transfer the mixture to the prepared baking dish. Bake in the upper third of the oven for about 20 minutes, until bubbling and golden brown on top. Let rest for at least 10 minutes before serving.

Roasted Zucchini and Tomato Pasta

- 1 pound zucchini, trimmed and cut into 1/2-inch pieces
- 1 pounds Big Beef tomatoes, cut into 3/4-inch chunks
- 2 garlic cloves, thinly sliced
- 3 tablespoons olive oil
- 1 teaspoon coarse salt
- 1/2 teaspoon freshly ground pepper
- 1/2 pound long fusilli or linquine
- 1/4 cup chopped fresh parsley
- 1/4 cup grated Parmesan cheese, plus more for serving

Heat oven to 450 degrees. On rimmed baking sheet, toss zucchini, tomatoes, and garlic with 5 tablespoons oil; season with salt and pepper. Spread into single layer; roast until zucchini is lightly browned, 15 to 20 minutes. In large pot of boiling salted water, cook pasta until al dente, about 12 minutes. Drain pasta, reserving 1/2 cup cooking water. Return pasta to pot. Toss with remaining tablespoon oil; cover. Pour reserved pasta water onto baking sheet of cooked vegetables; scrape with a wooden spoon to loosen browned bits. Stir vegetables and juices into pasta. Add parsley and Parmesan; toss to combine. Serve with more Parmesan.

Life from a vegetable's perspective; Warm Romaine Salad; Beet tops & Kale stems with Bacon & Apples



**RED
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FARM**



CSA Newsletter

Fall CSA: Week 2

Sept 25, 2013



Courtney and Siobhan with armloads of radishes

In your share this week:

Romaine Lettuce
Red Curly Kale
Jerusalem Artichokes
Golden Beets
Garlic Braid
Big Beef Tomatoes (large only)
Celery (large only)
Arugula (large only)

Poured out into a blue metal box, then onto a metal tray full of holes. I got sucked into one of those holes. After being turned upside down I dropped into a mound of dirt and am covered with more dirt and a mist of water. Day 1 of my new life. I went through days of: sunshine, heat, water, sunshine, water, darkness... After a week or so I finally poked out of the dirt to show my first leaves. The days in the greenhouse were so warm and comforting. Eventually I got big enough and someone picked me up and put me outside. I now braved the elements: the wind, the rain, the strong sunlight and the harsh nights. Some of the 71 others did not survive. Weeks later those of us who did survive were again picked up and placed on the back of a big pickup truck. Driven out onto a giant field of grasses the driver stopped at a bed of open dirt with three trenches dug into it. Another person came to lift us out. One by one we were thrown into the trenches, all spaced about a foot away from our closet other.

Another chapter had begun, and in this chapter we stayed for many more weeks. In that time more people came. They came once with big long sticks with metal ends and cleared away other plants that were growing next to me, crowding me out and making growing harder for me. They moved big pipes over us, it was nice because it always meant we would get a nice long drink.

Then the day came that they came for us with knives. As quickly as we had been tossed down they cut us from our root and lifted us back up. Six of us at a time were placed into black crates and placed onto that truck we had been driven out in so many weeks before. We were all carried into the barn, turned upside down and dropped into sinks full of water. The hands wash us of dirt and again place us into clean black crates. More people move us up into a cold dark room, close the door and walk away.

The next day is today. Hours ago we were taken from this dark room, back into the barn. Hands place us in other black crates. This time we were not with others like us, we were with other types of plants. I never thought about what I was before. Now against all these other plants I was called "romaine lettuce".

-Siobhan

Recipes

Warm Romaine Salad

- 1 head of Romaine, torn into pieces
- 1 bunch Gold Beets, roots only (save greens for another recipe!)
- 1 lb. Jerusalem Artichokes
- 6 cloves Garlic
- Olive oil
- Salt and pepper

Preheat the oven to 375 degrees. Cut the beet root and J chokes into similar sized pieces. Halve each garlic clove. In a large bowl, toss in olive oil and add salt and pepper. Arrange in a single layer on a baking tray and roast until tender, about 30 minutes. You may want to give them a stir half way through. While the roots are in the oven, wash the romaine and cut into bite-sized pieces. Toss with your favorite dressing (try blue cheese or Caesar or vinaigrette). When the roots are tender remove from oven and top your salad. I like to throw them on piping hot and let the romaine wilt. You could alternatively either let the roots cool until they are warm, room temperature, or even chilled. You could also sprinkle on some blue cheese or Parmesan, if desired.

Kale Chips

Easy and good. I recently made these and wondered why I don't do it every day!

- 1 bunch Curly Kale
- 1 Tbs. olive oil
- 1 tsp. tamari (soy sauce)

Preheat the oven to 375 degrees. De-stem the kale (but save the stems for another recipe!) and tear into bite-sized pieces. In a large bowl toss kale leaves with the olive oil and tamari. Spread in a single layer on a baking tray. Bake until lightly browned, about 10 minutes. Stir halfway through.

Beet Tops and Kale Stems with Bacon and Apples

I know the share is light on veggies this week since we really wanted to give you a garlic braid. Here's a simple way to get another serving of vegetables out of your share.

- 1 bunch Beets- tops only
- 1 bunch Kale- stems only
- 1- 3 apples, depending on the size
- 8 oz. bacon

Chop the kale stems finely. Chop the beet tops and apples coarsely. Slice the bacon. In a skillet, saute the bacon until mostly cooked. Drain off oil (optional). Add in the apples and kale stems and cook for about 3 minutes, stirring occasionally. Then add in the beet tops. Cook and stir until wilted. Then cover and turn down the heat. Continue cooking for about 5 minutes, until everything is tender, but beet leaves are still bright colored. Serve hot.

Goodbyes, transition, accomplishment on the farm. Recipe: Acorn Squash with Chantrelles, Shallots, Bacon and Apples



CSA News: Fall Week 3

Oct 2, 2013



Dan and Zach harvest kale

In your share this week:

Acorn Squash
Purple Carrots
Red Butter Lettuce
Shallots
Collards
Green Tomatoes
German Butterball Potatoes (large only)
Cauliflower (large only)

This past week has been full of major transition at the farm. We said goodbye to eight of our staff: Kara, Katie, Cedar, Zach, Jessica, Bri, Andrea and James. We wish them well as they move on to other jobs, school, and adventures. For those of us still left: Laura, Ben T., Siobhan, Ben R., Devon, Courtney, Dan and myself, the work load has lightened considerably, which is amazing considering we are such a smaller work force! It is just that time of year.

This year has been so good to us truly. We have spent the past couple weeks harvesting and storing away thousands of pounds of potatoes and winter squash. In years' past, that is an October job, but the weather has been so favorable that the crops are ready and we were ready. It is such a relief to have food protected from the elements and hungry wildlife, tucked away so we can portion out to you over the months to come.

We are also ahead of schedule on several important farm tasks: Weeding- the fields look great heading into fall, a time when wet soil makes weeding impossible; Cover cropping- the majority of the farm is planted in crimson clover or a mix of clover, vetch and oats; and Cleaning up the fields of plastic production aids- all those products like drip tape and black plastic that allow us to grow squash and strawberries and basil outdoors need to get pulled in and taken to a special recycling center.

Another big job that happened this past week was the planting of tulip bulbs; 18,000 of them! Yes this is more than the 13,500 or so I normally plant. Why so many? Well, for one, tulips are incredibly fun to grow. There never seems to be enough of them to sell to all the people who want them And next year, Easter happens smack dab in the middle of tulip season, which is the tulip growers' version of the stars aligning. All that said, get read for a big tulip year in 2014! Aside from the overall big number, I am excited to trial four new varieties, for a total of 32 varieties of tulips. Now just comes the waiting part, as they put down roots over the winter and transform into multitudes of gorgeous shapes and colors.

Hope you and your families are enjoying Fall!

-Karyn

Calling all Black Crates

I know that you all know that you are not supposed to bring home black crates, but just in case one (or two or...) made into your car and now stares at you walk every time you walk past it on your porch, NOW is the time to return it! We really need every last crate this time of year, as we have so many full of crops in storage. Thank you!

More Space in Fall CSA

We still have more space for additional members for the Fall CSA. If you know anyone who has put off signing up, feel free to assure them that they can still get in and I am happy to pro-rate the cost. Thanks for spreading the word!

Recipes

Acorn Squash with Chantrelles, Shallots, Apples and Bacon

Those of you who have been following my recipes over the years know that I love apples and bacon with veggies in the fall. This recipe is my pinnacle apple-bacon combo and so easy too!

- 1 medium Acorn Squash
- 1 lb. Shallots
- 1/2 lb. Chantrelles (available at Red Dog Farm Stand)
- 1 large apple
- 4 slices bacon
- Salt and pepper to taste

Preheat the oven to 375 degrees. Halve the squash and scoop out seeds. Bake cut side down until barely tender, about 30 minutes. Meanwhile, fry the bacon until crisp. Chop and set aside. Drain some of the bacon grease (or use it all, depending on your preference). Sauté the chantrelles and shallots until tender. Add in the apple and bacon. Cover and let cook for a couple minutes. Don't stir much in order to preserve the structure of the apple pieces. Pull the squash out of the oven and turn over. Fill each cavity with the filling and serve. Yum!

An alternative: If you want to make a one pan meal, chop the squash and add (unpeeled) to the chantrelle and shallot mixture after it is tender. Add a little water and let the squash cook for about 10 minutes before adding the apple.

Classic Fried Green Tomatoes allrecipes.com

- 4 large Green Tomatoes
- 2 eggs
- 1/2 cup milk
- 1 cup flour
- 1/2 cup cornmeal
- 1/2 cup bread crumbs
- 2 tsp salt
- 1/4 tsp pepper
- 1 quart vegetable oil for frying

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

Collard Greens with Lentils, Tomatoes and Indian Spices

wholefoodsmarket.com

- 1 medium onion (or 1-2 shallots), chopped
- 4 cloves garlic, thinly sliced
- 2 teaspoons garam masala (available at Food Coop, in the bulk herb & spice section)
- 1 (15 ounce) can no-salt-added diced tomatoes
- 1 bunch Collard greens, thick stems removed and leaves sliced into 1-inch-thick ribbons
- 1 cup red lentils

Bring 1/2 cup water to a simmer in a large deep skillet over medium-high heat. Add onion and garlic and cook 5 minutes or until onion is translucent. Stir in garam masala and cook 1 minute. Add tomatoes and their juices with 1 cup water and bring to a boil. Reduce heat to medium-low and stir in collards. Cover and simmer 20 minutes. Meanwhile, combine lentils and 2 cups water in a medium pot. Bring to a boil. Reduce heat to a simmer and cook about 8 minutes or until lentils are tender. Stir lentils into skillet with collards and serve.

Escarole reins in the fall! Check out 3 delicious recipes.



Fall CSA, Week 4

Oct 9, 2013



Fall cover shot: Dan and buttercup squash

In your share this week:

Brussels sprouts
Escarole
Delicata Squash
Leeks
Stir-fry Mix
Cauliflower
Lacinato Kale (large only)

As you peek into your basket this week, you may find yourself suspiciously eying what looks to be an enormous head of green leaf lettuce. This large leafy creation is actually an escarole. Escarole is in the chicory family, and is closely related to radicchio, endive, and dandelion. Escarole is flavorful and slightly bitter and thrives in cool weather. Just when lettuce is melting into the ground due to cold, damp weather, escarole reigns.

Escarole can be eaten raw or cooked. It is classically 'wilted' in recipes, meaning that it is cooked very briefly. This takes away some of the bitterness. I personally love it raw, wilted and fully cooked. The recipes this week feature escarole, so there's no excuse for not giving it a try!

This week, we brought in the last variety of winter squash- Delicata. Delicata is by far the most popular squash we grow. It is called delicata because the skin is very thin (delicate) and can be eaten when cooked. So no need to peel! Delicata is delicious cubed and used in any recipe that calls for squash. Or feature it by making a stuffed squash dish.

The first Brussels sprouts of the year! What a treat. These ping pong sized cabbages are tender and sweet. They keep best on the stalk, so leave them on until you use them. Roasted, or pan fried is the way to go. Don't even think about boiling these beauties!

I hope you enjoy your fall share this week. It feels more like fall every day on the farm.
-Karyn

Recipes

Escarole and Bean Soup

www.foodnetwork.com

- 2 tablespoons olive oil
- 2 garlic cloves, chopped
- 1 pound escarole, chopped
- Salt
- 4 cups low-salt chicken broth
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 (1-ounce) piece Parmesan
- Freshly ground black pepper
- 6 teaspoons extra-virgin olive oil
- Serving suggestion: crusty bread

Heat 2 tablespoons of olive oil in a heavy large pot over medium heat. Add the garlic and saute until fragrant, about 15 seconds. Add the escarole and saute until wilted, about 2 minutes. Add a pinch of salt. Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste. Ladle the soup into 6 bowls. Drizzle 1 teaspoon extra-virgin olive oil over each. Serve with crusty bread.

Escarole and Walnut Salad

www.marthastewart.com

2 tablespoons sherry vinegar
2 teaspoons Dijon mustard
2 Shallots, finely chopped
1/4 cup plus 2 tablespoons extra-virgin olive oil
5 cups sliced Escarole
1/3 cup toasted walnuts, coarsely chopped
Coarse salt and freshly ground pepper

Stir together vinegar, mustard, and shallots in a small bowl. Gradually whisk in oil. Toss escarole with vinaigrette, and sprinkle with walnuts. Season with salt and pepper.

Spaghetti with Delicata Squash and Escarole

www.marthastewart.com

- Coarse salt and ground pepper
- 1 medium Delicata squash, cut into 1/2-inch pieces
- 3/4 pound spaghetti
- 6 tablespoons (3/4 stick) unsalted butter
- 1 head Escarole, leaves torn into 2-inch pieces
- 7 ounces ricotta (3/4 cup)
- 1 lemon, cut into wedges

In a large pot of boiling salted water, cook squash until crisp-tender, 3 minutes. With a slotted spoon, transfer to a colander to drain. Return water to a boil. Add pasta; cook according to package instructions. Reserve 1/2 cup pasta water; drain pasta and return to pot. In a large nonstick skillet, heat 2 tablespoons butter over medium-high. Add squash and cook, stirring occasionally, until lightly browned in spots and tender when pierced with a knife, about 8 minutes. Add escarole and cook, stirring, until just beginning to wilt, 1 minute. Add vegetables to pot with pasta. To skillet, add 4 tablespoons butter and cook, swirling skillet occasionally, until butter is lightly browned and has a nutty aroma, about 1 minute. Drizzle over pasta and toss to combine, adding enough pasta water to create a light sauce. Season with salt and pepper. Transfer to a serving dish, top with ricotta, and serve with lemon wedges.

Embers of Spring, Celeriac & Potato Mash, Glazed Carrots



CSA Newsletter

Fall CSA, Week 5

Oct 16, 2013



Laura harvesting pumpkins

In your share this week:

Salad Mix
Celeriac
Russet Potatoes
Italian Parsley
Carrots
Broccoli (large only)
Rainbow Chard (large only)
Beets (large only)

I typed up a news letter and was dissatisfied with it. I tossed it out and replaced it with this poem I have been working on recently. Fall has had me reflecting on the start of the season...

Embers of Spring
-Courtney Fearon

"They say the gods took a bite
out of swallows tails because
they gave humans fire." -anonymous

Swoop. And swoop. and Swoop.
Endless "U" turns just out of
reach.

Dancing and working with their
figure eights and their spirals.
Swallows swing in every direction
Spring says so.

Earnest, radiant and bellies
smothered orange
they continue to pass flames
even with forked tails.

They dish out sparks
with their flurry
constructing spirits in
the wake of flight patterns.

Building homes in our homes.
Navy blue babes bubble-
spurt up and out.
Song like.

Insatiable inferno.
Delicate dives slip into
casual coasts-
held by a breeze.

And Spring slips into Summer.

The swallow luster lingers,
but their blaze fades.
Each day chips away
at their flashy dances

Until their are but
a few embers of Spring.

Recipes

Celeriac Potato Mash with Parsley and Garlic

- 1 large Celeriac
- 2 lbs. Russet Potatoes
- 1/2 bunch Italian Parsley
- 2 cloves Garlic
- Sour cream, milk, butter, or all three
- Salt and pepper to taste

Peel the celeriac and potatoes and cube. Boil the celeriac for 5 minutes, then add the potato cubes. Cook until fork tender. Drain. Mash the potatoes and celeriac together. Add in chopped parsley and minced raw garlic along with the optional sour cream milk or butter. Season with salt and pepper and serve.

Glazed Carrots

www.foodnetwork.com

- 1 pound carrots, approximately 7 medium, peeled and cut on the bias 1/4-inch thick
- 1 ounce (2 tablespoons) unsalted butter
- Heavy pinch kosher salt
- 1 cup good-quality ginger ale
- 1/2 teaspoon chili powder
- 1 tablespoon chopped fresh Parsley leaves

In a 12-inch saute pan over medium heat, combine the carrots, butter, salt and ginger ale. Cover and bring to a simmer. Once simmering, remove the lid, stir, and reduce the heat to low. Cover again and cook for 5 minutes. Remove the lid, add the chili powder and increase the heat to high. Cook, tossing occasionally, until the ginger ale is reduced to a glaze, approximately 4 to 5 minutes. Pour into a serving dish and sprinkle with the parsley. Serve immediately.

Foggy farm daze, Buttercup squash & pear soup, Spring (Fall) rolls.



CSA Newsletter

Fall CSA, Week 6

Oct 23, 2013



In your share this week:

Buttercup Squash
Spinach
Pea Greens
Cilantro
Cabbage
Purple Top Turnips (large only)
Escarole (large only)
Gold Beets (large only)

The dense, pea soup-like fog permeates all our activities on the farm these days. While we are thankful that it is not pouring rain or gale force winds, we do miss seeing the sky or farther than 20 feet in front of ourselves. I can't imagine what it would be like to live in fog like this all the time. There is something about it that seems to sink into all ones' pores, affecting more than just literal vision, but also insight and mental clarity. The expression, "being in a fog" now makes perfect sense.

Usually, I am fascinated by fog. I love watching it curl into the valley at night, sinking to the lowest spots like a river in its bed. I know the spots on the farm that collect fog first, and the spots that are touched last. These also correspond with the most frost sensitive and most resistant locations. I have studied this and have determined it is not solely dictated by elevation; there is also a topographical element. The fog seems to move in from the north and due to some phenomenon I learned about in physics class years ago, it separates around the ridge just to our south preemptively, as though it can sense the imminent rise. Similarly, there is nothing like watching the fog lift early in the morning, allowing the sun and pink-orange-blue sky peak through.

But these days, there is no elegant entrance or exit of the fog. It seems here to stay, at least for the moment. While it obscures our vision, clouds our minds, and freezes our toes, it also provides a very good excuse to curl up inside with a home-made stew or soup and dig into that book we've been meaning to read all year.

I hope you all enjoy the fog (or at least be patient with it!). As far as October goes, this one has boasted pretty amazing weather thus far, fog included.

-Karyn

Recipes

Buttercup Squash and Pear Soup

- 4 tablespoons butter
- 2 medium onions, diced
- 1 medium buttercup squash, seeded, stem removed, and cut in half
- 4 pears, peeled and chopped into roughly 1-inch pieces
- 1-quart low sodium chicken stock, or enough to cover
- 1 sprig rosemary
- Heavy cream
- Salt, freshly ground black pepper and granulated sugar

Preheat the oven to 375. Bake the halved squash cut-side down until tender, about 40- 60 minutes. Once cool enough to handle, scoop out the flesh. In a 4-quart saucepan melt the butter over medium-high heat, and add and sweat the onions. Add squash and pears and sweat those too a bit. Pour in the stock, enough to submerge solids. Add sprig of rosemary and

bring to a simmer and cook until squash is fork tender about 15 to 18 minutes. Remove rosemary. Puree with immersion blender. Add a touch of cream and season, to taste.

Spring Rolls (in the fall)

- Pea Greens, chopped
- Cilantro, chopped
- Cabbage, thinly sliced
- Turnips, grated
- Bean thread noodles (available in Asian food section of grocery stores)
- Spring roll wrappers (available in Asian food section of grocery stores)
- Tofu (optional), sliced into strips
- Soy sauce

Dip the wrappers two at a time in cold water for 10 seconds. Place vegetables, noodles and optional tofu inside the wrappers (always use two wrappers for each roll). Wrap them up, folding in the sides like a mini burrito. Serve with soy sauce for dipping.

Big Dahlia Dig, Honey Pumpkin Pie, Mustard Greens & Escarole Gratin



CSA Newsletter

Fall CSA: Week 7

Oct 30, 2013



Karyn and Laura loading pumpkins in the truck

In your share this week:

Pie Pumpkin
Brussels sprouts
Escarole
Shallots
Parsnips
Mustard Greens
Rainbow Carrots (large only)

Fall is clean-up time on the farm. We take down the summer tomato hoop houses, pull out thousands of feet of drip tape and black plastic, pull weeds one last time from the perennial beds, dig and pick then store crops of potatoes, squash, celeriac, beets, turnips and radishes. Today we are tackling one of the last big fall projects: digging, dividing and storing dahlia tubers.

Dahlias are one of my favorite flowers to grow. Their rich, vibrant colors grace us during late summer and throughout early fall. They remind me of so many friends' weddings (September seems to be wedding month around here). They require a lot of work this time of year and we don't realize our efforts until late July of the following year, but I never regret tending these beauties.

We grow 18 varieties of dahlias, boasting names like James Albin, Hissy Fitz, and Puget Sparkle. Their names inspire as much as their beauty.

The process of storing dahlias requires that a frost has come, or at least the farmer with a pair of loppers. The tops need to be dead in order to assure that the tubers have gone into hibernation mode. We then come along on a frosty morning such as this one to unearth the hand-like root system. Tracking the varieties carefully, we haul these dirty masses into the barn and spray them down. Now it's surgery time: Using knives and clippers, we divide each tuber cluster into individual tubers, making sure each one has one or more eyes (just like potatoes). These tubers then get packed snugly into sawdust, labeled and tucked into the back of the cooler where they are insulated from the cold winter air. They live there until next May when we pull them out, sort the good from the bad, and plant into newly dug trenches for another year's crop.

Already I am dreaming of next summer...

-Karyn

Recipes

Honey Pumpkin Pie

- 1 pie crust (optional*)
- 1¾ cups cooked Pie Pumpkin
- 2 eggs
- 1½ cups milk
- ½ cup honey
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ⅛ teaspoon cloves
- ½ teaspoon salt

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

*I've also made this recipe without the crust and it is delicious! Very pudding-like and great for those low-carb, gluten-free, don't-feel-like-making-crust moments. Simply grease a pyrex dish, add the filling, then bake until done.

Mustard Greens and Escarole Gratin

- 1 pound Mustard Greens and Escarole* (about 1 bunch of mustard and 1/2 head Escarole)
- 1 tablespoon unsalted butter, plus extra for baking dish
- 3 whole eggs, beaten
- 10 ounces ricotta cheese
- 2 ounces grated Parmesan (approximately 1/2 cup)
- 1/2 teaspoon kosher salt, plus extra for garlic and mushrooms
- 1/4 teaspoon freshly ground black pepper
- 2 cloves garlic, minced
- 12 ounces mushrooms, sliced

*Use the outer leaves of escarole for cooking. The inner leaves are super tender, and even if you don't like bitter flavor, they easily substitute lettuce in salad.

Preheat the oven to 375 degrees F. Wash the mustard greens and escarole thoroughly, roughly chop and pat dry. Butter a 9 by 11-inch or 2 1/2-quart baking dish and set aside. In a large mixing bowl whisk together the eggs, ricotta, Parmesan, salt, and pepper. Set aside. In a large skillet, melt the butter. Add the garlic, mushrooms, and a pinch of salt and cook until the mushrooms give up their liquid, approximately 5 to 6 minutes. Add the greens and cook until

they are wilted, approximately 3 to 4 minutes. The greens will reduce to less than 1/4 of their original volume. Remove the pan from the heat.

Add the greens to the egg and cheese mixture and stir to thoroughly combine. Pour into the prepared baking dish, place on the middle rack of the oven and bake for 35 to 40 minutes. Allow to cool for 5 minutes and serve.

Food Safety Modernization Act; Mashed Potatoes & Kale; Roasted Radishes, Carrots & Beets



CSA Newsletter

Fall CSA: Week 8

Nov 6, 2013



Farm crew back in the good old days of summer:

Laura, Kara, Dan, Cedar, Ben, Karyn, Devon, Siobhan, Caitlin, and Katie

In your share this week:

German Butterball Potatoes
French Breakfast Radish
Carrots
Arugula
Green Curly Kale
Beets
Celery (large only)
Brussels sprouts (large only)

I'm feeling pretty bummed that Initiative 522 on labeling genetically modified foods did not pass. \$20 million dollars, 99.99999% of which came from out of state, was contributed to the fighting of this initiative. Feeling that we have all suffered a loss in terms of food safety and consumer education, and a lost opportunity for Washington state to be a leader in the nation in these realms. But, I suppose we have to move on and look to the next opportunity to improve our country's health.

An issue that has been on the table for the past year, the Food Safety Modernization Act, is nearing the close of its comment period. In the past I have shied away from political urgings in the CSA Newsletter, but this really is an important one, and a good way to channel energy if you are feeling deflated after the election results. Below is what Washington State Tilth Producers has to say about it:

Food Safety Modernization Act

More serious policy news came on the food safety front. The Food and Drug Administration (FDA) recently released a set of proposed rules as directed by the Food Safety Modernization Act (FSMA) which lay out new food safety regulations for produce production and food processing. Food safety is very important and all players in the food system bear responsibility for making sure food is safe to eat, but careless regulations pose the threat of putting smaller farms out of business by being too expensive or complex to implement.

A few facts about the proposed rules:

- ❖ There are two rules which will have the most effect on farms: the Produce Rule and the Preventative Controls Rule
- ❖ Farms who sell less than \$25,000 of food per year are exempt from the Produce Rule
- ❖ Businesses who gross less than \$250,000-\$1 million (the limit is still up for debate) qualify for modified requirements under the Preventative Controls Rule
- ❖ The Produce Rule addresses water testing, manure use, hand washing, animals on the farm, equipment and buildings, employee training, and sprouts
- ❖ The Preventative Controls Rule requires eligible facilities which manufacture, process, pack, or hold human food to create a food safety plan which includes hazard analysis, preventative controls, monitoring procedures, corrective actions, and verification

- ❖ Farms are expected to bear costs both in determining eligibility for the rules and in complying with them

To ensure that the final food safety rules issued by the FDA are scale-appropriate and feasible, it is crucial that many farmers and small farm supporters read the proposed rules and comment on them. The comment period for the proposed rules is currently open until November 15th. To learn more and comment on the proposed rules, go to sustainableagriculture.net/fsma

I urge you to do some research on this and submit a comment in the next 9 days. In addition to the website listed above, tilthproducers.org is a wealth of knowledge. A local farm supporter also sent me an excellent CSA newsletter from High Ground Organics in California. They have these links as suggestions on how to find out more and comment:

[National Sustainable Agriculture Coalition](#) has an excellent website with detailed information about each specific issue in the proposed rules.

The [Wild Farm Alliance](#) has a lot of great information and a link to [comment directly to the FDA](#) online (although when I tried this link today it says that the FDA site is experiencing technical difficulties.)

[Cornucopia](#) has information and a [proxy letter](#). You just print out the letter, sign it and send it to Cornucopia to deliver in a bundle with others.

The [Community Alliance with Family Farmers](#) also has excellent information on this issue.

Thanks for taking the time to be proactive about ensuring real food safety and support for small farms.

Recipes

Mashed Potatoes with Kale

Potatoes:

- 2 lbs. German Butterball Potatoes, chopped into 1-inch pieces
- 1 clove Garlic, peeled and smashed
- 1/2 teaspoon sea salt
- 1 tablespoon unsalted butter, at room temperature

Kale:

- 2 tablespoons extra-virgin olive oil
- 1/2 small Onion, diced
- 1/4 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1 clove Garlic, minced
- One bunch Kale, stemmed and chopped into 1-inch pieces
- 1/8 cup low-sodium chicken broth

Assembly:

- 1/2 cup mascarpone cheese, at room temperature (about 8 ounces)
- 1/4 cup low-sodium chicken broth
- 1/4 stick unsalted butter, at room temperature, cut into 1/2-inch pieces
- 1/3 cup grated Parmesan
- 1 teaspoon sea salt, plus extra for seasoning
- 1/2 teaspoon freshly ground black pepper, plus extra for seasoning

For the potatoes: Combine the potatoes, garlic, salt and butter in a 5-quart saucepan with enough cold water to cover. Bring to a boil over medium-high heat. Reduce the heat to a simmer and cook until the potatoes are tender, 10 to 15 minutes. Drain in a colander and remove the garlic cloves. Return the potatoes to the pan and mash the potatoes until smooth using a potato masher.

For the kale: Heat the oil in a large skillet over medium-high heat. Add the onion, salt and pepper. Cook until translucent, about 6 minutes. Add the garlic and cook until aromatic, about 30 seconds. Add the kale and chicken broth. Cook, stirring occasionally, until wilted, 10 to 12 minutes.

To assemble: Add the kale mixture, mascarpone cheese, chicken broth, butter, Parmesan, salt and pepper to the potatoes. Stir over low heat until smooth and warmed through. Season with salt and pepper. Transfer to a bowl and serve.

Roasted Radishes, Carrots and Beets

- 1 bunch small to medium radishes, about 12
- 1 lb. Carrots, cut into 1 pieces
- 1 lb. Beets, cut into 1" pieces
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- Kosher salt and freshly ground black pepper
- Lemon half

Preheat the oven to 450 degrees F. Place the radishes, carrots and beets on a baking sheet and toss with the olive oil, thyme, salt, and pepper. Roast until tender yet firm in the center, about 20 minutes. Squeeze with a little lemon juice and serve.

Greetings from Laura; 2 weeks left Fall CSA; Yummy recipes



Fall CSA, Week 9

Nov 13, 2013



In your share this week:

Collards
Buttercup Squash
Pea Greens
Watermelon Radish
Jerusalem Artichoke
Mizuna
Cabbage (large only)

Greetings from Laura.

What a season it has been. When I last wrote, I said that this would be a season that feeds the soul. That thought certainly got lost in the madness of season. The production of food is a force that empowers me to work harder than imaginable. I think it's true for most farmers; hard work is what feeds their soul. Sure sunshine, warm weather and abundant crops don't hurt either. However being that it's the middle of November, my soul and body currently feel more tired than fed. However I know that winter is right around the corner. There will be time to relax and absorb all that transpired in the last season. Much like shavasana in yoga, through rest our bodies will absorb the muscle memory of the season and allow us to be reinvigorated by all that happened in the previous months.

On the farm it's amazing to see that things are still growing. Not too long ago they were growing so fast we could hardly keep up with them. The change seems to have happened so quickly that a month ago it was as if the plants had just stopped growing. As a week become a month I began notice new leaves, the lush growth of cover crops, bigger roots and of course the chickweed's effort to slowly take over every bare inch of ground. As I think back over the season it's hard to actually quantify how hard we all worked. I know that I could not have nor would have wanted to do it alone. This year's crew has been a great group. Together we grew so much food.

There is no denying days are getting noticeably shorter and shorter. In fact, our work days easily stretch from light to dark. I can't really complain as the weather has been unusually kind. I joke with my partner that we live on the edge of "The Sunshine Belt" rather than the rain shadow. And then there is the glorious lighting especially around dusk. The golden hue continues to take my breath away. None the less the transition is always startling as we shift into winter.

We strive to finish out the season with our best foot forward. Daily we continue to bring in the bounty as we put the farm to rest. It's a bittersweet mission. One that never really ends, because here in the Western WA we can harvest all winter long. However the difference in harvesting a bunch of anything in June compared to November is a stark difference. In the summer our bodies were fueled by the sunlight. Now we get to eat our sunshine (and sometimes be luckily enough to have a little glimmer on our bodies). When I look at a crate of squash I see encapsulated gems of sunshine; a shallot cut in half emulates the layers of light; a hardy bunch of kale glows with nutrition in every bite. I could go on and on. Just imagine on a gray winter day, when you need a little sunshine, that it's all stored up in our food, ready to be enjoyed!

2 More Weeks Fall CSA

After today, there are two weeks of shares left in Fall session. Winter CSA begins December 4th. There is still room! Cost is \$150 small and \$225 large. Winter CSA this week is two weeks of regular delivery, then one final week of a huge "storage" share. What is a storage share? It will include lots of store-able items like carrots, beets, potatoes, winter squash, shallots, and the like, plus some items to eat within a week or two like Brussels sprouts, kale, and cabbage. If you just want the storage share, that is also an option. Please spread the word to your friends and neighbors.

Thanksgiving

My plan is to let you know next week what to expect in your share the following week, as pick-up day is the day before Thanksgiving. I know next week there will be a pie pumpkin, so you can make your pie filling ahead of time, if you want.

Recipes

Watermelon Radish & Pea Green Salad with Avocado

Creamy white on the outside, the large watermelon radish has a colorful rose color inside and mild, crisp flesh. Here, the radish is thinly sliced, then tossed with pea greens, cilantro and an avocado vinaigrette to create a refreshing salad.

- 1 shallot, finely diced
- 1 1/2 Tbs. fresh lemon juice, plus more if needed
- 1 1/2 Tbs. white wine vinegar
- Sea salt, to taste
- 1 avocado, halved lengthwise, pitted and diced
- 1/4 cup extra-virgin olive oil
- 1/4 lb. Pea Greens, chopped (stems and all!)
- 1 watermelon radish, thinly sliced

In a small bowl, stir together the shallot, the 1 1/2 Tbs. lemon juice, the vinegar and a pinch of salt. Gently stir in the avocado, season with salt and let stand for 10 minutes, stirring occasionally. Whisk in the olive oil to make a vinaigrette. In a large bowl, combine the pea greens and radish. Stir in the vinaigrette and drizzle over the salad. Toss gently and season with salt and more lemon juice, if needed. Transfer the salad to individual plates and serve immediately.

If you want a bigger salad, add in a bunch of Mizuna, chopped, add another radish, and double the other ingredients.

Jerusalem Artichoke & Squash Soup

1- 2 lbs. Jerusalem artichokes, washed and cut 1/4 inch (note – do not peel the chokes. This is labor intensive, ends up wasting lots of food, and has minimal impact on flavor)

1/2- 1 Butternut Squash, peeled and cut into 1 inch cubes
1 bell pepper, seeded and sliced 1/4 inch
1 onion, diced
2 cloves garlic, minced
1 sprig fresh rosemary
5 cups low sodium chicken stock (plus or minus)
Olive oil

Heat about 2 tablespoons of olive oil in a large pot over medium-high heat. Add the onion, garlic, and bell pepper, and season with salt and pepper. Cook about 5-6 minutes, stirring often, until onions are soft and translucent. Add the cubed butternut squash, sliced Jerusalem artichokes, and sprig of rosemary and stir to combine. Add about 5 cups of broth, just covering vegetables (use slightly more or less as needed). Bring the pot to a boil, then reduce to a low simmer and cover. Let cook about 30-40 minutes, until butternut squash and Jerusalem artichokes are very soft. Remove rosemary. In batches, puree the vegetable mixture in a blender and transfer to another pot (or return to the same, but using a new pot simplifies the process). Bring the pureed mixture to a low simmer, adding more stock to thin the soup if necessary.

Swans Return; Fall turns to Winter; Honey Maple Pumpkin Bread



Fall CSA: Week 10

Nov 20, 2013



Trumpet swans graze in the valley (photo from Winter 2011)

In your share this week:

Pie Pumpkin
Lacinato Kale
Red Potatoes
Curly Parsley
Carrots
Parsnips (large only)
Stir-fry Mix (large only)

Swans return to valley

This past Sunday morning, as I went about my slow morning, a familiar yet nearly forgotten sound pierced through the too-thin walls of my trailer; a bugeling, honking that sounded far away, yet also close. All of a sudden, I realized it's winter! The swans are here! I ran outside and sure enough, just to the southwest, a trio of trumpet swans were flying high above, heading for the valley. Such annual milestones give direction and groundedness to the farm season. The trumpet swans remind me the cold is coming, the rains are coming (hopefully!), and it's time to shift into this dark season.

Happy Thanksgiving!

Thank you, all of you, for supporting the farm this year, for eating our veggies, and thus supporting your own health! We couldn't do this without you!

Thanksgiving Share (next week):

Small:

2# Russet Potato creamers (small size)
1/2# Salad Mix
1# Shallots
1 tree Brussels Sprouts
1 Celeriac root

Large:

3# Russet Potato creamers
1/2# Salad Mix
1# Shallots
2 trees Brussels Sprouts
1 Celeriac root
1 bunch Green Chard

Pick-up hours next week are the same as ever:

Uptown: 1206 Clay St., Wed 2pm- 8pm & Thurs 8am- noon

Evergreen Fitness: 22 Tahlequah Lane, Wed 2pm- 7pm, Thurs at the farm

Farm: 406 Center Rd., Wed 2pm- 8pm & Thurs 8am- 8pm

Port Ludlow: Beach Club, 3pm- 8pm Wednesday only

One Week Left: Fall CSA

Next Wednesday, November 27th, is the last week of Fall CSA! I hope you have all enjoyed this most abundant season. If you want to continue on with our CSA, read below:

Winter CSA Begins December 4th

There is still room left in our Winter CSA program! Cost is \$150 small and \$225 large. Winter CSA includes two weeks of regular delivery, then one final week of a huge "storage" share. December 4th and 11th will be normal-sized shares, then December 18th will be the storage share.

What is a storage share? It will include lots of store-able items like carrots, beets, potatoes, winter squash, shallots, and the like, plus some items to eat within a week or two like Brussels sprouts, kale, and cabbage.

Can I purchase only the storage share? Yes! The cost is \$100 small and \$150 large. This makes a great gift for the holidays!

Please tell your friends, neighbors, co-workers about this easy way to stock up for winter.

Recipes

Potatoes and Greens

- Potatoes
- Kale, chopped
- Parsley, chopped
- Olive oil- the tastiest you can afford
- Salt and pepper

Boil or steam the potatoes until tender. Meanwhile, steam the kale until tender. When the potatoes are done, mash them with a fork, with the skins on. They should look very rustic. Spread them out on a plate or flat dish. Douse liberally with good olive oil, salt and pepper. Top with steamed kale. Add generous handfuls of fresh chopped parsley and serve.

Honey Maple Pumpkin Bread

Makes 2 loaves

- 3/4 cup honey
- 3/4 cup maple syrup ([buy it on Amazon](#))
- 1 cup coconut oil or butter- melted ([coconut oil on Amazon](#))
- 1 teaspoon vanilla extract ([here's how to make it yourself](#))
- 4 eggs
- 3 cups of whole wheat flour
- 2 cups pumpkin puree ([here's how to cut up a whole pumpkin, the easy way](#))
- 2 tablespoons pumpkin pie spice ([here's the DIY version](#))
- 2 teaspoons baking soda

1. Preheat your oven to 350 degrees, and grease 2 9x5" loaf pans. (*I adore my [stoneware pans](#)— no more unevenly cooked bread!*)
2. In a large bowl, mix the honey, syrup, oil/butter, vanilla, and eggs together. (I like to use my Kitchenaid for this part)
3. Mix in the pumpkin puree.
4. In a different bowl, combine all of the dry ingredients.
5. Mix the dry ingredients into the wet ingredients, and stir until everything is incorporated, but avoid overmixing.
6. Divide the batter between the two loaf pans, and bake for 50-65 minutes, or until a toothpick comes out clean.
7. Cool on wire racks, and fight the urge to hack off a piece while it's still hot.
8. Give up having self-control and cut yourself a slice. Slather it with real butter. Eat.

See more at: <http://www.theprairiehomestead.com/2013/10/honey-maple-pumpkin-bread-recipe.html#sthash.qW4DIQxT.dpuf>

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