

April 17, 2013

Spring CSA, Week 1



CSA 2013: Off to a grand beginning



Laura and Siobhan, fertilizing the garlic

In your share this week:

Parsnips
Salad Mix
Chives
Green Chard
Red Russian Kale Raab (small only)
Tulips
Cabbage Raab (large only)
White Russian Kale Raab (large only)
Leeks (large only)
Spinach (large only)

Welcome back returning members! Welcome new members! We are so pumped to have such a great CSA offering for you all this season. The mild Winter and warm, dry Spring have coupled to make this one of the most productive Springs on record. Of course, our record only goes back a little over five years, but still. When I think back to this time last year, I remember so many challenges- many brought on by the weather. So glad that this isn't the case this time around. That's how farming goes: boom or bust, the show must go on. Just makes me glad when it's a little easier to make it all happen.

Some of the projects we've been working on this Spring include doing a major organizing-tidying- re-arranging of the barn. It suddenly seems like there's so much more space than before. Hopefully that will help make it a more pleasant space to work in. Of course every Spring there is the huge task of preparing the fields for planting. This year we got a very early start, as all the fields have been tilled and plowed for almost a month now. Currently we are mid-way through fertilizing and then tomorrow hope to do another pass with the disc.

Already we have a ton of crops in the ground: radishes, spinach, arugula, turnips, carrots, beets, onions, leeks, shallots, kales, collards, chard, lettuce, broccoli, cabbage, kohlrabi, scallions, peas and potatoes, in addition to all our perennials (rhubarb, raspberries, strawberries, chives, asparagus, and flowers). It feels so good to be on schedule for once! Our start greenhosue is full to the brim with baby plants for our fields as well as to sell to gardeners.

We have another great crew in place for this season. Returning Red Doggers Laura, Ben T., Siobhan and Ben R. and joined by new-comers Devon and Courtney. Everyone has been putting in a lot of hard work and the farm shows it! In the weeks to come I will introduce each one of them.

Stay in touch

There are a couple great ways to keep your finger on the pulse (so to speak) of Red Dog Farm's latest. Like us on Facebook (www.facebook.com/RedDogFarmChimacum), visit our website (www.reddogfarm.net), read our email newsletters (you are already on both lists: weekly CSA and bi-monthly farm news).

Have recipe ideas, CSA feedback, or anything else we should know? Don't hesitate to send us an email or give a call. We love to share how our members are using our vegetables.

Reminders

1. Do NOT take home black crates! We need them and we need them clean. Please do not put them in your car. There are bags for you to use if you forget to bring your own.
2. Sign your name before taking a share- even if you are 100% sure you should have a share. Please talk to me first. If I have made a mistake, I will make it up to you.
3. Check the clipboard for info about extra stuff to take (i.e. flowers)
4. Stack crates neatly. Farm pick-up folks: empty crates go outside.

Pick-up Info:

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

I hope you enjoy your first share of the season! It is just the beginning of a year-long supply of our freshest, tastiest produce lovingly grown for you, your families and friends.

-Karyn

Recipes

Parsnip Pie

This pie is savory, easy to make and absolutely delicious.

- 2 large Parsnips (about 1 lb.)
- 1 Onion, Shallot or Leek
- 2 Tbs. butter
- 2 tsp. dried thyme
- ¼ tsp salt
- 1 egg
- ¼ cup tahini (sesame seed butter, available at Co-op)
- ¼ cup milk
- Juice of 1 lemon
- 1 pie crust
- ¼ cup chopped nuts
- 1/4 cup chopped Chives

Steam the parsnips until tender. Sauté the onion or shallot and thyme and salt in the butter. Set aside. Puree the steamed parsnips with the egg, tahini, milk and lemon. Add in the onions and mix well. Pour into the prepared pie crust. Top with chopped nuts. Bake at 350 degrees for one hour. Remove from heat. Sprinkle with chopped chives. Let set for a couple minutes. Serve warm or at room temperature.

Roasted Raab

- 1 bunch any kind of Raab
- 1 tablespoon olive oil
- 3 cloves garlic, chopped
- 1 tablespoon fresh lemon juice

Preheat the oven to 400F. Cut off and discard the bottom 1/2" of the stem. Toss the raab with the olive oil, garlic and lemon juice. Spread out the raab out on a roasting pan and sprinkle it with salt and pepper. Roast, turning once or twice with tongs, until it's tender, 15-20 minutes.

Shell Pasta with Sausage and Greens

Recipe

- 1 lb. shell or ear-shaped pasta
- 3/4 lb. Italian sausage - half hot, half sweet or plain
- 12 oz. bunch of kale, raab, chard or spinach
- 1/2 bunch of chives, chopped
- 6 garlic cloves, diced
- 1/4-1/2 teaspoon hot red pepper flakes
- 1 1/2 cups chicken stock
- 1/4 cup grated fresh Parmesan cheese

Bring 3 quarts of water to a boil, add a 1/2 teaspoon of salt and a Tbsp of olive oil. Add the pasta and cook as directed on the package, until al dente.

While pasta is being prepared, cook raab or other greens in chicken stock for about 8 minutes. While greens are cooking, sauté Italian sausage until brown - about 8 minutes. Use a slotted spoon to remove sausage from pan. Add green onions to pan, sauté until soft. Add garlic and cook for a minute more.

When pasta is done, drain and return to pan. Toss together with the greens, sausage, garlic, and Parmesan cheese. Add chile pepper flakes to taste.

Serves four to six.

April 24, 2013



Spring CSA, Week 2



In your share this week:

Collard Raab
Pink Beauty Radish
Cilantro
Spinach
Arugula
Tulips
Green Curly Kale (large only)
Italian Parsley (large only)

Ups and downs: weather and farming

Have you noticed the classic Spring weather of late? Sunny, glorious days that remind us all why we live here, followed by blustery cold rain and wind, followed by more sun. The weather pattern echoes the situation on the farm this Spring as well. Good news: It is dry! We can work the soil! Bad news: The tractor is in the shop. Again. Good news: We have lots of great help and good attitudes all around! And so it goes on like that... Mostly good, but a few wrenches thrown in for good measure. Hopefully the tractor, which is experiencing radiator and hydraulic problems, will be returned to the farm in full working condition shortly. And, a good reminder that having one tractor for all the field prep is probably not a great idea anyway.

Which brings me to another positive reminder: awesome farmer neighbors are the best! I feel so lucky to count Finnriver Farm as my neighbors, on both sides, actually, as they now also have the lease on the Brown Dairy, just to the north of Red Dog Farm. These folks are the most generous of all people I am lucky to know, as they readily loan me their amazing new tractor to help me out when my little blue one is sick and in the shop. Yay for Finnriver Farm and good neighbors everywhere!

Hopefully you are having a positive experience with your CSA so far! We have surprising diversity of crops this year and are excited to share them with you in the coming weeks. Something to look forward to: asparagus has begun to peak its pointy heads above the soil. Unfortunately we lost the first few to a hard frost, but just as many are following suit. For those of you who were with us last year, you got just a few tender spears. We hope that there will be many more this year. We are definitely saving all our asparagus crop for the CSA, so stay tuned in the weeks ahead.

-Karyn

Pick-up Info:

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

Recipes

Radish Mango Salsa

So this isn't exactly local, but sure is good! Try served over grilled halibut or seared prawn

- 2 limes
- 2 mangoes, diced
- 4 to 5 Radishes, diced
- 1 red onion, diced
- 1 tablespoon chili powder
- 1/2 bunch fresh Cilantro leaves, chopped
- 1/4 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper

Mix all the ingredients together and serve.

Collard Raab and Cannellini Beans over Garlic Bread

- 1 bunch Collard Raab, washed and bottom 3" of stem trimmed
- 1-1/2 Tbs. extra-virgin olive oil; more for drizzling
- 1 small onion, finely chopped
- 1-1/2 to 2 tsp. finely chopped fresh rosemary
- 2 cloves garlic, minced, plus 1 whole clove to rub on the toast
- Dried red chile flakes to taste
- 15-oz. can cannellini beans, rinsed and drained
- Salt and freshly ground black pepper to taste
- 2 to 4 thick slices sturdy country-style bread, preferably sourdough
- Lemon wedges or red-wine vinegar

Trim the bottom 2- 3" off the raab. Chop the top part of the raab coarsely. Heat the olive oil in a 10-inch skillet. Add the onion and rosemary and cook over medium-high heat until the onion softens and begins to color, about 5 minutes. Add the minced garlic and a pinch or two of chile flakes and cook 1 minute longer. Add the chopped raab leaves and stems along with 1 cup of water and cook, stirring occasionally, until the raab is wilted, about 5 minutes. Add the beans (and more water as needed) until the greens are cooked, about another 15 minutes. Season well with salt and pepper.

Meanwhile, toast the bread on the grill or under the broiler. Rub one side of the toast all over with the reserved garlic clove. Set a slice or two of bread on each plate. Spoon the beans and greens over the toast. Drizzle olive oil liberally over the beans and greens. Top with a squeeze of lemon juice or a splash of red-wine vinegar.

Tahini Dressing - Nourishing Traditions, Sally Fallon

Perfect over tossed green salad of arugula, spinach, or any other green you have on hand

- 1/2 of a small onion, chopped
- 1 stalk celery, chopped
- 2 Tablespoons naturally fermented soy sauce
- juice of 2 lemons
- 1/2 cup tahini
- 4 Tablespoons extra virgin olive oil
- 1 Tablespoon expeller-expressed flax oil
- 1/8 to 1/4 cup water

Place celery and onion in food processor and pulse until finely chopped. Add remaining ingredients except water and process until well blended. Thin with water as necessary achieve desired consistency.

May 1, 2013



Spring CSA, Week 3



Wild mustard and Queen of the Night tulips

In your share this week:

Rhubarb
Salad Mix
Stir-fry Mix
White Russian Kale Raab
Chives
Tulips
Green Chard (large only)
Easter Egg Radish (large only)

Tractor disaster averted, Good things to come

In last week's CSA news I wrote a lot about tractor problems and wouldn't you know it right afterward we had a true "tractor disaster", as Ben called it last Wednesday afternoon. It was a sunny afternoon. We just got the tractor back from the shop and finally determined that the overheating problem was resolved (after \$1000 plus dollars in repairs and lots of lost time). Whew! We were back in business and feeling good.

I was on Finnriver's tractor (since I had borrowed it for the day anyway) and Ben was on my tractor. We felt like we were finally catching up: two tractors in the field at once! When, Bam!, the wheel fell off my tractor. The problem: sheared bolts and busted ball bearings in the front axle. Luckily, Ben was fine, but the tractor was not. My friend Andy was quickly on the scene to assess the damage and get to work fixing it.

Well, it took until Monday to get the parts in and put it all back together. I learned even more about tractor repair and luckily the bill wasn't too steep. And now, finally, we have an operational tractor again. I am most thankful that the wheel didn't fall off when we were driving the tractor home on Center Rd, that Ben wasn't hurt, and that I have good friends with mechanical expertise to help when things go wrong.

I sincerely hope that I won't have to write anymore about tractor troubles for the rest of the season! And I bet you would much rather hear me wax poetic about the morning light on the fields, the birds watching from above, and the tasty crops growing strong in the soil. So, yes, all those things are happening too! Our crops are looking fabulous. We turned irrigation on for the first time this week and the crops have never looked happier. The greenhouse is full to busting with more starts to go out next week, including tomatoes and basil!

We are nearing the end of tulip season with only two more weeks to go. Expect tulips in this week's share and possibly next week, too, then not again for another year. It is so fun to see all the varieties bloom every year, but I am always happy to move on from tulip time as they sure are a lot of work. It's now time to seriously focus on field work. Ben and I will be putting in some long days on the tractor in the next couple weeks, getting the field ready for planting some serious acreage.

For the next three weeks, some crew members will be writing this portion of the newsletter so I hope you will enjoy hearing their voices and perspectives of life on the farm. Enjoy your share this week!

Karyn

Port Ludlow Delivery Driver Needed: One Time Only!

We need someone to deliver produce to Fireside Cafe in Port Ludlow this Friday, May 3rd. Pick-up at the farm at 3pm. Compensation is \$10 trade at the Farm Stand.

We could really use the delivery help!

Call or email Karyn if interested: 732-0223/ karyn@reddogfarm.net

Pick-up Info:

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

Recipes

Roasted Rhubarb- recipe from Camille Speck

I've got an amazing roasted rhubarb recipe from the most recent Bon Appetit. It looked so good I hand copied it at a friend's house:

- 2 lbs rhubarb, trimmed, sliced 1" thick
- 1 cup sugar
- 1/2 cup red wine
- 1 vanilla bean (I'll just use vanilla extract to taste)

Preheat oven to 350°. Combine ingredients in a medium baking dish or oven-proof skillet. Roast until rhubarb is very tender & juices are syrupy, 30-40 minutes, depending on thickness of stalks. Let cool. Serve with shortcake and whip cream or over ice cream. Keeps 5 days in fridge.

Pancetta and Greens Frittata- www.eatingwell.com

- 2 tablespoons extra-virgin olive oil
 - 3 ounces pancetta or 3 strips bacon, cut into 1/2-inch pieces
 - 1/2 lb. Stir-fry Mix, thinly sliced
 - 8 large eggs, beaten
 - 1 cup shredded Asiago or Parmesan cheese
 - 1/2 teaspoon freshly ground pepper
 - 1 bunch Chives
1. Position rack in upper third of oven; preheat broiler.
 2. Heat oil in a large broiler-safe nonstick skillet or cast-iron skillet over medium-high heat. Add pancetta (or bacon) and cook, stirring frequently, until crisp, 2 to 3 minutes. Reduce heat to medium. Add greens and cook, stirring, until they are just beginning to wilt, about 1 minute.
 3. Meanwhile, whisk eggs, cheese, chives and pepper in a bowl. When the greens are just starting to wilt, pour the egg mixture over the ingredients in the pan. Using a spatula, carefully scrape the eggs from the edges to the middle of the pan as they cook, allowing uncooked egg to flow under, about 3 minutes. When the eggs are nearly set, place the skillet under the broiler until the top is cooked and the eggs are slightly browned, about 2 minutes. Let stand 5 minutes.
 4. To release the frittata from the pan, run a rubber spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into wedges and serve.

Raab Steamed with Parmesan

- 1 bunch Raab
 - 3 Tbs. olive oil
 - 1 clove garlic, minced
 - Dusting of Parmesan cheese (optional)
1. Bring a large pot of salted water to a boil. Cut an X in the bottom of the stems of the raab and place in the boiling water. Cook until tender but still firm, about 5 minutes. Drain.
 2. In a large heavy skillet over medium heat, heat olive oil and saute garlic for 1 to 2 minutes. Stir in the raab and saute 10 to 15 minutes, or until desired doneness. Dust with Parmesan cheese, if desired.

May 8, 2013



Spring CSA: Week 4



Courtney (our newest Red Dog crew member) and Laura, tagging in the greenhouse

In your share this week:

Rhubarb
Salad Mix
Spinach
Arugula
Easter Egg Radish
Hakurei Turnips (large only)

Greetings CSA members! Allow me to introduce myself. My name is Ben Rutherford and I am a crew member here at Red Dog Farm. I started my relationship with Red Dog as a CSA member, much like yourself, looking to better my eating and spending habits. Red Dog Farm is as local as it gets, short of my own backyard.

Karyn again has surrounded herself with positive, hard-working people who will prove their worth in weight in tulips and then some as the days slowly turn into weeks. Working full time on the farm is like stepping into another dimension. Calm, peace and laughter transcend the production of the production farm. We work like farmer elves, distant cousins of those who tinker at the North Pole. Where they load up a sleigh with bags of toys, we load up the farm truck with strip trays of lettuce starts. They make toys and we deliver veggies to all the good girls and boys on the peninsula.

Once the tractor got going, it started tilling downhill as it seemed to never stop rolling laps back and forth across the field. The rubble of the South East field is now smooth as a freshly paved road and just as black.

The strength of the plants parallels the strength of the crew. Despite ever-changing weather, sun burn to frost damage, weed pressure insect and foul, the plants and crew show great tenacity breaking soil and grow little by little; only noticed after you look away then back again. To that end I must look back again to harvest beautiful Easter Egg radishes for you all to enjoy. I wonder how much they have changed since we last interacted. Enjoy our harvest and these beautiful May days! See you down the road!

-Benny

Pick-up Info:

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

Recipes

Indian-Spiced Lentils with Spinach and Rhubarb

www.vegetariantimes.com; Serves 6

Rhubarb's fruity flavor complements the Indian spices, sweet raisins, and velvety spinach in this dish. For a more complete dinner, serve over a cooked whole grain, such as quinoa or brown rice.

- 2 Tbs. olive oil, divided
- 2 Tbs. yellow mustard seeds
- 2 ½ tsp. whole cumin seeds
- 3 Tbs. minced fresh ginger
- 3 cloves garlic, minced (1 Tbs.)
- 1 medium red onion, chopped (1½ cups)
- ½ cup golden raisins
- 1 cup brown lentils, rinsed and drained
- 3 ½ cups low-sodium vegetable broth
- ½ lb. fresh Rhubarb, cut into ¼-inch slices
- 6 cups Spinach leaves
- ½ cup chopped cilantro

Heat 1 Tbs. oil in nonstick skillet over medium-low heat. Add mustard and cumin seeds. Cover skillet, and cook 2 minutes, or until seeds begin to pop. Cook 1 to 2 minutes more, or until popping stops, shaking skillet often. Remove from heat, stir in ginger and garlic, and season with salt and pepper, if desired. Cover, and set aside.

Heat remaining 1 Tbs. oil in saucepan over medium heat. Add onion and raisins; sauté 10 minutes, or until onions begin to brown. Stir in lentils and 3 cups broth; bring to a boil. Reduce heat to medium-low; simmer 25 minutes. Stir in rhubarb and remaining ½ cup broth; cook 6 minutes. Add spinach, cover, and cook mixture 6 minutes more. Stir mixture to incorporate rhubarb and spinach leaves, then stir in spice mixture. Serve garnished with cilantro.

Salad Season

It is officially salad season! Wondering what to do with all that salad mix, arugula, spinach? I personally love the entree salad concept. All you need is something with protein (meat, beans, eggs, etc.), something crunchy (nuts, seeds, etc.), and add in a couple other exciting ingredients (which obviously will vary from person to person. Some suggestions are: avocado, bacon, cheese, apples, dried fruit, etc.) Below are a couple of ideas to get you started:

Chicken, Walnut, Apple, Blue Cheese

This is my all-time favorite. In addition to the headline ingredients, I like to add grated carrots, thinly sliced celery, and minced sweet onion.

Garbanzo, Cheddar, Pea, Beet

Something about this combo reminds me of salad bars from my youth. I use frozen sweet peas from the Coop freezer section, good cheddar grated. I boil the beets ahead of time so they are cool. If you have the time or inclination to pickle them first, that is especially good.

Sauteed Mushrooms and Peppers and Goat Cheese

Of course, you have to use our local chevre, made by Rachael at Mystery Bay Farm. Any kind of mushrooms are good. Saute them up with sliced sweet peppers and garlic. This one is great warm on salad. If you are feeling ambitious and hungry, you could make some meatballs to go in the saute as well!

Home-made Blue Cheese Dressing

If you are anywhere near as obsessed with blue cheese as I am, you will appreciate this amazing recipe. Inspired by Joy of Cooking, but adapted by me.

- 1/2 cup mayonnaise
- 1 cup Mystery Bay Farm yogurt
- 1/4 cup finely chopped fresh parsley
- 2 Tbs. lemon juice
- 1 tsp. fresh minced garlic
- Salt to taste
- Pinch of cayenne
- 4 ounces blue cheese

In a food processor, mix all the ingredients except the cheese. Depending whether you like your dressing smooth or chunky, either run through the processor, or just hand-mix in the cheese.

Hope you enjoy salad season!

-Karyn

May 15, 2013



Spring CSA: Week 5



Break time on the farm: yoga and napping are favored

In your share this week:

Baby Carrots
Green Garlic
Bok Choi
Pea Greens
Hakurei Turnips
Salad Mix

Greetings! This is Laura writing. The days have been equally long and flying by as I sink knee deep into my ninth season of farm work. I have been doing a lot of reflection of late. Asking myself again and again, Why do I do this work? Or more importantly, Is there anything else I could see myself doing? In actuality, what I knew after my first season still holds true: I am going to grow food every year of my life here on out, in one way or another. This brings me back to Red Dog. Not only do I love working here, but I love the work that I get to do. As it turns out, orchestrating the field work from the ground up seems to flow in my blood!

Just this morning I read in the forward of the book Blithe Tomato that Mike Madison “grows mainly flowers, thousands of them, because they are food for the soul.” Well this got me thinking, as we have just wrapped up tulip harvest for the season. This year we grew over 13,000 bulbs. I am reminded of those days, just weeks ago, when Karyn and I were bringing in bucket load after bucket load of tulips. The crew having already gone to lunch, my stomach growling, and yet, if I just took a breath and looked around I felt fed by the sheer beauty of those vibrant tulips. So it is with seasonal crops; it is a bittersweet goodbye. On the bright side, it sounds like next year's tulip varieties will be even grander. There is also all the flowers to come between now and then to look forward to.

As it is with farming, I have seen many ups and downs throughout many different farm seasons. Some in my control; mostly consequences of some mysterious mishap hopefully to not be encountered again. But a spring like this...it's unreal. Hot, dry, still dry and then the perfect layer of thin clouds this weekend so our lettuce could germinate. Last week we were watering these flats four or five times a day to no avail in actually keeping them moist. I know the weather could go back to what we have all come to expect for this time of year, especially after last evening's deluge. However, I firmly believe with so much sunshine absorbed into my skin and the plants' cells we are forever changed.

Prior to reading the above mentioned book, I have been saying that this is a season that feeds the soul. We are all having no problem soaking it up. Most seasons the ups and downs usually even out. It's a lot of hard work and there is the great satisfaction of getting a job done as best we could. With a spring like this the scales are tipped. Life is immeasurably good. Granted, there is still a lot to get done.

Whether it's the sunshine, the vegetables or the tulips; I'm sure glad we're in this together. This week your liquid gold comes in the form of baby carrots. I don't think it gets much sweeter, the cream of crop if you will! Or maybe it's the shiny jewels of those favored Hakurei turnips that won't make it home as a full bunch! I am so thankful that we can all be fed from the fields- mind, body, and soul- day in, day out.

-Laura

Pick-up Info:

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

Produce Notes

Green Garlic

This is immature garlic plants, which we plant really close together in order to harvest at this stage. Use them as you would green onions. They are delicious raw in salads or lightly sauteed. The greens as well as the white shaft are edible and delicious. The white part will have a mild garlic flavor and is more tender than the greens.

Pea Greens

Also known as pea shoots or pea tendrils, these are vines of the pea plant. They have a sweet, pea flavor and are delicious in the early Spring. Great chopped raw into salads, or lightly steamed or wilted. Don't overcook or you will lose their flavor!

Hakurei Turnips

These pure white turnips are known also as salad turnips. They are unbelievably sweet and juicy. I highly recommend you eat them raw out of hand, like an apple. They are also delicious chopped or grated on salad. If you must cook them, that works too. Don't forget to eat the greens! Turnip greens are very mild in flavor and have the highest Vitamin C content of all produce (watch out oranges!).

Bok (Pac) Choi

A deliciously succulent Asian green, bok choy is amazing raw or lightly cooked. It is known as a super food, along with kale and blueberries, for its amazing nutrient profile. I love Bok Choi grilled or in miso soups, but it is incredibly versatile and can be used in a variety of dishes.

Recipes

Sauteed Green Garlic and Pea Greens

Slice Green Garlic as you would leeks. Saute in olive oil for a few minutes. Add chopped pea greens and stir for just a minute. Remove from heat and serve immediately with a sprinkle of salt.

Turnip Greens Quesadillas

Saute some green garlic in olive oil, add in chopped turnip greens. Cooked until wilted. Add a little salt. Make quesadillas with sharp cheddar cheese, layering an abundant amount of greens in each tortilla. Brown on both sides. Serve with sour cream or yogurt and salsa.

Grilled Bok Choi

So simple, so good. Simply slice bok choy in half lengthwise. Marinate for a couple minutes to a couple hours in the fridge. Marinade could be as simple as olive oil, balsamic and salt, or sesame oil, soy sauce and rice wine vinegar. Fire up the grill. Grill the choy until a little charred, about five minutes tops. Enjoy!

Recipe ideas compiled by Karyn. **Bon Appetit!**

May 22, 2013



Spring CSA, Week 6



In your share this week:

Carrots
Bok Choi
Green Onions
Winter Density Lettuce
Hakurei Turnips
French Breakfast Radish (small only)
Chive Flowers (large only)
Asparagus (large Uptown PT only)

Hello hello,

My name is Courtney and I am one of the newbie crew members this season. This is my fourth week at the farm, and I am slowly picking up the Red Dog way and the Red Dog-isms. Where does this go? Am I doing this right? What does that mean? Luckily, the other crew members have plenty of patience and good senses of humor. Each day I can feel many multi-tasking and efficiency skills being passed on to me. One of my favorite things about working at Red Dog thus far is the team aspect of the farm. We all understand how much needs to get done each day and do our best together to accomplish the given goals.

Speaking of team work, this past Thursday I felt especially thankful for the work traders that helped with transplanting about six beds of veggies. The crew finished up after they left and I was grateful that we had had their many hands and smiles that morning.

Recently, while we were weeding, Laura asked me "what is your favorite vegetable?". Carrots has been my answer for the last few years. I love their versatile nature, easily sweet or savory. Carrot cake is hands down my favorite. Also, the satisfaction of harvesting them adds to their appeal. With a little help from a spade they slide out with their bushy green tops wagging and an elegant tapered tail. Maybe in a few more seasons their delicate nature and tough weeding time will change my opinion of them, but for now I am sticking with my taste buds. Hope you enjoy them as much as I do.

Other exciting news includes the two new hoop houses that went up last week. Laura, Siobhan and myself started placing in rebar and plastic hoops when the wind picked up and we had to put off stretching the plastic film. No worries though because the weather gods gifted us with a sunny mellow day to follow and plastic was stretched with no hiccups. Tomatoes and basil are in their new toasty home, and it is safe to start dreaming about their stellar combination.

So far so good as a new Red Dogger. I love the work and the people I do it with. I look forward to growing lots more tasty food for you in the months to come.

-Courtney

Storage Tips

Recently someone asked me for tips on how to get better results extending the life of the produce from the CSA shares. I thought perhaps others were wondering the same thing. Here are some suggestions:

1. Pick up your share as close to 2pm Wednesdays as possible. CSA shares are not refrigerated after they leave the farm at about 1pm.
2. Once you get your produce home, re-hydrate it by either running under cold water, or soaking in a sink full of cold water. Let drip dry for a couple minutes. Then store produce in plastic bags in the crisper section of your fridge.
3. If you have not consumed all the produce within four days, simply rehydrate again. Produce treated this way should keep for a week.
4. To extend storage even further, remove tops from roots immediately (i.e. carrots, radishes, turnips) and store separately. Also remove twist ties from around greens.

Pick-up Info:

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

Recipes

Braised Spring Carrots

Slice carrots into quarters, length-wise (leave 1/2" of greens on for a fancy look). Heat olive oil over medium heat in a heavy skillet. Add the carrots. Sprinkle in salt and saute for a few minutes. Then cover and reduce heat to low. Let cook until barely tender. Simply delicious any way you pair them.

Salad with Warm Bacon Dressing

- 1 head Lettuce
- 2 large eggs, hard boiled
- 8 pieces thick-sliced bacon, chopped
- 3 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon Dijon mustard
- Kosher salt and freshly ground black pepper
- 1/2 bunch Green Onions, thinly sliced

Wash the lettuce and cut into bite-sized pieces. Place into a large mixing bowl and set aside. Fry the bacon and remove to a paper towel to drain, reserving 3 tablespoons of the rendered fat. Crumble the bacon and set aside. Transfer the fat to a small saucepan set over low heat and whisk in the red wine vinegar, sugar and Dijon mustard. Season with a small pinch each of kosher salt and black pepper. Add the sliced green onions to the lettuce and toss. Add the dressing and bacon and toss to combine. Divide the lettuce between 4 plates or bowls and evenly divide the egg among them. Season with pepper, as desired. Serve immediately.

Bok Choi and Tofu Stir-Fry www.epicurious.com

- 1 1/2 tablespoons low-sodium soy sauce
- 1 tablespoon dry Sherry
- 1 teaspoon oriental sesame oil
- 1 teaspoon cornstarch
- 2 teaspoons vegetable oil
- 3 large garlic cloves, minced
- 1 tablespoon minced peeled fresh ginger
- 1/8 teaspoon dried crushed red pepper
- 3 1/2 cups thinly sliced trimmed bok choy
- 1 5-ounce can sliced water chestnuts, drained
- 3 green onions, cut into 1-inch pieces
- 10 1/2 ounces extra-firm tofu, drained, cut into 3/4-inch pieces (or substitute chicken or shrimp)

Combine first 4 ingredients in small bowl; mix well. Heat vegetable oil until very hot in heavy large wok or skillet over high heat. Add garlic, ginger and crushed red pepper. Stir-fry until aromatic, about 30 seconds. Add bok choy and stir-fry until just wilted, about 2 minutes. Mix in water chestnuts and green onions and stir-fry until onions are tender, about 1 minute. Add tofu and lightly stir-fry until tofu is just heated through, about 2 minutes. Pour over soy mixture. Stir-fry until liquid boils and thickens, about 1 minute.

May 29, 2013



Spring CSA, Week 7



Meet the crew: Devon, Siobhan, Ben R., Courtney, Ben T., Laura, Karyn, Rupert, Maggie

In your share this week:

Carrots
Winter Density Lettuce
Green Onions
Pea Greens
Green Garlic
Salad Mix
French Breakfast Radish (large only)
Green Chard (large only)

It has been such a treat to take these past three weeks off from writing this part of the newsletter as Ben R., Laura and Courtney took a turn. I loved seeing the farm from their perspective and was inspired from their poetic word smithing. Hope you enjoyed it too! They, and other newsletter contributors, will be popping in throughout the season so stay tuned. For today, I thought I would introduce you in more depth to one of our newest Red Doggers, Devon Rouch. Devon is originally from Florida, and about his home state, he says, "It's hot.". He moved to the PNW two years ago, when his wife, Caitlin, signed up for an internship at Yes Magazine on Bainbridge. What Devon loves most about life in western Washington: mountains, trees, weather and people. Last year, Devon spent the season farming at Willowood farm on Whidbey Island. Devon's favorite vegetable is sweet peppers. When asked how has farming influenced his life, Devon admitted that prior to farming he had hardly ever eaten vegetables, that includes lettuce and tomatoes! This was actually one of his reasons for wanting to farm; he knew vegetables were supposed to be good for you, but he just didn't like them. He wanted to work more intimately with growing vegetables so he could learn how to cook them, and thus actually enjoy them. The first "weird" vegetable Devon ever ate was a turnip. Now he eats almost everything, but there are still a few he doesn't much like, such as parsnips and celeriac. Devon's favorite job on the farm is working the farmers markets. In fact, if you have come to the Saturday market this year and stopped by our booth, you have met Devon. He is not only going to be doing Saturday markets all year, but also Chimacum on Sundays (starting this week!) and Wednesdays also in PT. Devon says, "I enjoy the routine of the markets, seeing our customers enjoying food I grow and returning for more". When he's not farming, Devon enjoys playing games, hanging out with his wife at home and watching movies. I am so glad to have met Devon and to get to work alongside him all season long. There is a lot going on on the farm these days! We finally got all our tomatoes transplanted into the ground. That sure beats last year, when it was the end of June before we had finished building the greenhouse. This week our main focus is weeding. Hand weeding. We actually don't do a lot of hand weeding throughout the year. We try to keep weeds down by flaming, cultivating and hoeing before we resort to crawling along the ground on hands and knees. But sometimes, it has to be done. Big weeding projects this week includes all the alliums (leeks, onions, shallots) and carrots.

At the end of last week, I finally got around to re-doing the drainage in the barn; fixing some leaky sinks, adding in a new salad spinner (aka washing machine) and hooking it all up to drain pipes so we no longer have to haul buckets of water as we wash greens. I put off this project for nearly a year, so it feels good to have it finally crossed off the list.

Aside from the dreary weather and the tractor being broken down (again), things are pretty darn good. Crops are growing, projects are getting done, spirits are high. Farm life is good.
-Karyn

Chimacum Market Begins Sunday!

Mark your calendars, this Sunday is the opening day of the Chimacum market season. New market hours this year are 10am- 3pm. Red Dog will be there along with nearly 20 other vendors of all persuasions. We will bring a full veggie display, as well as a wide selection of veggie, herb and flower plant starts. Come on by, say hi to Devon, grab a Dented Buoy pizza pie (Red Dog arugula on top this week!).

Pick-up Info:

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

Recipes

Pea Greens and Green Garlic

I have been really into this combo the past couple weeks. It is delicious for breakfast with eggs as well as dinner with grilled chicken, etc. And so easy! And quick! Simply chop up the garlic and saute in olive oil. Add in chopped pea greens and cook just until barely tender- 2 or 3 minutes-. Serve and enjoy.

Grilled Green Onions

- 8 green onions, root end and tips trimmed
- 4 teaspoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper

Place a grill pan over medium-high heat. Drizzle the green onions with the olive oil and season with the salt and pepper. Place the green onions on the grill and cook for 2 to 3 minutes, turning occasionally to ensure even browning. Remove the green onions from the heat and set aside as you prepare the rest of the dish.

*Recipe courtesy Emeril Lagasse, courtesy MSLO, Inc.

Steak in Lettuce Rolls

- 12 ounce flank (or hanger) steak

Marinade

- 1 large onion, sliced
- 6 cloves garlic, chopped
- 1 tablespoon chopped ginger
- 1/2 cup low-sodium soy sauce
- 1/4 cup apple juice
- 2 tablespoons lemon juice
- 2 teaspoons dark (toasted) sesame oil
- 4 1/2 teaspoons sugar

Scallion Salad

- 1 large bunch scallions, finely chopped
- 2 red chilies, seeded and thinly sliced
- 3 tablespoons rice vinegar
- 2 tablespoons low-sodium soy sauce
- 1 teaspoons dark (toasted) sesame oil

Lettuce rolls

- Vegetable oil cooking spray
- 1 1/2 cups cooked brown rice
- 3 tablespoons soybean paste (preferably Ssämjang)
- 1 1/2 heads Bibb lettuce, leaves separated

Place steak in a 6" x 9" baking dish. Combine marinade ingredients; pour over meat. Cover with plastic; refrigerate 1/2 to 2 hours. Combine salad ingredients in a bowl; chill until ready to serve. Remove meat from marinade; pat dry. Coat grill or broiler pan with cooking spray. Heat grill on high. Grill or broil steak 3 minutes on each side for medium-rare. Transfer to a platter and let rest 10 minutes. Remove onion from marinade. Coat a nonstick skillet with cooking spray. Cook onion over medium-high heat until tender, 5 minutes. Move to a bowl. Cut meat thinly. For lettuce rolls: Layer rice, salad, soybean paste, onions and steak in the center of each lettuce leaf; roll up. Serve 4 rolls per person.

June 5, 2013



Spring CSA; Week 8



Courtney shooting hoops with the dogs

In your share this week:

Lacinato Kale
Arugula
Winter Density Lettuce
Carrots
Spinach
Green Garlic
Strawberries (large only)
Basil (large only)

A major highlight this past week has been the new basketball hoop now in action at the farm. Pre-basketball hoop, lunch involved eating, napping and stretching. Now lunch also includes a friendly game of FARM (same rules as horse). The extra heart-pumping exercise induced by a mere 10' high hoop and a ball is really quite amazing. The humans are not the only farm creatures enamored with the new basketball scrimmages. It turns out that Rupert is quite a decent baller. He is obsessed with keeping an eye on the ball, following its every move, and with any luck, snatching it away from us people to frolic in the tall grass. I have to say, his antics have greatly improved my dribbling skills as he is the best defense strategy around! Rupert's determination is much amplified by his adoring daughter, Maggie. Her contribution to the game is barking shrilly and biting Rupert's tail, all while circling him incessantly. It is quite the over stimulating scene. Overall, basketball on the farm is a great success and hugely entertaining.

When we're not shooting hoops, we do actually manage to get a fair amount of work done around here. This week we have kicked into overdrive: transplanting, weeding, tilling, hoeing, irrigating, harvesting. There is so much to do and little by little it is all getting done. Thankfully we have three new employees to help us tackle the heightened workload that June brings. There are some new crops coming in, and it has been fun to harvest something different lately. Some new crops this past week: kale, collards, chard, basil, broccoli and strawberries! Today we harvested almost four flats of strawberries! I don't ever remember getting strawberries this early in the season, but I welcome it. Unfortunately, there were not quite enough berries to give small shares any (sorry!), but I expect yields to jump next week.

Another first this past week was the opening of Chimacum Farmer's Market. What a success! The beautiful sunny day was matched by a great turnout and an abundance of delicious goods. I'm really hoping this will be the year Chimacum Market takes off. I highly recommend you swing by on Sundays (10- 3) to check out what all the hype is about.

Hope you have a great week and enjoy your veggies!
Karyn

Pick-up Info:

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

Recipes

Pasta Primavera

5 Carrots, cut into thin strips (don't peel!)
1 bunch Green Garlic, thinly sliced
1 bunch Lacinato Kale, cut into thin strips
1/4 cup olive oil
Kosher salt and freshly ground black pepper
1 tablespoon dried Italian herbs or herbes de Provence (or 3 Tbs fresh minced Basil)
1 pound farfalle (bowtie pasta)
1/2 cup grated Parmesan

Saute the carrots and garlic in olive oil until tender. Add in the kale and cook just a few minutes, stirring often. Meanwhile, cook the pasta in a large pot of boiling salted water until al dente, tender but still firm to the bite, about 8 minutes. Drain, reserving 1 cup of the cooking liquid. Toss the pasta with the vegetable mixture in a large bowl to combine. Toss with reserved cooking liquid to moisten. Season the pasta with salt and pepper, to taste. Sprinkle with the Parmesan and serve immediately.

Strawberry Arugula Salad

- *2 cups torn fresh arugula or baby spinach*
- *3/4 cup quartered fresh strawberries*
- *1/4 cup slivered almonds*
- *1/4 cup crumbled Gorgonzola cheese*
- *2 tablespoons chopped red onion*
- *2 tablespoons olive oil*
- *1 tablespoon thawed orange juice concentrate*
- *1 tablespoon balsamic vinegar*
- *1-1/2 teaspoons grated orange peel*
- *1/8 teaspoon ground ginger*

In a salad bowl, combine the first five ingredients. In a small bowl, whisk the oil, orange juice concentrate, vinegar, orange peel and ginger. Pour over salad; toss gently to coat. **Yield:** 2 servings.

June 12, 2013



Spring CSA, Week 9



Rupert is pleased with the color of his new tractor

In your share this week:

Hakurei Turnips
Baby Red Beets
Strawberries
Rhubarb
Romaine Lettuce
Carrots (large only)
Red Russian Kale (large only)

Since my last newsletter contribution I have started working at the Saturday, Port Townsend Farmer's market. It is quite different from the peaceful work of weeding, harvesting etc., but I am enjoying the change of pace. They are inevitably long days with set up and take down and lots of lifting, but they are filled with many more "thank you's" and smiles from strangers than my normal work week, and those fill me up just as much as playing in soil.

The first market day had a few bumps; ripped pants in the morning and a box truck blunder in the evening, but as a whole it was a success. It is easy to forget that a large part of the farming job is sales and getting your pretty, tasty product to the customer. There are lots of little details that facilitate this process including, strategic crate and box stacking, creative display placement, and frequent misting. I am learning just as much at the market as I am on the farm and both feel equally important.

Another aspect of market I enjoy is the family dynamic between vendors. Last Saturday, Denise Joy from Mountain Spirit (our booth neighbor) gave me tent set up tips and Janet from Finnriver helped Karyn and I close up shop. Vendors take short breaks to check out the market, chitchat, and trade with each other. The market has been a great place for me to feel a part of a greater community and I look forward to the rest of the season.

For other farm news the color red is a common theme: I need to remember that all parts of my exposed pale skin requires sunblock, there is a new red tractor and strawberries are in full swing!

-Courtney

Pick-up Info:

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

2 Weeks Left Spring CSA

Last week for Spring CSA is two weeks from today, on June 26th. Summer CSA begins the following Wednesday, July 3rd. If you haven't yet signed up for Summer session, there is still room. Help make Karyn's life less complicated by not waiting until the last minute to sign up! How about doing it this week? Thanks for your continued support!

Recipes

Rhubarb Snack

Now this might sound crazy, but it's actually really good. Peel the rhubarb and sprinkle salt on the peeled stalk. Eat raw, out of hand. Some call it addictive, I just call it good.

Don't Forget to Eat the Tops!

The tops of beets and turnips are tasty and good for you- don't throw them out! Saute, steam, puree, stew, etc. Cook as you would for kale or chard.

Greens Turnovers

- 3 tablespoons olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- Tops from 1 bunch Beets, coarsely chopped
- Tops from 1 bunch Hakurei Turnips, coarsely chopped
- 1/2 cup grated Parmesan
- 1/4 cup whole-milk ricotta
- 1 egg
- 1/2 teaspoon each salt and freshly ground black pepper
- 1/2 cup butter
- 7 sheets phyllo, thawed

Heat a large frying pan over medium-high heat; add olive oil. Add onion and cook, stirring, until translucent, about 3 minutes. Add garlic and cook 2 minutes more. Add Swiss chard and dandelion greens to pan in large handfuls and cook, stirring, until any liquid is evaporated. Transfer mixture to a medium bowl and stir in Parmesan, ricotta, egg, salt, and pepper. Preheat oven to 350°. Melt butter in a small saucepan. Unroll phyllo and cover with a moist towel. Working with 1 sheet of phyllo at a time, arrange sheet so a short side is facing you. Cut sheet lengthwise into three even strips and brush each strip liberally with butter. Place a heaping tbsp. of greens at the bottom of each strip of phyllo, slightly off center. Fold the dough to make a triangle, then continue folding and turning (like you are folding a flag) to make the turnover. Brush top with butter and put on a baking sheet. Repeat with remaining phyllo, greens, and butter. Bake finished turnovers until puffed and brown, about 30 minutes. Serve hot.

Hakurei Turnips

If you are new to these delectable turnips, you are in for a treat. Best eaten raw, they are sweet, creamy and mild. I prefer to eat them out of hand, like an apple. They are also great grated in salads or slaws. If you must cook them, try roasted them for the minimum amount of time.



Thank you Rhino (blue tractor) for 5 years of service!

June 19, 2013



Spring CSA, Week 10



Swallow nest in the barn rafters. Hungry babies will soon grow to be voracious cabbage moth eaters.

In your share this week:

Snow Peas
Strawberries
Cilantro
Broccoli
Salad Mix
Garlic Scapes
Rainbow Chard (large only)

Greetings! Another week turned into "last" week and I find myself here telling you about it. Each day the farmers act as an Earth element, shaping the crops and guiding them to your tables.

Midweek it rained with the quickness. We are not unfamiliar with the clouds who stretch above us like a canvas. The master painter changes his mind constantly. It rained hard enough we sought sanctuary in the greenhouse with the cucumbers. When the sun came out with us crouched inside. We cooked and dried. The day ended as quickly as it had began.

Thursday morning was peaceful and productive, as Thursdays often are. The work traders are so helpful and always a welcome sight. One by one the full time crew jumped in with them hand weeding bed after bed of alliums and the weeds were decimated like wildfire. Leap frogging down the line you end up talking to everyone. Serious or silly, admittedly the conversations are always enriching and thought provoking.

We spent a pleasant afternoon harvesting together. The mood and weather were both spectacular. We were all in the zone and we worked together surpassing our harvest goals and left the field at four pm on the dot. After work I overheard a fellow customer tell a cashier how nice the weather was and how it was "too bad you have to work on a nice day like today." I thought to myself how blessed I was working on a nice day like this.

Harvest day Friday was two days in one. The fog was everywhere but so slight it was barely noticeable. The clouds curtained off the now tapered gray horizon. When it finally rained the raindrops were felt but not seen. We looked up and only then could see pinpoint size drops hitting one another down the bed. The sun waited until the very end of the day to warm us. During the weekend people stopped me here and there because I was wearing my red dog hat. I fielded questions about our kale and lettuce grown from starts and now being propagated throughout Port Townsend, Irondale and Chimacum. Old timers told me tales of the Chinese growing broccoli down our valley during the eighteen hundreds. One man shared breakfast with me at the counter of the Blue Moose Cafe. He pointed out a truth I had not seen. When he was a child, working the pea fields from age six until he was large enough to drive a tractor, he spent long hours with those who lived through the great depression. During those times, you farmed because your father farmed. If they had children of their own, they farmed as well. The life cycle of the common farmer species did not include a college education. A college education could not be bought on farmer's wages.

Today? The young farmers spending long hours in the pea fields are there by choice, not via arbitrary legacy. What led us here? Haphazard kismet or meticulous forethought? All have attended college, many have degrees albeit not in agriculture. Questions without answers are found between the rows. Answers without question are found with your hands in the soil. The thirst for knowledge can be quenched in the library and satisfied doing real fieldwork. Until we meet again, enjoy and remember to chew!

-Benny

1 More Week Spring CSA

Last week for Spring CSA is next week, June 26th. Summer CSA begins the following Wednesday, July 3rd. If you haven't yet signed up for Summer session, there is still room. Help make Karyn's life less complicated by not waiting until the last minute to sign up! How about doing it this week? Thanks for your continued support!

Pick-up Info:

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

Recipes

Cilantro Scape Pesto

- 1 bunch Cilantro
- 1 bunch Garlic Scapes
- 1/3 cup pumpkin seeds
- 1/4 cup olive oil
- 5 Tbs. fresh lemon juice
- 1/2 tsp. salt

Coarsely chop scapes and cilantro. Throw everything in a food processor and process to desired smoothness. delicious on pasta, sandwiches, cooked and raw veggies.

Sesame Chicken with Broccoli and Snow Peas

- 1 tablespoon sesame seeds
- 2 tablespoons low sodium soy sauce
- 2 tablespoons water
- 1 1/2 teaspoons brown sugar, firmly packed
- 1/8 teaspoon ginger
- 1 clove garlic, finely chopped
- 1 green onion
- 3/4 lb boneless skinless chicken breast, cut into 1 inch cubes
- 1/2 cup fresh snow pea
- 1 cup fresh broccoli, chopped
- 2 cups cooked rice

Prepare rice according to direction on package, omit salt. Set aside and keep warm. Toast sesame seeds in 350F oven about 2 minutes or until light golden brown. In mixing bowl combine soy sauce, water, sugar, sesame seeds, ginger, garlic, and onions. Add chicken, coat thoroughly. Cover tightly and refrigerate about 1 hour. Place chicken and marinade in single layer in bottom of 8x8x2 inch baking pan. Broil 6 inches from heat about 6 minutes or until golden brown. Mix in broccoli and snow peas. Continue broiling about 4 minutes or until vegetables are hot and crisp but tender. Serve immediately over hot rice.

Sautéed Garlic Scapes www.motherearthnews.com

Choose scapes that are very young and tender, taking care to trim off the bottoms of the stems and the tips of the flower heads. The recipe that follows is best when made the day before serving and then refrigerated. Let it stand at room temperature before serving.

- *2 tablespoons virgin olive oil*
- *2 tablespoons dark brown sugar*
- *8 ounces young Garlic Scapes, trimmed*
- *1 1/2 cups coarsely chopped tomatoes*
- *3/4 cup dry white wine*
- *1/4 teaspoon freshly ground pepper or to taste*
- *1 teaspoon salt or to taste*
- *1 tablespoon chopped parsley*
- *1/4 cup grilled haloumi cheese, cut into very small dice (see note below)*

Heat the oil in a broad sauté pan and add sugar. Stir to caramelize the sugar for about 2 to 3 minutes and add the scapes. Cover and sauté over a medium-high heat for no more than 3 minutes, occasionally shaking the pan to prevent the scapes from scorching. After 3 minutes, add the chopped tomatoes and wine. Stir the pan, then cover and reduce the heat to low, continue cooking 5 to 6 minutes, or until the scapes are tender but not soft. Season, then add the parsley and haloumi, and serve at room temperature.

Serves 6 to 8 as hors d'oeuvres.

Meet farmer Siobhan, pasta primavera with protein, strawberry basil yogurt cooler



**RED
DOG
FARM**



CSA Newsletter

Spring CSA, Week 11

6/26/13



Sunny dry weather aligned with raspberry flowering make for happy bees and promising berry crop

In your share this week:

Broccoli
Strawberries
Basil
Snap Peas
Purple Carrots
Garlic Scapes
Salad Mix
Bok Choi (large only)

Hello there!

As a new writer I'd like to take a moment to introduce myself: Hi, I'm Siobhan, pronounced (Shi-von). Although this is my first full-time season at Red Dog I have been around a bit for the last two seasons, first coming here in 2011 as a WWOOFer. Upon arriving I immediately fell in love with the farm, the people and the beauty of the area. The relationship between the community members, the grocers and restaurants and the farm is so well tuned. I feel very fortunate to be able to work in a field I love, with and for such great people, all while providing such healthy food for people in our community.

Well, enough gushing for one newsletter! Down to business. We've seen some weather these last couple of weeks! Hail storms, warm weather, rain, cold weather, all in one day sometimes. The plants seemed to have enjoyed the extra water, while still getting some bright sunny rays. The green beans are flowering, garlic bulbing and scaping, broccoli and cabbage are sizing up. Summer is upon us! Unfortunately the weeds are also loving it and we have had all hands on deck for hand weeding and hoeing. A few sets of hands are also still tinkering on the new tractor (the "MF") to get it field-ready, but Ben did take it out this week to do some much appreciated mowing around the farm.

Our crew is rounding out with the addition of Lucas last week who has fit in as if he just came back from a short vacation. In just another week or so we will have our full crew, ready to take on whatever the summer has in store!

A HUGE change is that Karyn's house building project has broken ground, yay! There have been a host of diggers, scrappers, leveling machines, trucks, trucks and more trucks on the farm these days. Maggie and Ru have been keeping a keen eye on all the activity, claiming the new dirt pile as their own castle. Ahhh a red dog's life...

'till next time,
Siobhan

P.S. Check out the Red Dog Farm Stand plant sale this week and next for a last chance to get all your own Red Dog veggies in your ground!!

Today is Last Spring CSA

This is it! Spring is over. Next week summer begins! And if the forecast is right, the weather agrees with Red Dog's CSA schedule. Summer CSA session begins next Wednesday, July 3rd. If you haven't yet signed up for Summer session, there is still room. Help make Karyn's life less complicated by not waiting until the last minute to sign up! How about doing it today? Thanks for your continued support!

New pick-up option: Port Ludlow

You've asked for it, so now we are going to try it out for Summer Session (starting next Wed). Pick-up spot will be at the Port Ludlow Beach Club. Shares will be available Wednesdays at 4pm. Please let me know if you want to switch pick-up locations. And spread the word to other Ludlowites!

Pick-up Info:

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

Recipes

Pasta Primavera with Protein

- Spiral or penne pasta
- Broccoli, cut into pieces
- Snap Peas, trimmed
- Carrots, sliced
- Garlic Scapes, cut into 1" pieces
- Mystery Bay chevre
- Smoked Salmon- Cape Cleare, of course
- Bacon
- Basil, chopped
- Olive oil
- Salt and pepper

This is what I ate for dinner last night and it was delicious! I used both salmon and bacon (it was a long harvest day, after all,) though it would be good with just veggies as well.

Boil the pasta. Meanwhile, cook the bacon (1-2 pieces per person). Remove from heat and set aside. Sauté the garlic scapes and carrots in bacon grease or olive oil until tender. Add in the broccoli and cook for 3 minutes more. Add in the peas and cook just one more minute. Remove from heat. Add chopped bacon, salmon, cheese, and basil. Toss well. Season with salt and pepper to taste.

Strawberry Basil Yogurt Cooler www.foodnetwork.com

- 1/2 cup Greek-style yogurt
- 2 tablespoons sugar, or to taste
- 1/4 to 1/2 cup water
- Pinch salt
- 2 cups strawberries, fresh or frozen and thawed
- 2 to 3 leaves fresh basil, plus more for garnish
- Generous pinch freshly ground black pepper

Whiz all of the ingredients together in blender. Pour into serving glasses and garnish with small basil leaves.

[Find us on Facebook](#) | [forward to a friend](#)

Copyright © 2013 Red Dog Farm, All rights reserved.

You are receiving this email because you either are or were a CSA member, or you requested to receive weekly CSA newsletters.

Our mailing address is:

Red Dog Farm
PO Box 402
406 Center Rd.
Chimacum, WA 98325

[Add us to your address book](#)



[unsubscribe from this list](#) | [update subscription preferences](#)