



**RED
DOG
FARM**



CSA Newsletter

Summer CSA, Week 1

July 3, 2013



Red Dog Crew: Devon, Kara, Ben R., Cedar, Ben T., Lucas, Courtney, Siobhan, Laura

In your share this week:

New Red Potatoes
Dill
Arugula
Strawberries
Hakurei Turnips
Scallions
Kohlrabi
Fresh Garlic
Carrots
Cabbage (large only)
Snow Pea (large only)

When most people think of a farmer, they imagine this solitary figure- usually male and perhaps a little curmudgeonly. This farmer generally works alone- in the field, in the repair shop, driving a tractor. My life is as drastically different from that image as could be. Well, for starters, I am a woman, and generally not considered curmudgeonly. Also, the farm work here is anything but solitary! Sure, I do put in many solo hours, but for eight or nine hours of the day, I am surrounded by some of the hardest working, most thoughtful and intelligent people around- the Red Dog Farm Crew.

A next assumption might be that these hard working farmers are a burly bunch; strapping men with little to no social skills or intelligence. Again, not so. Well actually, there are a number of strapping young men on the crew this year, but they are balanced by many petite women, and all of them have many amazing skills other than physical strength.

In reality, there are many skills needed to make up a balanced Red Dog crew. Good people skills- for those who go to market; Organized- for those sort, wash and pack produce; Handy- for those who fix irrigation lines and maintain vehicles; and yes, Strength- for the occasional post hole digging. Luckily we have a very diverse crew this year to handle all the variety of jobs.

Working as a team is one of the most fun aspects of farming. Nothing exemplifies this more than on harvest days. It is truly comparable to a sports event. At the beginning of the day there is a plan, and perhaps a pep talk. Go team! And off we go. Moving irrigation, then settling into a morning of loose greens harvest, followed by strawberries and basil. Then we move onto the roots. 156 bunches of French Breakfast Radishes. 84 bunches of Hakurei Turnips. The list goes on and on. As a group we conquer and divide. One cuts twist ties. Most harvest and bunch. Someone packs and hydrates. Someone else runs produce in for washing and filling orders. After roots, we move onto bunched greens. And then, we convene in the peas (soon to be beans). My approach to pea/ bean harvest is what I describe as Orca pod mentality. Basically, we're hot, we're tired, we could easily lose steam without each others' company, so let's stick together. We leap-frog over each other (like Orca's playing in the waves) as we make our way down the interminable beds of small green pods. Laura, field crew manager, has a different approach, which she likes to attribute to a Ram. Ram's motto: Head down, teeth gritted, get it done. It doesn't matter if anyone is around, or how long the row is. It's got to be done and it will be done. Laura and I laugh about this, but we've also used this difference to divide and conquer when necessary. Rams with Laura, Orcas with me. The harvest gets

brought in and before we know it the crew is laughing and enjoying an afternoon beer in the shade. Another victory for team Red Dog!

-Karyn

Welcome to Summer!

In case you haven't noticed, the weather has been pleasant and warm and very unlike early July in these parts. But we are happy for it! Right on cue, the CSA session has shifted from Spring to Summer. If you are continuing on, the transition should be seamless. If you are new, be sure to have read the pick-up info I emailed yesterday. Most importantly: As you go to claim your share tomorrow, **If your name is not on the list, do not take a share**. Call me first (774-6249). I will right any wrongs, I promise. And this way, there won't be a cascade effect from a missing share. Thanks!

Wednesday Farmers Market Begins!

Tomorrow is opening day! Uptown Port Townsend on Polk St. from 2- 6pm. Devon and Courtney will be representing Red Dog. Swing by to say hi, plus stock up on any extra goodies you might need.

Farm Stand Driveway

When you leave Red Dog Farm Stand, please exit out the same driveway entrance you came in. Things are getting a little hectic around the barn and the extra cars driving by the barn is a hardship on those who work here. Thanks for keeping the Farm Stand/ CSA pick-up zone localized!

Recipes

New Potatoes with Fresh Dill

Yummmm! Steam or boil the potatoes. Mash with a fork. Throw in some fresh chopped dill, a little butter, salt and pepper.

Greek Zatziki <http://thelemonbowl.com/2013/02/greek-tzatziki-sauce-with-garlic-and-dill.html>

- 2 cups plain Greek yogurt
- 2 cups diced cucumber (or shredded)
- ½ cup fresh Dill – minced
- ¼ cup lemon juice
- 2 Garlic cloves
- ½ teaspoon salt
- ¼ teaspoon pepper

Combine all ingredients in a medium bowl check for seasoning. Add more dill, lemon, garlic or salt/pepper if you wish! Serve immediately or store in the refrigerator for up to 5 days.

Carrot Kohlrabi Slaw

<http://localfoods.about.com/od/slawsslicedsalads/r/Carrot-Kohlrabi-Slaw.htm>

- 1 large Kohlrabi bulb
- 6 Carrots
- 3 Tbsp. vegetable oil
- 2 Tbsp. cider vinegar
- 1 Tbsp. whole grain or Dijon-style mustard
- 1/2 tsp. sea salt
- Freshly ground black pepper to taste

Peel kohlrabi and carrots. Be sure to cut off all of the tough outer peel of the kohlrabi. Set them aside. In a salad bowl, whisk together the oil, vinegar, mustard, and salt until well blended. Add pepper, if you like. Using the large holes on a standing grater or a mandoline set up for fine julienne, grate the kohlrabis and the carrots into the salad bowl. Toss everything together until the kohlrabi and carrot are evenly coated with the dressing. Taste and add more salt or pepper, if you'd like.



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CSA Newsletter

Summer CSA, Week 2

July 10, 2013



Ben T. is a cheerful cultivator

In your share this week:

Green Beans
Big Beef Tomatoes
English Cucumber
Green Butter Lettuce
Spinach
Golden Beets
Lacinato Kale
French Breakfast Radish

Sorry the newsletter is so late this week! I have been busy, busy, busy. But I can't really complain. The weather has been glorious, the crops are growing like gangbusters, things are good. This year everything has been much, much earlier than normal, which is great, right? I mean its pretty awesome to be picking (and eating) beans, tomatoes and cucumbers in such abundance at this time of year, but it also means the work load is coming a little different than planned. But when did anything ever go as planned around here, or on any farm for that matter!

Today, we are harvesting garlic! It's a big, dusty job, but very satisfying too. The entire hard neck crop will get laid out in the greenhouse to "cure", that is to turn its tender juicy skins into thin papery ones so that we can cut the tops and store for months to come.

Raspberries will be coming to your shares soon! We picked the patch for the first time yesterday. There are a lot of ripe berries coming in the weeks ahead! I also have been seeing the first baby fruits on the zucchini plants, and the tomatoes are starting to ripen before our eyes! It's a fun time of year to be eating local- Enjoy!

-Karyn

Towels Needed

Do you have any towels that you no longer need and are destined for donation? We can always use more towels. We use them for a variety of jobs, from keeping produce cool at market, to keep cucumbers from drying out in the walk-in cooler. If you want to give us your old towels (kitchen, bath, etc. NOT greasy shop rags) you can leave them at the Red Dog Farm Stand, or bring them to the market. Thank you!

Bulk Beans

I expect we will have bulk beans available next Wed. \$35 for 10# case. Let us know if you want any by email or phone (not at market, thanks!) and we will put you on the waiting list.

Recipes

Basically, this week you are going to want to buy a big block of feta! I just love feta with pretty much everything in the share this week: gold beets, cucumbers, tomatoes, spinach. If you are vegan, or dairy-free, then I'm sure you have your substitutes. I've also really been into the raw hemp seeds the Co-op sells. They take the place of cheese in my salads and soups, when I'm trying to take a dairy break.

Roasted Green Beans with Gold Beets, Feta and Walnuts

<http://www.bhg.com/recipe/roasted-green-beans-with-beets-feta-and-walnuts/>

- 2 pounds fresh green beans, trimmed
- 1 pound fresh beets, trimmed, peeled, and cut into thin wedges
- 1/2 cup sliced shallots
- 1/4 cup olive oil
- 1/2 teaspoon salt

- 1/2 teaspoon freshly ground black pepper
- 1/2 cup broken walnuts
- 1/2 cup crumbled feta cheese (2 ounces)

Preheat oven to 425 degrees F. In a large roasting pan combine green beans, beets, and shallots. Drizzle with oil and sprinkle with salt and pepper; toss to coat. Roast, uncovered, for 45 to 50 minutes or until beans and beets are tender, stirring once or twice and adding walnuts during the last 10 to 15 minutes of roasting. To serve, transfer roasted vegetables to a serving platter. Sprinkle with cheese.

Lacinato Kale & Beet Salad

- 8 cups thinly sliced Lacinato Kale
- 2 grated raw Beets
- 1/4 cup Hemp Seeds
- 1/4 cup freshly squeezed lemon juice
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- 1 to 2 cloves garlic, crushed

Spinach with Peanut Sauce

<http://plantbasedonabudget.com/recipe/tofu-spinach-with-peanut-sauce/>

- 10 oz block of tofu
- 1/2 lb. Spinach
- 2 Teaspoons sesame oil (you could use water but the sesame oil adds a great flavor)
- 2 Teaspoons of soy sauce
- Salt & pepper to taste
- Sriracha (hot sauce) to taste

Cube and press extra water from the tofu. Prepare the peanut sauce (recipe below). Heat the oil and soy sauce, then add the tofu. Sprinkle with salt and pepper, if desired. Sear one side of the tofu, then flip and repeat (approx 5 minutes per side). Steam the spinach until it turns a nice green. Don't over-steam! Serve with rice or quinoa and top with peanut sauce and sriracha to taste.

Peanut Sauce

- 1/2 cup of peanut butter
- 1 Tablespoon oil (sesame preferred)
- 1 Tablespoon of soy sauce
- 2 cloves of Garlic, finely chopped
- Juice of 1 small lemon
- 1/4 cup of water
- 1/4 Teaspoon Sriracha or other chili sauce to taste

Blend all the ingredients together with a fork or a food processor until its smooth, creamy and uniform.



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CSA Newsletter

Summer CSA, Week 3

July 17, 2013



In your share this week:

Romaine Lettuce
English Cucumber
Raspberries
Broccoli
Carrots
French Fingerling Potatoes
Sweet Peas
Kohlrabi (large only)

Farming can be hard. That's obvious, right? I mean, it's ridiculously long hours for little pay. The entire profit margin is determined by the weather, which is getting more unpredictable every year. The labor force is dependent on the hope that there will always be passionate, hard-working young people motivated by noble work. And by the time mid-July hits, farming can seem like the most insane occupation in the world. Who would possibly chose this line of work? Well, this week I thought I'd share with you the things that inspire and motivate me to keep farming year after year:

- I am literally growing vitamins in the form of delicious, gorgeous food that people value and crave. That feels good.

- I watch the farm crew become a team- caring about each other and working together to achieve a common goal (even if some days it is only to get the beans harvested so we can finally go home).
- I see the result of decisions made in the winter, or last year, or five years ago. And I learn more.
- I get to pal around with my dogs all day, every day and watch them have the best dog life of all.
- I drink up the vibrant colors of produce collected throughout the fields and relish the opportunity to display the colors at market each week.
- I am connected to the elements, even when I'd really rather be inside with a book. I never regret a day spent outdoors (afterward).
- I am getting to know a piece of land intimately and literally walk hundreds of miles each year on this one small place (even if it is from the barn to the fields because we can never remember to put the right size of rubber bands in the harvest crate).
- I watch my business grow and improve; profits increasing, weeds decreasing. I can't say which brings more satisfaction.
- I see my co-workers and friends grow in their skills and their selves. Confidence blossoms.
- I watch this piece of land as it is transformed from a vacant hay field into a place that means so much as a home, place of employment, source of healthy food, and part of the community.

I should give myself this pep talk every July! Farming is truly a lot of a fun, and very rewarding. It just helps to take a step back from the long rows of beans and berries to remember why it is I am on this path.

-Karyn

Save the Date!

Farm Tour this year is Sunday, September 15th from 10am- 4pm. Red Dog Farm will be open to the public for the day. Highlights include:

- Frequent tours of the production fields by real live farmers
- Salmon sandwiches by the Cape Cleare Salmon Cart
- Fresh produce available for sale
- Live music: Harmonica Pocket, Georgia Browne, and George Rezendes and pals
- Jefferson Land Trust info booth

Bring the whole family out for a day of farm fun. Please no dogs!

For more information: [Farm Tour Map](#)

Recipes

Beans Almondine

This is my all-time favorite bean recipe!

- 1 lb. Beans, trimmed
- 2 Tbs. butter
- 1 shallot or onion, chopped
- 1/4 cup almonds, sliced
- Soy sauce to taste

Steam the beans for 3- 5 minutes until tender. Saute the onion in the butter until cooked. Add the almonds and cook, stirring often, until slightly brown and fragrant. Drain the beans and add to the onions and almonds. Sprinkle a dash or two of soy sauce. Toss and cook over low heat for a minute or two to incorporate flavors. Serve immediately.

Fingerling Potato Salad with Cucumber

- 1 1/2 to 2 pounds Fingerling Potatoes, scrubbed and cut in 1-inch pieces
- 4 large hard-cooked eggs, coarsely chopped
- 1/2 cup finely chopped red onion
- 1/2 cup diced celery
- 1 medium Cucumber, coarsely chopped
- 1/2 cup sour cream
- 3/4 to 1 cup mayonnaise
- 1/4 teaspoon ground black pepper
- 3/4 teaspoon salt, or to taste

Put potatoes in a medium saucepan and cover with water. Bring to a boil, reduce heat, cover, and simmer for about 15 minutes, or just until potato chunks are fork tender. Drain and let cool. In a large bowl, combine the cooled potatoes, chopped eggs, onion, celery, cucumber, and sour cream. Add about 3/4 cup mayonnaise and salt and pepper, to taste. Stir gently to blend ingredients. Add more mayonnaise, if desired.

Asian Kohl Slaw www.annarbor.com

Dressing

- * 1 cloves garlic, minced
- * 1 tablespoons fresh ginger root, minced
- * 1/4 cup olive oil
- * 1/4 cup sesame oil
- * 3 Tablespoons rice vinegar
- * 3 Tablespoons tamari
- * 2 Tablespoons honey

- * 2 Tablespoons vegetable broth or water
- * 2 Tablespoons toasted sesame seeds (optional)

In a small bowl add the honey and vegetable broth (or water) and microwave for 30 seconds to dissolve the honey. Blend all of the ingredients together, except for the toasted sesame seeds. If you have an immersion blender it will help blend the garlic and ginger and make the dressing creamy. Add the sesame seeds and chill for several hours.

Slaw

- * 3 medium Kohlrabi bulbs peeled and grated (cut bottom 1/4 of the root side off and discard)
- * 4 Carrots, grated
- * 6 scallions, white and light-green parts, chopped
- * 1/3 cup fresh cilantro, chopped
- * 1 cup slivered almonds, dry roasted
- * one packet ramen noodles, dry roasted (discard flavor packet)

In a bowl, toss the kohlrabi, carrots, green onions and cilantro and chill. Break up the ramen noodles into small pieces. In a pan over medium heat, dry roast the ramen noodle pieces and slivered almonds until lightly browned. Stir constantly to keep from burning. Put the toasted noodles and almonds in a bowl and set aside to cool. Right before serving toss slaw mix, toasted almonds and noodles and dressing.



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CSA Newsletter

Summer CSA, Week 4

July 24, 2013



Ben R. 'wheelhoes' spinach

In your share this week:

Raspberries
Green Beans
Broccoli
Celery
Red Butter Lettuce
Kohlrabi

Garlic
Carrots
English Cucumber (large only)
Basil (large only)
Zucchini (large only)

As I settle down and begin to relax from another busy, productive day at the farm, I find myself reflecting on this wonderful aspect of my life and can't help but feel perfectly content and accomplished. I examine my physical body; the dirt under my fingernails, cracked hands, dust-covered feet, sun-soaked skin, smeared soil on the cheeks. All this and more. And what for?

I reflect on this question often for it can sometimes seem irrational to choose to do this type of work. I remember my father telling me stories when I was growing up of him and his six siblings doing chores around their family farm. Not because they wanted to or even enjoyed it, but because the family was poor and that was how they survived. And after having worked so hard to get away from a lifestyle perceived by some as a meagerly, low-paying, mindless occupation, why on earth would I choose, out of all the possibilities, to work as a farmer?

It's certainly a challenge to wake up at dawn every week day, ride my bike a few miles to the car pool, and head to the farm for a full day of farm work. But I begin to notice during my bike ride the steady calm of the dewy morning. The fresh summer air blows through my hair and invigorates my senses from a sound night of sleep. Warmth from coffee and breakfast churn in my belly as my body makes energy for the day ahead. I appreciate the hard farm work for the seemingly endless quantities of food I enjoy consuming. (Ice cream is a popular treat this time of year at the farm, and I can never seem to get enough!)

While at the farm I feel as if I'm a tiny ant in a giant snow globe as the vastness of the sky encompasses me in all its varying moods. Gratitude fills my cells as I recognize the gift to work so intimately with nature, providing nourishment and energy for my beloved community. All the while sharing this time with amazing humans whom I learn so much from and respect very much for doing what they do.

Somehow when we're all working together the difficulty or monotony of the work dissipates and suddenly we're all there together as a family, laughing, smiling, enjoying being in each other's company while accomplishing a goal. It makes me smile to know that this is the type of vitality that is going into the land and food that Red Dog creates.

And to know we've all worked so hard with much love and dedication supported by those who surround us, makes every muscle ache, thistle sting, finger slice, and sun burn worth all the while.

Cheers!

Kara Cifizzari

Recipes

Raw Raspberry Tart

I made this last weekend for a party to rave reviews! The uncooked raspberries are superb. The entire dish is refined sugar and gluten free, plus it is super easy.

Crust:

- 1 1/2 cups ground almonds
- 3 Tbs. butter
- 2 Tbs. honey
- 1/8 tsp. cinnamon

Raspberry layer:

- 3 -1/2 pints (or cups) Raspberries
- 1/2 cup honey
- 2 Tbs. freezer jam pectin

Cheese layer:

- 2 logs Mystery Bay chevre
- 1/4 cup honey
- 1/2 tsp. vanilla

Crust: Grind the almonds in a food processor until fine. Add in the melted butter, honey and cinnamon and mix well. Press into a buttered 10" cake pan. Bake at 350 degrees for 10 minutes, or until barely browned. Remove from the oven.

Berry Layer: Meanwhile, pull out the best 15 berries and reserve. Take the remaining berries and mash in a sauce pan. Add the honey and stir well. Add in 2 Tbs. freezer jam pectin and stir vigorously for 3 minutes. Set aside.

Cheese layer: In the food processor, add the cheese, honey and vanilla. Mix well. Spread the cheese mixture evenly on the crust.

Assembly: Dot the cheese with the whole berries. Pour the mashed berry mixture over the top of the whole berries and smooth. Chill in the fridge for 2 hours before serving. If you are pinched for time, 20 minutes in the freezer also does the trick.

Kohlrabi Slaw

Now that you all have kohlrabi in your shares this week, I strongly encourage you to check out the recipe in last week's newsletter. Sweet and savory, kohlrabi slaw is REALLY good!

Ants on a Log

Nothing beats this classic snack, especially when tender, fresh celery is on hand. Try almond butter or dried cranberries for a change. In my opinion, nothing beats peanut butter and raisins, though.



**RED
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CSA Newsletter

Summer CSA, Week 5

July 31, 2013



Coffee and naps fuel the crew

In your share this week:

Salad Mix
Raspberries
Leeks
English Cucumber
Basil
Spinach
Beans
Hakurei Turnip (large only)
Heirloom Tomatoes (large only)
Broccoli (large only)
Strawberries (large only)

Holy Moley I can't believe it's August already! Where has the time gone? I guess it has been spent in rows of raspberries, fields of green beans, and greenhouses of tomatoes (still full of green fruit- ripen already!!). July has been an amazing month and a busy one on the farm. This is the time of year when all we do is harvest, harvest, harvest. The abundance, though sweet, is very overwhelming.

Every day we load up the truck with all the supplies we need- twist ties, knives, crates, spades, buckets, berry flats, and on and on. We begin the day in loose greens- that's salad mix, spinach, arugula and basil. Yesterday we set a new Red Dog record for the most pounds of loose greens harvested in one day. We came in at just over 300 lbs! 195 lbs alone was of salad mix. All of those greens get harvested by hand into black crates. 300 lbs. is equivalent of 75 black crates (the same kind you receive your share in each week) full of tiny little leaves. All of the greens get cut before 10am, thereafter they go into the pack shed and the valiant washers and packers Siobhan, Kara and Dan wash, spin, box, label, sort and load into the cooler all before lunch. Whew! You think we could just call it a day after that, but oh no, there is so much more to do.

After loose greens, those of us still in the field move onto cucumbers, tomatoes, then berries. We divide and conquer at first, then all come together to tackle the raspberries. If we are lucky we wrap up the raspberries before lunch. After lunch, come bunched greens (kale, chard and the like) and bunched roots (radishes, carrots to name a few). Then comes the final stretch: Beans! Love 'em or hate 'em, they have got to get done. We are like chess figures (seemingly pawns) moving through the bean patch leap-frogging over each other in a race to the end. It takes the entire crew almost two hours to pick 1200 row feet of beans. And for our effort, we get anywhere between 100- 300 lbs, depending on where the beans are in their lifespan. And then, after every last bean has been picked, we call it a day. We walk into the barn; our pace a little slower than when began the day and our shoulders more weary, but our faces show that a good day has been put in as our eyes yearn toward home for a filling meal and relaxing sleep.

-Karyn

Bulk Produce Available

Want to freeze, can or dehydrate this year? We have lots of produce that is traditionally "put up" for winter and spring use. Some is currently available and others are coming soon. Below is a list of what to expect:

<u>Crop</u>	<u>When</u>	<u>How much</u>
Basil	Now thru August	\$12 per lb.; 3lbs or more, \$10 per lb.
Raspberries	Now til not much longer	\$40 per flat (that's 12- 1/2 pints)
Strawberries	Now thru August	\$40 per flat (that's 12 pints)
Beets	Now thru October	\$35 for 25#
Tomatoes, #2	mid/late Aug- September	\$25 for 10#
Cabbage	September- October	\$25 for 20#

Remember that current CSA members get a 10% discount off all Red Dog produce, that includes bulk orders!

Recipes

Avocado Pesto Pasta

Thanks Mena for this great vegan recipe!

- 1 pound linguine
- 1 bunch fresh Basil, reserve some leaves for garnish
- ½ cup pine nuts
- 2 avocados, pitted and peeled
- 2 tablespoons lemon juice
- 3 cloves Garlic
- ½ cup olive oil
- Sea salt
- Freshly ground black pepper
- 1 cup halved cherry tomatoes or sliced sun-dried tomatoes (optional)

Bring a large pot of heavily salted water to a boil. Add linguine and cook according to package directions. Drain and set aside. Meanwhile, make the pesto by combining basil, pine nuts, avocados, lemon juice, garlic, and oil in a food processor. Process until smooth. Season generously with salt and pepper. Toss pasta with pesto. For an extra touch of color and flavor, top pasta with cherry or sun-dried tomatoes. Divide pasta among serving bowls and garnish each serving with a basil leaf.

* boil dehydrated sun dried tomatoes with the pasta and garnish with yeast flakes (cheesey) as a suggestion.

Chickpeas with Spinach, Leeks and Smoked Paprika

www.bonappetit.com

- 1 tablespoon olive oil
- 2 Leeks, white and light-green parts only, thinly sliced (save the greens for stock!)
- 1/2 teaspoon kosher salt plus more for seasoning
- 1 garlic Clove, finely chopped
- 1 15-oz. can chickpeas, rinsed
- 1/2 teaspoon smoked paprika
- 1 bunch Spinach, trimmed, thoroughly washed

Heat oil in a large skillet over medium heat. Add leeks and 1/2 tsp. salt and cook until beginning to soften, about 3 minutes. Add garlic; stir for 1 minute. Add chickpeas and paprika and stir to coat. Add spinach and 2 Tbsp. water; cover skillet. Cook until spinach is wilted, about 2 minutes. Stir; season with salt.

Cucumber Hummus Sandwich

www.mideastfood.about.com

- 1 loaf of pita bread
- 1 fresh English Cucumber
- 1 16 oz. can of chickpeas or garbanzo beans
- 1/4 cup liquid from can of chickpeas
- 3-5 tablespoons lemon juice (depending upon taste)
- 1 1/2 tablespoons tahini
- 2 cloves Garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil

In a blender or food processor, blend chickpeas, lemon juice, tahini, garlic, salt, and olive oil until thoroughly mixed and smooth. Add liquid from chickpeas until desired consistency, creamy and paste-like. Cut the cucumber into thin rounds, about 1/8" thick. Spread 2-3 tablespoons of the hummus into pita bread pocket or whatever bread you choose. Place cucumber slices on top of hummus. Serve immediately or wrap up and refrigerate.



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CSA Newsletter

Summer CSA, Week 6

August 7, 2013



Benny washing mountains of carrots

In your share this week:

Savoy Cabbage
Fennel
Walla Walla Sweet Onion
Rainbow Chard
Raspberries
Strawberries
Big Beef Tomato
Yukon Gold Potatoes
Red Butter Lettuce
Cauliflower (large only)
Arugula (large only)

Stride means many things on the farm. Stride is how you get to a place. It is around 200 long Benny strides from East to West down our center farm road. That number changes as the day goes by. Longer at the end walking out with the crew. Less in the middle when jogging out to find that last bunch of radishes. Uncounted when the entire day lays before me in the fresh morning air.

Stride is a place one can go. Some call it the groove, others the zone. This place is a bubble that displaces time itself. There is no past and no future when you are in your stride. Your eyes see the pieces and the whole. A stride is something you want to settle into. Once in a stride you can take things in stride. Take problems in stride. Problems become solutions in stride. I have heard you can fall into stride, but I would not recommend it. It sounds dangerous.

We found our stride this past few weeks. More and more workers filled the barn. Red Dog surpassed its goals for farmers market. The refrigerator truck was stacked depth and breadth. The builders, Karyn, Rupert and Maggie spent the final minutes of the work day looking out over the fields from the second story of her new home! It was a week of hot hair bleaching sun, potato and leek soup thick fog and bone drenching rain.

-Benny

Karyn Gone Next Week

I am leaving for my (hopefully) annual summer vacation next week. I'm going to visit a friend in Upstate New York and will not be answering phone calls, voice mail or facebook. Please direct all inquiries to Laura at (360)531-3825. Leave a message or send a text and she will call you back. Laura does not email, so if you need to reach someone at the farm, you will need to use the phone!

I'm so thankful I have so many capable hands to leave the farm to while I'm gone! Hope you all have a great (and delicious) week!

Recipes

Roasted Yukon Gold Potatoes and Fennel

- 2 lbs. Yukon Gold Potatoes, sliced or cubed
- 1 Fennel bulb, sliced
- 1/2 Walla Walla Sweet Onion, sliced
- 6 cloves Garlic, sliced
- 8 sage leaves (optional)
- 3 Tbs. olive oil

Salt and pepper

Toss all ingredients together and lay in a single layer on a baking sheet. Roast at 425 degrees until golden and crisp, 35 to 40 minutes, tossing halfway through.

Cabbage Sausage Supper

In honor of my friend Emily who I am going to visit next week, and who loves cabbage and sausage together. I also recommend it without the potatoes as a lighter, lower carb option (and so you can save your potatoes for roasting!)

- 2 lbs. smoked sausage, halved and cut into 3/4" slices
- 1 large onion, cut into eighths
- 1 medium head cabbage, chopped
- 1/2 cup water
- 1 lb. Carrots, cut into 1/2-inch slices
- 2 lbs. Potatoes, cut into 3/4-inch cubes

In a Dutch oven or soup kettle, cook sausage and onion over medium heat until sausage is lightly browned and onion is tender. Drain if you want less fat. Add the cabbage and water. Cover and cook on low for 10 minutes. Stir in the carrots and potatoes. Cover and cook for 25-30 minutes or until the vegetables are tender. **Yield:** 12 servings.



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CSA Newsletter

Summer CSA, Week 7

August 14, 2013



Courtney and Ben R. harvesting flowers

In your share this week:

Cauliflower
Strawberries
Red Beets
Celery
Garlic
1 lb Zucchini
Big Beef Tomatoes
Flowers
French Fingerling Potatoes (large only)

Hello again. It has been a while since my last newsletter contribution. Working at Red Dog Farm has many perks: fresh food, fresh air, lots of walking and plenty of time to chit chat with good people. Discussion topics amongst the crew spans a lot of topics; current event discussions, Seinfeld quotes, and dreaming up fictional characters such as "crate man", to name a few. The crew has become pretty good at mixing up the conversations. One that seems to cycle through as the crops change is "what is your favorite thing to harvest?". My response currently is digging up potatoes and cutting flowers.

Digging up potatoes makes me feel like a little child at the beach digging holes to the center of the earth. I love the entire act; crouching down on your knees, ripping up the plant, and then two hands digging back and forth for the yellow and red treasures. After carrying out the heavy buggers you are usually blessed with some kind of fun dirt mustache or uni-brow too. And one cannot forget the icing on the cake, eating them! Yum.

My other current favorite is cutting flowers. While many practical folk may roll their eyes at cut flowers, I am a firm believer in their ability to make life a little sweeter. I like to think of it as harvesting colors. Looking down the long rows you can see spots of color floating on a sea of green. With our clippers we *snip* snap dragons, zinnias, and sunflowers and the white buckets are all of sudden spilling color. You may not be able to eat these gems, but so many joys in life aren't edible; music, art, and friendships. I am thankful that we took the time to weed and water the beauties and I hope you enjoy them too.

Happy August to you!

-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

Ludlow: Wednesdays 4pm- on

Having friends pick-up your share while you are on vacation? Forward them this email so they know where to go and what to do!

This Week Contact Info

If you need to get a hold of someone at the farm, call Laura at 531-3825. No one will be responding to email until Wed, August 21st.

Recipes

Roasted Cauliflower

- 1 head of cauliflower
- 2-3 cloves of garlic, peeled and coarsely minced
- Lemon juice from half a lemon
- Olive oil
- Coarse salt and freshly ground black pepper
- Parmesan cheese

Preheat oven to 400°F. Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Toss in the garlic. Sprinkle lemon juice over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has. Place casserole in the hot oven, uncovered, for 25-30 minutes, or until the top is lightly brown. Test with a fork for desired doneness. Fork tines should be able to easily pierce the cauliflower. Remove from oven and sprinkle generously with Parmesan cheese. Serve immediately.

Roasted Beet, Apple and Celery Salad

www.redbook.com

- 3 (or more, to total 3/4 pound) fresh beets
- 2 tablespoon(s) (plus 2 teaspoons, per recipe) vegetable oil
- 1 tablespoon(s) cider vinegar
- 1 teaspoon(s) sugar
- 1/2 teaspoon(s) prepared horseradish
- 1/2 teaspoon(s) salt
- 1 Granny Smith apple, halved, cored, and sliced
- 1 stalk(s) celery, sliced
- 1/2 cup(s) (sliced) red onion
- 1 tablespoon(s) cilantro leaves
- 1/4 cup(s) walnut pieces, toasted

Heat oven to 400 [degrees](#) F. Wash beets and trim off greens. Toss with the 2 teaspoons vegetable oil and roast in baking dish until tender when pierced with a fork, 45 minutes to 1 1/4 hours. When cool enough, rub beets with paper towel to [remove skin](#). Slice beets. Combine

the 2 tablespoons oil, vinegar, sugar, horseradish, and salt. Toss beets with 1 tablespoon of the dressing. Toss apple, celery, onion, and cilantro with remaining dressing. Arrange beets and apples on serving plate. Sprinkle with toasted walnuts.



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CSA Newsletter

Summer CSA, Week 8

August 21, 2013



In your share this week:

Salad Mix
Strawberries
Zucchini
Heirloom Tomatoes
Carrots
Hakurei Turnips
Beans
Cherry Tomatoes (large only)
Corn (large only)
Fennel (large only)

Broccoli (large only)

I haven't known a thunderstorm here. You hear people talking about them, about seeing the clouds pile up against the Cascades in the afternoon, about rogue storms drifting back from the Western slopes under the cover of night, rumbling softly in the midnight stillness as if to remind those with sense enough to wait up for them that this peace, this brilliant, sun blasted summer malaise is tenuous, fragile, and subject to change. I have not known a storm here, but I have known plenty in the Southeast. Too many to count; they come on like clockwork down there on summer afternoons, building through the stifling days and opening themselves suddenly to break the crushing heat of the days with a terrible, awe-inspiring violence, a living reminder that even relief is but a fleeting thing, and comes with a cost. Always.

Picturing a storm here remains an intellectual exercise. You hear stories, yes: last year's three-day deluge, thundery downpours and spectacular lightning that had those fortunate enough to be caught out in it diving for the safety of the earth as if in combat. The imagination swoons with possibility. I imagine the forests, the trees sighing in the sudden downdraft winds, swaying wildly until their boughs can bear it no longer, until they break into a moan, a shriek, a howl of dread and longing. Dread at this new, unfamiliar tempest they find themselves in, and longing of the sort that resides in the deepest heart of all things living. A longing to continue, to carry forth the fire of life that their forbears fought to carry forth, and their forbears carried before them, on and on into prehistory.

I have known this longing, and so too this fire. We walk among it every day, and it walks in us. It carries us through each and every day, from the moment our morning meeting breaks and we take our first steps into the fog and mist of the fields, fields brimming with life and possibility. Daily we step into these fields to kindle that fire of life in the delicate forms that sustain us, and daily we marvel at their tenacity, their ever-changing forms, and in the quiet moments (all the more precious for their scarcity) express gratitude for the gifts they give us. Gifts of life, and purpose, and honest work. The costs of this life are real, and at times feel insurmountable. But worth it? Always.

-Dan

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If you are out of town and friends are picking up your share, please forward this email to them so they know where to go and what to do!

Recipes

Tomato Zucchini Skillet

- 1/2 cup sliced green onion
- 1 clove garlic, minced
- 1 teaspoon vegetable oil
- 1 teaspoon sugar
- 1 small bay leaf
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 pounds zucchini, unpeeled, sliced 1/2-inch thick
- 3 tomatoes, peeled and each cut in 8 wedges

Directions for tomato and zucchini recipe. Cook onion and garlic in oil until onion is tender. Add sugar, bay leaf, salt, pepper, and zucchini. Cover and simmer for 10 minutes, stirring occasionally. Add tomatoes; heat through. Remove bay leaf before serving tomato zucchini recipe. Tomato zucchini recipe serves 8 to 10.

Roasted Beans, Carrots and Turnips

- 1 lb green beans, trimmed
 - 1 bunch Carrots, sliced
 - 1 bunch Hakurei Turnips, roots only, sliced
 - 2 tablespoon olive oil
 - 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground pepper

Preheat oven to 400°F. Wash and prepare vegetables and put on a baking sheet. Drizzle with olive oil. Sprinkle with salt and pepper to taste. Use your hands to be sure all the veggies are evenly coated and spread them out into 1 layer. Roast for 20-25 minutes, turning after 15 minutes, until beans are fairly brown in spots and somewhat shriveled.



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CSA Newsletter

Summer CSA, Week 9

August 28, 2013



Work trader extraordinaires: Grace, Patricia, Janet, Rebecca

In your share this week:

Cherry Tomatoes (small only)
Fennel (small only)
Dill
German Butterball Potatoes
Beans- green & wax
Sunflowers (& a few others)
Sweet Corn
Strawberries
Broccoli
Cilantro (large only)
Slicing Tomatoes (large only)
Spinach (large only)

Thursday morning, an hour after the crew has gone to work, is when the reinforcements arrive. We are the work traders, a gregarious (and sometimes hilarious) gaggle of women who get to play farmer for the morning: Patricia, Karen, Debra, Jessica, Cindy, Rebecca, Grace, and Janet. (Note: men are welcome to join us!)

Our laughter spills out of the barn as we compare this week's farm duds. New duct tape on the knees, a fashionable XL pair of bright orange rain pants that fit like a parachute, flowered barn boots...and the ever more ratty pairs of gardening gloves.

Laura, the Farm Manager, and Kara, a crew member, take turns as our handlers as we head out to the fields. Soon the sound from the field is like a herd of goats from our voracious weeding, sometimes we are more delicate, perhaps a swarm of locusts. We move in, the weeds accumulate in the paths, and the carrots, the leeks, the chard, the cabbage, and a zillion other crops begin to stand up in their newly found spaciousness.

Weeding is *de rigueur* this time of the year, but it isn't always that way. Sometimes we join the regular crew and plant. Plant, plant, pant, pant. It's fast paced work that is intense and satisfying. If a deluge is in the offing, Laura will kindly spot us in a greenhouse or two, transplanting minute but amazingly tolerant seedlings, tagging plant starts for sale, laying out garlic to dry, or even building the trellis framework for the tomatoes and cucumbers.

Regardless of the task, rarely does silence arrive. The leapfrog nature of the work requires that conversations occur in segments of a few minutes, and like a team of latent eavesdroppers, any conversation can be interrupted by someone down the bed who just happens to hear a juicy tidbit and needs the story told over again. The topic gradually morphs into talk about food as our stomachs remind us of our noon quitting time.

And at noon we shuffle back to the barn for the next, and sometimes most exhausting, effort of the day: collecting our booty! We gather our tubs and bags, the list and map of available crops, and head back to the barn to check out the 'compost'. Hardly as the name implies, these are bins of culls and leftovers from market or the farm stand. Otherwise destined to the compost bin, they are creatively divvied up among us before we head BACK into the fields for even more harvest. Exhausted but exhilarated by the joy of digging spuds or carrots, of cutting a beautiful head of lettuce, pulling a bunch of big red or gold beets---the list changes every week---the talk inevitably includes how much our diets have changed with the abundance of

the veggies we bring home and how great we all feel. Dragging our booty back to the car we thank the crew (for some reason they thank us...) and collapse into the comfort of the seat.
-Janet Welch

We are saddened

I wanted to share with you that a week ago we lost a dear friend and former Red Dog Farm crew member (2011), Kyra Williams. At age 26 and full of life, Kyra's passing is a tragedy for all of those who knew and loved her. Those of you who have been with us for two years may remember Kyra. She was a regular CSA Newsletter contributor. She also staffed the Port Townsend Saturday and Wednesday markets regularly. Of course those of us who were around in 2011 remember her in her role as loose greens washing and packing, CSA packing, and love of working hard. But mostly we remember her for her love of dressing up (she showed up for work on her birthday dressed in a tiara, hot pink tight shorts, a glittering tank top, and blue eye shadow!). Kyra had a love of glitter, laughter and fun. She always made everyone smile and she gave the best hugs. We are so sad to have to say goodbye to her so early.



Kyra on her birthday in 2011

A Note about Corn

I have never, ever in my wildest dreams imagined harvesting corn in August in the Northwest. This year has surprised me again. We have a couple plantings of corn and some have done better than others. You may have some ears that are stubby, or not filled out all the way to the end. We tried to give all the shares a mix of large and small corn, so just heads up that there will be some variability in your corn.

New Retail Outlet in Ludlow

Port Ludlow Village Store (aka the gas station in Ludlow) will begin carrying Red Dog Farm produce this week! Their first order included salad mix, spinach, tomatoes, cucumbers, beets and radishes. If you find yourself in Ludlow, please stop in and support the store. Also, please spread the word to your Ludlow friends. Thanks!

Recipes

Potatoes with Cream, Corn and Dill

- 2 lbs. Potatoes
- 2 ears Sweet Corn, sliced off cob
- 1 cup thick cream
- Handful fresh Dill
- Salt and pepper to taste

Wash potatoes but do not peel. Place clean potatoes in a steamer basket over water and bring to a boil. Lower heat, cover and let boil gently until potatoes are tender and easily pierced with a knife. When done, remove potatoes and slice in half into a serving bowl. Place freshly cut corn in a saucepan with a 1/3 cup water. Bring to a boil and cook for just a minute or two. Drain and add corn to the potatoes. Garnish with plenty of fresh dill. Drizzle the vegetables with the cream, sprinkle with salt and pepper and serve warm or at room temperature.

Green & Wax Beans with Sour Cream & Dill

- 1 pound Green & Wax Beans, trimmed
- 1 tablespoon vegetable oil
- 1/2 teaspoon paprika
- 1/4 cup sour cream
- 2 tablespoons chopped Dill
- Salt and freshly ground pepper

Bring a large pot of salted water to a boil. Add the beans and cook until tender, about 3 minutes. Drain. In the same pot, heat the oil. Add the beans, cover and cook over moderate heat, stirring a few times, until the beans are sizzling, about 1 minute. Add the paprika and cook, tossing, until fragrant, about 1 minute. Remove from the heat and stir in the sour cream to coat the beans. Toss with the dill, season with salt and pepper and serve.

Refrigerator Dilly Beans

You don't need canning supplies for this project. you don't even need special jars. Follow link below for directions:

[Refrigerator Dilly Bean Recipe](#)



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CSA Newsletter

Summer CSA, Week 10

September 4, 2013



Courtney is flower queen

In your share this week:

Magenta Lettuce (Red Summer Crisp)
Big Beef Tomatoes
Green Beans
Cilantro
Red Onion
Strawberries
Cut Flowers
Zucchini (small only)
Broccoli (large only)
Sweet Corn (large only)
Golden Beet (large only)
Garlic (large only)
Salad Mix (large only)

Fall is in the air and in evidence everywhere; the rain of the last couple days, the thick fog last night, abundant spider webs in every corner of the greenhouses, Canadian geese circling the valley, summer fruiting crops in the final weeks of their lives still giving giving giving. Fall this year feels very different to me from year's past. I feel ready for it. It has been a good summer- all (well, most) of my farm plans have been realized. It has been a summer where potential was the reality. The weather was amazing, the crops so abundant, sales good, weeds in check. I am satisfied to watch the peak season slowly fade and decrease- the come down after a job well done. Plus, the thought of facing winter from the cozy confines of my new home instead of my usual winter trailer scene has me feeling pretty smug.

Harvesting Magenta lettuce this week reminds me of last summer, when I first brought Maggie (one of my border collie pups) home. It took me weeks to name her, with all of the farm crew joining in with suggestions, some more aggressively than other (Olivia). The name that stuck, Maganita, was an accidental adaption of Magenta, which Laura insisted was the correct pronunciation. Maganita quickly evolved into Maggie, but it is still fun to revisit the beautiful summer crisp lettuce heads and think of when Maggie was just a wee thing, and even more of a terror than she is now.

I hope you all are enjoying your late Summer/ early Fall time of year and all the abundance that comes with it!

-Karyn

2 More Weeks Summer CSA

Fall is upon us as the changing of the CSA season reflects. Next Wednesday, September 11th, is the last Summer CSA share. Fall CSA begins the following Wednesday, September 18th. If you are already signed up for Fall- Hooray for you! If not, you should seriously consider doing so ASAP. Fall CSA is looking to be so good! We have a bumper crop of winter squash, plus tons of all your favorite fall veggies like carrots, parsnips, celeriac, Brussels sprouts, cabbage, shallots and greens. Plus, there are still several weeks of strawberries and tomatoes left! To

sign up for Fall, send in a check along with a [membership form](#). As always, please make don't wait til the last minute! I will be sending out confirmation emails for Fall CSA this week for those of you who are already signed up.

Recipes

Corn and Zucchini Salsa

I know you all either got corn OR zucchini, so either leave one out, or pick up some at your favorite farmers market

- 1 lb. Zucchini, thinly sliced
- 1 teaspoon minced Garlic
- 2 teaspoons finely chopped jalapeno pepper
- 1 teaspoon ground cumin
- 1/4 teaspoon pepper
- 2 ears Sweet Corn, kernels only or 1 cup corn kernels
- 1 can black beans, rinsed and drained
- 1 cup chopped Tomato
- 1/2 cup thinly sliced Red Onion
- 1 tablespoon chopped Cilantro (or more!)

In a skillet, saute zucchini over medium heat until tender, about 4 minutes. Add garlic, jalapeno pepper, cumin, pepper, corn, black beans, tomato, green onion and parsley. Serve warm with fresh tortilla chips.

Beans Almondine

I know you have seen a lot of beans this summer. I hope that is still a good thing. I am running this recipe again this year, in case you need some more bean inspiration. Otherwise, you can always blanch and freeze them. I'm sure you'll be glad to have fresh beans one frosty evening this winter.

- 1 lb. Beans, trimmed
- 2 Tbs. butter
- 1 shallot or onion, chopped
- 1/4 cup almonds, sliced
- Soy sauce to taste

Steam the beans for 3- 5 minutes until tender. Saute the onion in the butter until cooked. Add the almonds and cook, stirring often, until slightly brown and fragrant. Drain the beans and add to the onions and almonds. Sprinkle a dash or two of soy sauce. Toss and cook over low heat for a minute or two to incorporate flavors. Serve immediately.

Tomato Green Bean Soup www.tasteofhome.com

- 1 cup *chopped Onion*
- 1 cup *chopped carrots (add or sub Zucchini or Corn or Broccoli)*
- 2 teaspoons *butter*
- 6 cups *chicken or vegetable broth*
- 1 pound *fresh Green Beans, cut into 1-inch pieces*
- 1 *Garlic clove, minced*
- 3 cups *diced fresh Tomatoes*
- 1/4 cup *minced fresh basil or 1 tablespoon dried basil*
- 1/2 teaspoon *salt*
- 1/4 teaspoon *pepper*

In a large saucepan, saute onion and carrots in butter for 5 minutes. Stir in the broth, beans, garlic and any other veggies; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are tender. Stir in the tomatoes, basil, salt and pepper. Cover and simmer 5 minutes longer.



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CSA Newsletter

Summer CSA: Week 11 September 11, 2013



Garlic cleaning party

In your share this week:

Big Beef Tomatoes
Basil
Zucchini
Beans
Strawberries
Spinach
Celery
Red Potatoes
Carrots (large only)
Leeks (large only)

Wow! What amazing weather we are having! With the sun so low in the sky, the radiant heat from the sun is so intense. I can feel my bones soaking it up, willing every microgram of Vitamin D into my pores before the supply is tapped. I am not the only one enjoying the lingering heat. The dragonflies this year have been phenomenal! Have you noticed? Is it only at Red Dog Farm that these ancient winged fairies flit about? I love the sparkle of their glistening green and blue bodies as they dance along the crops. They seem born to mate- at least I rarely see one alone. Just the other day, I saw an amorous pair locked in lovemaking on the eave of my home! Hopefully their babies will be as abundant next year.

Another exciting fall feature is the Annual Jefferson County Farm Tour happening this Sunday! Here is what Red Dog Farm has to offer:

FOOD: Crust will be out with hand pies featuring lots of farm fresh goodies including: heirloom tomato and basil, strawberry chocolate, garlicky greens, plus Cape Cleare salmon sesame.

MUSIC: Tunes all day by Harmonica Pocket (storytelling lyrics including fun tunes for kids of all ages; 10-noon), Georgia Browne (old timey and Americana; noon- 2), and Blue Crows (old timey ragtime, blues, jazz and jugband tunes; 2-4).

EDUCATIONAL: Jefferson Land Trust will be on site to answer questions about conservation easements and protecting agricultural and wild lands.

TOURS: 9 of our awesome Red Dog Farm crew will be on site to answer questions about the farm, our fields, and growing vegetables. Free tours of our fields and facility leave every 20 minutes.

PRODUCE: Our colorful veggies and berries will be highlighted in an on-farm stand, set up for you to shop. New seasonal produce includes winter squash and shallots.

OPPORTUNITIES: Learn more about how to partake in Red Dog Farm's abundance through our self-serve Farm Stand, by signing up for a CSA share, or engaging in one of our local markets.

Farm Tour is FREE and open to all. Hours are **10am- 4pm** on Sunday, September 15th.

Please No Dogs. Please consider parking on Center Rd. and enjoy the short walk to the barn. Hope to see you here!

While you are making your plans this fall, consider how you are going to fill your bellies. It's not too late to sign up for our Fall CSA share. See below for more info:

Last Summer Share this Week!

This is it, the last week for summer CSA. Hope you enjoyed a delicious, bountiful eleven weeks of our finest produce. We were pleased to grow, pack and deliver it to you every week. Thanks for your support!

Fall CSA Starts Next Week!

Want to continue on with your share? It's not too late to continue seamlessly. Fall CSA runs September 18- November 27 (11 weeks total). Small shares are \$200 and large shares \$300. Sign up today by sending in your check by mail to: PO Box 402, Chimacum, WA 98325 or drop it off at the Farmer's Market or Red Dog Farm Stand. For more information: [CSA Brochure](#)
There are still CSA scholarship funds available. For more information: [CSA Scholarship Form](#)

Recipes

Tomato, zucchini, white bean and basil soup

theperfectpantry.com

2 tsp olive oil
1 small Onion, chopped
1 clove Garlic, chopped
2 Tomatoes, chopped
1 medium Zucchini, chopped
3 sprigs thyme leaves
1 qt vegetable stock or water
1 15-oz can cannellini (white) beans, drained and rinsed
1/4 cup grated Parmigiano-Reggiano cheese, plus extra for garnish
Parmigiano-Reggiano cheese rind (optional)
10 Basil leaves
Kosher salt and fresh black pepper, to taste

In a 5-quart Dutch oven or heavy stock pot, heat the oil over low-medium heat. Add the onion, and sauté 2 minutes, until translucent. Stir in the garlic, and cook for 30 seconds. Add the tomatoes and zucchini, and cook, stirring a few times, for 2-3 minutes, until the zucchini just begin to soften. Strip the leaves from the thyme sprigs, and toss them into the pot. Stir, cook for 30 seconds more, and add the stock, beans and grated cheese. If you have one, add the cheese rind. Bring the soup to a boil, then reduce to simmer and cook, uncovered, stirring occasionally, for 10 minutes. Roughly chop or shred the basil, and stir it into the soup. Remove the soup from heat. Taste, and adjust the seasoning with salt and pepper. Serve hot, garnished with additional cheese, if you wish. Or, serve chilled.

Potato Salad with Basil

- 2 lbs. Red Potatoes
- Salt
- 1 cup mayonnaise
- 1/4 cup buttermilk
- 2 tablespoons Dijon mustard
- 2 tablespoons whole-grain mustard
- 1/2 cup chopped fresh Basil
- Freshly ground black pepper
- 1/2 cup chopped celery
- 1/2 cup chopped red onion

Place the potatoes and 2 tablespoons of salt in a large pot of water. Bring the water to a boil, then lower the heat and simmer for 10 to 15 minutes, until the potatoes are tender when pierced with a knife.

Meanwhile, in a small bowl, whisk together the mayonnaise, buttermilk, Dijon mustard, whole grain mustard, basil, 1 teaspoon of salt, and 1 teaspoon of pepper. Set aside.

When the potatoes are cool enough to handle, cut them in quarters or in half, depending on their size. Place the cut potatoes in a large bowl. While the potatoes are still warm, pour enough dressing over them to moisten. Add the celery and red onion, 2 teaspoons of salt and 1 teaspoon of pepper. Toss well, cover, and refrigerate for a few hours to allow the flavors to blend. Serve cold or at room temperature.

Spanish Casserole

- Tomatoes, chopped
- Beans, trimmed
- Zucchini, sliced
- Potatoes, cubed
- Carrots, sliced
- Leeks, sliced
- Basil, chopped
- Any other vegetable
- Lots of olive oil
- Salt and pepper to taste

In a glass oven-proof dish, combine all the cut vegetables. Toss in copious amount of olive oil. Alternatively, you could lighten it up with a little broth. Add salt and pepper. Cover and bake at 350 degrees for an hour. Serve hot with crusty bread.

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