



In your share this week:

Carrots

Leeks

Collards

Tulips

Stir-fry Mix (large shares only)

Passing of the Pen

This year Emily is going to be writing the creative part of the newsletter. I am greatly looking forward to a break from this responsibility, as well as to reading her light-hearted prose (or who knows, maybe even poetry!). I'll be the master mind behind these boring reminders, as well as the hopefully more thrilling recipes.

Reminders

Remember to bring a bag with you each week as you cannot take the black crate home with you. Plastic bags are available in case you forget.

Pick-up hours are Wednesdays from 2-8pm. Please remember to pick up your produce during that time.

Contact Karyn

Please feel free to get in touch for any reason. I love to hear feedback, good and bad. I really want your CSA experience to be a positive one and I will address any complaints or suggestions you may have. I also love getting new recipe ideas!

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Online Newsletters

You will get the newsletter emailed to you generally on Tuesday evenings, sometimes Wednesday mornings. On the website are the archived newsletters from last year's CSA. Feel free to peruse those for more recipe ideas.

I would really like to print out as few newsletters as possible. Please help me in this endeavor by sending me your email address(es) where you would like to receive the newsletter. I am happy to add as many email addresses as you like. If you are unable to view the newsletter online, please let me know and I will have a printed copy available for you each week.

Welcome!

This is Emily, assistant manager and now CSA newsletter co-editor at Red Dog Farm. Thank you for being a member of Red Dog's CSA! I'm excited for this farm season and I hope you are too.

Right now what I'm most excited about on the farm is the Tulips!! I know you can't really eat them, but over the years I have come to see flowers as food for the soul, especially at this time of year. These vibrant colors give a welcome zap to my eyeballs, which have been lulled by the mellow greys, blues and greens of winter. Bam! Wake up Emily, it's SPRINGTIME!! I have vases of broken-stemmed tulips all over my house, thanks to the perks of being the tulip harvester.

I'm also excited about the carrots; they're colorful AND edible. They're storage carrots from this winter and they're still crunchy and sweet. The collard greens surprise me with how gorgeous they are after the winter. Even after the sleet storm we had on Friday, they look like a million bucks (and taste way better).

This years spring greens are in the ground and trying to get bigger as fast as they can, you'll probably be eating them in a few weeks. Enjoy!

Recipes

Collard Green Olive Pesto- www.boistfortvalleyfarm.com

- **1 bunch collard greens**
- **4 large brine-cured green olives, pitted**
- **1 large garlic clove, finely chopped**

- **1/4 teaspoon balsamic vinegar**
- **Pinch of salt**
- **1/8 teaspoon cayenne**
- **1/8 teaspoon black pepper**
- **1/4 cup extra-virgin olive oil**
- **1/2 oz finely grated Parmesan**

Bring a large pot of lightly salted water to a boil. Cut stems and center ribs from collard greens and discard. Stir collards into water in batches, then simmer, uncovered, stirring occasionally, until tender, about 10 minutes. Transfer collards with tongs to a colander to drain, very gently pressing the greens (don't squeeze!) to drain excess water. (If making pasta, reserve water in pot for cooking pasta.) Coarsely chop collards.

Blend olives and garlic in a food processor until finely chopped. Add collards, water, vinegar, salt, cayenne, and pepper and pulse until finely chopped. With motor running, add oil in a slow stream. Turn off motor, then add cheese and pulse to combine.

Citrus Collards with Raisins

www.mariquita.com adapted from: Grub: Ideas for an Urban Organic Kitchen by Anna Lappé and Bryant Terry

Coarse sea salt

1 bunch collard greens, cut into slender strips

2 teaspoons extra-virgin olive oil

1 garlic cloves, minced

1/3 cup raisins

! cup fresh orange juice

Bring 3 quarts of water to boil in a large pot over high heat and add 1 tablespoon salt. Add the collards and cook, uncovered, for 8 to 10 minutes, until softened. Prepare a large bowl of ice water to cool the collards. Remove the collards from the heat, drain, and plunge them into the ice water to stop the cooking and set the color. Drain. Warm the olive oil in a medium sauté pan over medium heat. Add the garlic and sauté for 1 minute. Add the collards, raisins, and a 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently, until the raisins are plump. Do not overcook—the collards should be bright green. Add the orange juice and cook for an additional 15 seconds. Season with additional salt to taste if needed and serve immediately.

Carrot Leek Oven Pancake

1 lb. Leeks

1 Lb. Carrots, grated

1 Tbs. butter

1 Tbs. olive oil

Salt and pepper to taste

Preheat the oven to 350 degrees. To prepare leeks, cut off top and bottom and slice in half length-wise. Rinse under running water to remove grit. Cut into slender half moon shapes. Melt the butter and oil in a cast iron skillet over medium heat. Sauté the leeks slices for five minutes, then add the grated carrots and cook a couple minutes more, until tender. Put the dish in the oven a bake for 15 minutes, until the pancake is crisp, but not burned. Cut into wedges and serve as a side dish or snack.

Week 2 CSA Newsletter

April 14, 2010



Emily, Cha and Egan transplant choi.

**In your share this week:
Carrots**

**Russet creamers
Stir-fry Mix
Tulips**

It's getting warmer and feeling more and more like springtime, which means much more enjoyable weather for farming. We've been transplanting lots and lots of veggie starts, including kale, collards, broccoli and cauliflower, cabbage, chard, Bok choy, and cress. And that was just today! The spinach and salad mix are growing fast in the warmth of the greenhouse that we built this winter, and you can look forward to the lush, sweet, tender first spinach of the year in your CSA shares next week.

I want to take this opportunity to introduce this year's farm crew: Most of you know that Karyn Williams is the owner and operator of Red Dog Farm. This will be her 5th year farming in Jefferson County, after extensive farm experience in various exotic places from Olympia to Morocco. Somehow Karyn also manages to find time and energy to volunteer for the Chimacum Farmer's Market, and as a board member of the P.T. Farmer's Market. I count myself lucky to know and work for such a motivated and inspirational human being as Karyn.

I, Emily, am starting my second year as assistant manager at Red Dog and I relish most moments that I spend as such. What can I say, I'm one of those rare people who truly loves her job and who actually wakes up smiling and pumped on Monday mornings! I wish everyone could have this relationship with their work.

I am ecstatic that so many of our crew from last year are returning this year. Chandra has been working on the farm all winter harvesting and packing winter CSAs after farming all of last season. She also works in produce at the Food Co-op; clearly this woman has a passion for vegetables! She is a powerhouse farmer with a heart made of gold(en beets).

Jay has come back to the farm after working as a carpenter for a boat building company this winter, and Red Dog thanks its lucky stars. He's part cheerleader, part comedian, and all farmer. He's also tractor maintainer, farmer's market meister and cooks a heck of a good lunch.

This is Dorian's first season and we're all really glad to welcome him into the pack. Dorian's been farming in Australia and Hawaii and more recently was in the Coast Guard. He bikes to work from Marrowstone Island! He has a lot to contribute to the farm and we look forward to working with him.

We're also the beneficiaries of a lot of volunteer help this spring; Egan and Brice are visiting the area from Tennessee and thank goodness they found Red Dog Farm. Their help has been invaluable, not to mention the sheer joy of their company. Andy helps with all mechanical and construction projects, and he and Jim have been working steadily on the farm stand. Thanks to them it should be up and running next week!

Sincere thanks to everyone who makes Red Dog Farm happen, including you, our CSA members! Enjoy your vegetables.

Recipes

Creamer Russets

As you might have guessed from their name, creamer potatoes are perfect for smashing into creamy mashed potatoes. My favorite is a lazy, healthier version of mashed potatoes that are even more satisfying.

Take your potatoes and boil them whole until fork tender. Drain and mash slightly with a fork. Stir in butter, salt, chopped herbs. I like to also add either raw chopped veggies or steamed greens. Try grated carrots or steamed stir-fry mix. Delicious, simple comfort food!

Quick Lentil Kale Soup- *www.bigoven.com*

- **1 c Lentils**
- **7 cup Water**
- **4 cup (about 1 lb) chopped kale**
- **1 Onion; chopped**
- **1 Celery stalk; chopped**
- **3 Tomatoes; chopped**
- **1 medium Carrot; chopped**
- **3 Tbs. Chopped parsley**
- **1 Bay leaf**
- **1/4 tsp. Ground thyme**
- **1 Tbs. Soy miso (optional)**
- **1 pinch Pepper**

Cook for about 30 to 60 minutes the lentils in a heavy pot (beans tend to stick to the sides of thin pots). While the lentils are cooking briefly sauté the onions in water and add parsley, bay leaf. When onions are soft add the celery. Stir for about 2 minutes then add the carrots. Briefly sauté until the carrots are brighter in color but still a little crunchy. Add the lentils and tomatoes and stir the kale into the lentils. Keep stirring. When the kale is wilted, add water and the rest of the seasoning. Simmer the soup for about 5 to 10 minutes.



Brice, Egan, Dorian, Andy, Cha, Jay, Karyn, Ru & Emily in front of the farm stand

In your share this week:

Salad Mix

Spinach

Red Kale Raab (large shares only)

Leeks (large shares only)

Tulips

The farm stand is officially open! Next time any of you are in Chimacum, please swing by and check it out, we're pretty proud of it. It'll be stocked with tulips, raab, salad mix and other fresh veggies as they become available. Everyone on the farm put some work into the building itself, from pouring the foundation to agonizing over the paint color (gold stock and earth yellow) to hanging the gutter. Special thanks to Karyn's dad Larry for doing all of the electrical work, to Jim for helping so much with the framing, and to Andy, Red Dog's own personal mechanical guru and master builder, for being there every step of the way!

We started the long and tedious process of planting alliums this week; the onions are done, soon the shallots, then leeks. Each little plant is pushed into the earth separately with one finger, thousands of them; some of them won't be harvested until next spring at this time (like the leeks in the large shares this week). We're weeding the long rows of peas and fava beans, radishes, Hakurai turnips, and soon the strawberries that it seems like we just planted will need a weeding. The little tomato starts in the greenhouse have all graduated to 4 inch pots from their little 1 inch plugs. Next stop: the ground, but not for a little while...

This will be our last week with Egan and Brice, our cherished volunteers from Tennessee, at least for a while. We hope they decide to return and grace us with their company, their hard work and their baked goods again this summer. Their help this

spring has kept us on top of our game so the farm is in tip-top shape. I think this might even be the year when everything gets planted and weeded and harvested on time. This hasn't ever occurred in the entire history of agriculture, but if it happens this year like I think it might, it will be because of Egan and Brice.

Well, here it finally is; the first salad mix of the season! You may have caved months ago and bought lettuce from California like I did, but still these fresh spring greens and debutant spinach are something to celebrate. Enjoy the tulips!!

Farm Stand Details

It's Karyn here. I'm just so excited about the new farm stand! Here are all the details about our newest addition. Be sure to stop by and to tell all your friends and neighbors. Thanks for spreading the word!

The new farm stand is located at Red Dog Farm at 406 Center Road in Chimacum. It's only 1/2 mile from the 4-way stop sign in Chimacum (Chevron station). The stand's hours are 8am to 8pm every day of the year. The farm stand is the golden yellow building 700 feet down the driveway. There is plenty of parking and turn around space.

All current CSA members get to take a 10% discount off all Red Dog produce at the farm stand. The stand is self-serve with an honor system style payment box. Simply calculate your total and be sure to give yourself the 10% discount before paying. Payment at the farm stand is done in one of three ways. Pay with exact change each visit. Pay with a check each visit. Or, keep a tab (in our tab box) so you can pay \$20 at a time, or pay next time if you don't have change on you. The tab system is designed to make shopping at the farm stand easy. I just ask that folks settle their tabs on a monthly basis.

The farm stand also stocks delicious goat cheese from Mystery Bay Farm, local eggs, local beef, and other local products as available. Please note that the 10% CSA discount does not apply to these other products. I simply don't mark other farmer's goods up enough to be able to afford to give a discount. Hope you get a chance to check it out!

Recipes

Simply Salad

If you're like me, you don't need any nudging to eat the sweet succulent baby green leaves this time of year. I like to mix the salad mix and the baby spinach. It can be as simple as the greens with a light vinaigrette. Or, make a hefty raw vegetable festival in your bowl by adding grated carrots and beets, defrosted garden peas, sliced radishes, chopped bell peppers and avocado, and of course some kind of seeds to top it off. Another option is to add some protein to make a meal salad. I like grilled steak or fish, beans or hummous, or even just some crumbled cheese. There are so many options; you could have a different salad every night of the week!

Spinach Leek Frittata- www.sunset.com

- **Ice**
- **5 oz. baby spinach (you got 8oz or 12 oz, small and large shares, respectively)**
- **1 large leek (1/2 lb.), white and light green parts only, halved, rinsed well, and sliced (or substitute onion)**
- **2 tablespoons extra-virgin olive oil, divided**
- **2 garlic cloves, minced**
- **1 teaspoon chopped fresh rosemary leaves**
- **8 large eggs**
- **About 1/2 tsp. salt**
- **1/2 cup low-fat ricotta cheese**
- **Freshly ground black pepper**

1. Fill a bowl with ice water. Stir spinach into a large pot of boiling water, cook 20 seconds, and then transfer to ice water. When cool, drain, squeeze dry, and chop.

2. In a 10-in. ovenproof nonstick frying pan over medium heat, cook leek in 1 tbsp. olive oil, stirring often, until very tender, 5 to 7 minutes. Stir in garlic; cook, stirring, until fragrant, about 1 minute. Add spinach and rosemary; cook briefly, stirring to coat with oil. Remove from heat.

3. Whisk eggs in a bowl. Beat in 1/2 tsp. salt and ricotta. Stir in cooked greens and leek. Add pepper to taste.

4. Preheat broiler. Clean and dry frying pan. Set over medium heat and add remaining oil. When hot, pour in egg mixture; cook, stirring occasionally to distribute cheese and greens, 1 minute. Continue cooking, tilting pan and using a spatula to lift up the frittata's outer edge and let eggs run underneath, until eggs no longer flow easily. Turn heat to low and cover pan. Cook until frittata is almost set, 6 to 10 minutes.

5. Broil frittata about 3 in. from heating element until just beginning to color on top, about 2 minutes; remove from oven. Let sit in pan about 5 minutes, then carefully slide out onto a platter. Allow to cool, then cut into diamonds (about 1 1/2- by 3-in., tip to tip). Add more salt to taste.

Quick and Easy Sautéed Raab and Leeks

Raab is the flowering tops of brassicas (cabbage, kale, collards). It is deliciously tender and mild and a good early substitute for broccoli. The entire stem is edible until it gets to tough to cut. All the leaves are edible. For my easy recipe, simply chop up the raab into 2" pieces. Also clean and wash the leeks. In a skillet over medium heat, sauté the leeks in olive oil or butter until tender. Add in the chopped raab and

sauté until also tender. Season with salt and pepper or soy sauce or vinegar. Serve alone or as a side dish. It's especially delicious with a nice sausage.

Week 4 CSA Newsletter

April 28, 2010



Dorian hoeing spinach with foreman Ru looking on.

In your share this week:

Salad Mix

Cabbage Raab

Leeks

Blue Potatoes

Tulips

Mizuna (large shares only)

This week has been another crazy one for weather with gusty wind, driving rain, blazing sun and everything in between. We started overhead watering with the irrigation pipes, which is a landmark event for the season; a couple of days later it poured rain but it was a landmark nevertheless! We did a lot of weeding this week, set out lines upon lines of drip irrigation, trellised the peas and up-potted the precious tomatoes. We're starting to get ready for the first Port Townsend Farmer's Market of the year which is very exciting! Soon we'll have to kiss our leisurely 8 am starts goodbye as the farm shifts itself into high gear.

This is probably the last raab of the season; I'll miss its sweet and spicy goodness but it's got to go to make room for its cousin broccoli, which as we all know has its own charm. These won't be the last leeks of the season, and thank goodness because this year's onions have a long way to go. Today for lunch Karyn roasted leeks and potatoes with a few carrots, it was so delicious. I hope the large share-holders enjoy the mizuna, as you may know it's a related to bok choy, and it shares that succulent stem and fresh, ever so slightly spicy zing. It's one of those wonderfully versatile greens that can be eaten raw or cooked and is loaded with nutrients.

I hope you're still enjoying the tulips, I know I am! Despite their being inedible (unless you're a deer, in which case they're readily edible) they are one of my favorite parts of springtime on the farm. I have no less than 5 bouquets in my living room and they brighten my world and that of everyone who walks in the door. Here's my personal tip: don't be afraid to mix the reds with the pinks. I know, it's scary and for some of us it might be a first, but for me, I'm glad I took the risk. The result is a stunning visual explosion that is elegant, cheerful and bold, all at once.

Merry munching!

PT Farmers Market Kicks off the Season Saturday!

This Saturday, May 1st, marks the opening of the Port Townsend Farmers Market season. All of your old favorite vendors will be back in force, plus a few new vendors as well. New vendor highlights include Bob's Bagels and a local chocolatier. New changes this year include longer hours each Saturday, from 9am to 2pm instead of 9:30 to 1:30. Also, there is a 30 minute parking area reserved for customers who want to get in and out quickly. It's located on the southeast corner, right next to Rosa's taco cart. The Recyclery is also offering free (tips appreciated) delivery from the farmers market to your home. The hope is that this service will encourage folks to walk or bike rather than drive, but still be able to stock up on goods at the market.

Red Dog's booth this weekend will be stocked to the hilt with tulips, among a few other things like greens, radishes, and plant starts. Be sure to stop by to say hi. Don't forget to exercise your 10% discount, should you want to. I'm really looking forward to the market this year- it feels like it's going to be a good one!

Recipes

Roasted Blue Potatoes with Leeks

1 lb. Blue Potatoes

1 lb. Leeks

Any other veggies like sweet peppers, sweet potatoes, carrots, etc (optional)

Olive oil

Rosemary

Pepper

Chop the potatoes into 1" square chunks. Clean and chop the leeks in to 1" half-moon slices. Toss in a baking dish with a liberal amount of oil. Season with salt, pepper and rosemary. Roast at 400 degrees for 30-40 minutes, stirring to prevent sticking every 15 minutes.

Upside-Down Wilted Salad

**Roasted, boiled or steamed blue potatoes
Salad Mix or chopped Mizuna
Parmesan or feta cheese (optional)
Olive oil and balsamic vinegar**

Prepare the potatoes to your liking. Throw a couple handfuls of salad on top. Sprinkle on the cheese, oil and vinegar. Munch away!

Raab- besides being my maternal family name- is also the name of the flowering tops of plants in the brassica family (broccoli, cabbage, kale, cauliflower). This most edible flowering top has a whole lot of flavor and is very good for you, just like the rest of the plant. The versatile raab can be chopped fresh into salads, but is more commonly used steamed or stir-fried. If the stems are tender, you can eat the whole stem, like asparagus. Also like asparagus the lower part gets woody, so it's best to chop that off before cooking.

Pasta with Raab and Garlic

**8 oz. pasta
1 bunch raab
10 cloves garlic, thinly sliced
2 Tbs. olive oil
Parmesan cheese
Salt and pepper to taste**

Chop the raab into 2" pieces, removing any tough stems. Boil or steam until just tender. Prepare the pasta as directed on the package. While pasta cooks, sauté the garlic in the oil without browning. Add in the raab for just a minute to coat with oil. Drain the pasta and toss in the raab/ garlic mixture. Top with cheese, salt and pepper.

Mizuna tips: The succulent mizuna is delicious chopped up into salads. It can also be steamed or sautéed. Like spinach, it cooks down to almost no volume. One of my favorite uses is in quesadillas. I sauté leeks until tender, add in chopped mizuna. Then sandwich that between two tortillas with a little cheese. Fry both sides of the tortilla until golden brown. Serve with salsa and plain yogurt (my favorite substitute for sour cream). Bon Appetit!



Karyn and Alicia at PT Farmers Market. Photo by Erwin Fuller

In your share this week:

Salad Mix

Tatsoi

French Breakfast Radishes

Tulips

Spicy Mix (large shares only)

This is a week of many firsts on the farm! Saturday was the first market of the year in Port Townsend and it was a bustling scene of cheerful, fair commerce, as usual.

Remember that as CSA members you all get a 10% discount at the Red Dog market booth.

We harvested our first radishes this week, and they are beauties. Perfectly sized, mild, crispy, they are springtime manifested on your taste buds. The French breakfast radishes in your shares this week are among the mildest of all radishes, and I've heard from different sources that the French are indeed known to eat them with butter on bread for breakfast. Me, I'm known to eat them plain for breakfast, but only while I'm harvesting them.

Tatsoi is sometimes called "Asian Spinach", maybe because the plant's rosette structure and dark green color resembles the spinach plant. It's healthy and tasty! I

especially enjoy munching on the succulent sweet stem. Steam it, fry it, dress it, or just bite into it, you honestly can't go wrong with tatsoi.

Large shares get Spicy Mix this week which includes tatsoi, kale, mustard and mizuna, all of which are young and tender so it can be eaten raw on its own, mixed with the salad mix to mellow it out, or stir fried.

Another first this week is our first kickball game of the season! Weather permitting, Red Dog Farm will play Finn River Farm, plus various non-farm associated friends at Red Dog Field. Last year Finn River creamed Red Dog, so this will be a pretty important game for us, as we attempt to trade the title of underdog for that of Top Dog.

I owe a personal apology to some of the Port Townsend members who didn't get their tulips last week- I (Emily) am responsible for the tulip fiasco and do sincerely apologize. Unfortunately, mistakes made by me (Emily) do not make it onto the list of firsts on the farm this week. In fact, mistakes regarding the shortage of tulips in Port Townsend made by me don't even make it onto that list, because I was also responsible for the first week's CSA tulip shortage! I can assure you that measures are being taken to combat this pandemic issue (I've been given a private math tutor), and that there will be extra tulips this week for anyone who didn't get theirs last week. I realize that this might not make up for your disappointment last week, but I thank you for your understanding. On the bright side, we can all rest assured that our fellow CSA members are not shoplifting tulips from the drop-off site!

I wish you all intact CSA shares and a healthy, flavorful first week of May!

Recipes

Radishes, the colorful harbinger of spring, are not only crunchy and tasty, but are also one of the highest sources of vanadium. Vanadium is one of those nutrients that is toxic in large amounts, but vital in small amounts. It is important for helping to build muscle, healthy cardiovascular systems, and keeping blood sugar levels balanced. Sounds pretty important to me!

Recently, I've heard a lot about radish top soup. I haven't yet tried it, but intend to do so soon. You might not have enough radish tops to make this soup this week. Either substitute other greens to make up the difference, or get another bunch (probably in next week's share, but not sure yet).

Radish Top Soup- *www.allrecipes.com*

2 Tbs. butter

1 large onion (or 2 Leeks)

2 medium potatoes, sliced

4 cup raw radish greens (substitute other greens, if needed)

4 cup chicken or veggie broth

1/3 cup heavy cream

5 radishes, sliced

Melt butter in a large saucepan over medium heat. Stir in the onion, and sauté until tender. Mix in the potatoes and radish greens, coating them with the butter. Pour in chicken broth. Bring the mixture to a boil. Reduce heat, and simmer 30 minutes. Allow the soup mixture to cool slightly, and transfer to a blender. Blend until smooth. Return the mixture to the saucepan. Mix in the heavy cream. Cook and stir until well blended. Serve with radish slices.

In honor of Cinco de Mayo, a radish salad to go with your margarita:

Jicama, Orange and Radish Salad- www.herbivoracious.com

- **1/2 jicama peeled and cut into 1/4" x 1/4" x 2" batons**
- **1 big handful radishes, trimmed and cut into quarters**
- **4 Valencia oranges, cut into supremes (segments without the membrane), juice reserved**
- **handful of cilantro leaves, roughly torn**
- **salt**
- **black pepper**

- 1. Combine the jicama, radishes, orange segments and cilantro with a big pinch of salt and several hearty grinds of pepper.**
- 2. Add 1/4 cup of the orange juice and toss lightly.**
- 3. Taste and adjust seasoning**

Wilted Tatsoi Salad

2 bunches Tatsoi

sesame seeds, for garnish (I used a mix of black and white sesame seeds, but you can use whichever type you have)

Dressing:

2 T soy sauce (I used Tamari)

1 T rice vinegar (not seasoned)

1 tsp. grated ginger root

1 tsp. sugar or 1 tsp. honey or agave

1/2 tsp. Sriracha (or any other kind of chili sauce)

fresh ground black pepper to taste

Cut the tatsoi leaves off at the base. Discard the crown. Wash leaves. Plunge in boiling water for one minute. Dunk in cold ice water. Drain well. While tatsoi is cooling and draining, make the dressing by combining all the ingredients and mixing

well. Toss drained tatsoi with the dressing and chill for an hour. Toast sesame seeds for 1-2 minutes and sprinkle over salad immediately before serving.

Week 6 CSA Newsletter

May 12, 2010



In your share this week:

Spinach

Rhubarb

Leek Scapes

Green Butter Lettuce

Easter Egg Radish (large shares only)

Pea Greens (large shares only)

Pac Choi (large shares only)

Happy Mother's Day! I hope that every mother who wanted tulips got some for mother's day this year. It's not too late to get a hanging strawberry basket for your mother or yourself, we have them for sale at market and at the farm stand. Some of them have ripe strawberries on them!!

Remember that there's no Port Townsend market this weekend because of Rhody Fest, BUT this Sunday is the first Chimacum market of the year! Its location has changed to the lot across from the Chevron Station, where Tiny's Fruitique used to be. It's open from 10:00 to 2:00 and yes, your CSA 10% discount applies there too.

This week we lost our kickball game to Finn River (4-3) but we gained a new coworker: Christi will be working on the farm and at the PT market this season. You may have seen her zooming around town on her bike; she may have landscaped your yard or made your Mt. Townsend cheese...well now she's harvesting your vegetables. She fits right into our motley farm crew.

By the time you read this, the spinach we will have harvested for your shares will be ousted from the greenhouse to make room for THE TOMATOES! And none too soon, for our tomato starts are thriving and are looking for a nice warm spot to put down their roots. Don't worry, there's plenty of outdoor spinach to take up the slack. This week you get one of my favorite of the lesser known vegetables, rhubarb. I love rhubarb! I suggest you search deep in your freezer for any strawberries you may have preserved from last year to make a pie, or, if you eat meat, I've discovered that rhubarb sauce goes really well with most every kind, but especially pork. Just chop it up cook it down for a few minutes with some honey, salt and minced leek scapes until it becomes saucy- yum! Good thing you happen to have leek scapes in your share too!

Scapes are the would-be flower stalks of alliums (leeks, onions, garlic etc). They have that same pungent flavor but with a little extra sweetness. You can use these scapes in any way that you would use leeks. Large shares get scrumptious pea greens! I like pea greens because they taste just like peas but I can eat more of them before I get indigestion. Pea greens are tied with radishes for Vegetable that Embodies Springtime Flavor in my book.

Please enjoy all of these seasonal delicacies; they won't be in their prime for long!!

Karyn's Note about Eggs

Many of you who were winter CSA members have been asking why there are no longer eggs at the PT pick-up site. In case you were wondering, but haven't asked, I only do the egg and beef add-ons in the winter months. Mostly, this is because I can't deal with another detail to keep track of in the spring/ summer/ fall time, and partly because egg sellers have lots of outlets for the eggs during this time of year.

There are eggs available at the PT Farmers Market at Serendipity Farm and Wild Harvest Creamery, if you get there early. Also, the Red Dog Farm Stand is well stocked with eggs from various family flocks around the county. All of the eggs in the farm stand come from hens that are fed 100% organic feed, raised outside on pasture and/or fed lots of green scraps, and live in small flocks. So far, there has been a plentiful supply in the fridge, so you can count on finding them there, if you decide to make a special trip. And really, if you haven't been out to visit the farm stand yet, you really are missing out!

Recipes

Leek Scape, Spinach and Bacon Pasta

1 bunch Leek Scapes

" lb. bacon

Olive oil

" lb. Spinach (1 bag)

1 package of pasta, fresh pasta from pan D'Amore or Bell St. Bakery is even better!

Romano cheese

Prepare the pasta as directed. Meanwhile, chop the leek scapes into 1- 2" pieces and chop the bacon into 1" pieces. Sauté both in a little olive oil until the bacon is thoroughly cooked and the scapes are tender. Add in the spinach. You might have to add it in two stages, until it wilts enough to add the rest. Cook and stir until the spinach is thoroughly wilted. Remove from heat. Combine with the drained pasta. Sprinkle with Romano cheese and serve.

Rhubarb Pork Chop Bake- www.allrecipes.com

- **4 pork loin chops, cut about 3/4 inch thick**
- **2 tablespoons vegetable oil**
- **1 1/2 teaspoons minced fresh rosemary**
- **1/4 teaspoon salt**
- **1/8 teaspoon pepper**
- **2 1/2 cups chopped fresh or frozen rhubarb (1/2-inch pieces)**
- **4 slices day old bread, crusts removed and cubed**
- **3/4 cup packed brown sugar**
- **2 tablespoons all-purpose flour**
- **1/2 teaspoon ground cinnamon**
- **1/4 teaspoon ground allspice**

In a large skillet, brown pork chops in oil. Sprinkle with rosemary, salt and pepper. In a bowl, combine the rhubarb, bread cubes, brown sugar, flour, cinnamon and allspice. Place half of the rhubarb mixture in a greased 11-in. x 7-in. x 2-in. baking dish. Top with chops and remaining rhubarb mixture. Cover and bake at 350 degrees F for 30-35 minutes. Uncover; bake 10 minutes longer or until juices run clear.

Pea Tendrils Salad with Radishes and Feta Cheese-

www.sidewalkshoes.blogspot.com

Juice of one lime

2 teaspoons honey

1/4 cup extra virgin olive oil

Salt and fresh ground pepper to taste

2 cups frozen petit peas, thawed

1 bunch radishes, halved and thinly sliced

1 cup crumbled feta cheese

3 cups fresh pea tendrils

Whisk together dressing ingredients. Place salad ingredients in a large bowl, pour dressing over and toss.

Week 7 CSA Newsletter

May 19, 2010



Jay and Emily plant potatoes

In your share this week:

Hakurei Turnip

Baby Pac Choi

Salad Mix

Leek Scapes

**Pink Beauty Radish
Spinach (large shares only)**

The barn swallows are back! They're busily making their nests in the eaves of the barn, as their species is apparently genetically programmed to do, and Ru the Red Dog is busily chasing them back into the air whenever they swoop low into his terrestrial domain. It's really nice to have such lively, beautiful creatures flitting around the farm, but we have had to make some efforts to keep them from nesting in the light fixtures in the outdoor kitchen- otherwise we would have to draw a bulls eye on the counter top directly under the nest and keep our lunch far from it... Despite the little bit of extra work they create, we welcome them onto the farm as our springtime barn fellows.

Last week we had the company of 3 bald eagles for an entire afternoon, soaring over our neighbor's recently mowed hayfield. They probably found an abundance of displaced rodents from the hay and decided to linger in the pleasant Chimaquum valley near such a quaint organic farm, where people seem to be working so hard and clumsily for their food compared to their own graceful methods of nourishment. Well, we have no fresh rodents to offer you, but we do have....Hakurei Turnips! These little white gems have become the hottest ticket at farmers markets, even people who don't usually adore turnips (me) can happily sink their teeth into a raw Hakurei. They are sweet and tender, almost creamy, and so nutritious. You can eat the greens too, they are one of the most nutritious greens out there, packed with vitamin C among others!

You also get Mei Qing choy, sometimes called baby bok choy, another intensely healthful and delicious Asian superfood. Last year I learned to marinate choy stalks in sesame oil, vinegar and tamari and grill them on the barbecue. Yum!

I hope you all enjoyed last week's leek scapes, I myself have become a convert. I have to confess that I had never had one until last week, but the delight of harvesting them (they make a satisfying popping noise when you pull the tender shoot from deep within the leek) combined with the joy of eating them has made me a raving leek scape fan.

I don't know if you've ever seen or tried pink radishes; if not, here's your chance.

They are so sweet and crunchy, you can practically taste the pinkness. And talk about fun to harvest- it's like picking gum balls out of the ground and bunching them! Thanks to anyone who came to the Chimaquum market this weekend, it was a huge success! Hope to see you there or at the PT market this weekend! Bon Appetit!

The End Draws Near...

Just a reminder that next Wednesday, May 26th, is the last CSA pick-up for Session 1. If you're continuing on to Session 2, you're all set; there will be no changes, except delicious new additions as the season progresses.

For those of you who have not signed up for Session 2, it's not too late to do so! Just send in a check along with a membership form. Session 2 starts Wednesday, June 2nd. Please send in your check no later than Thursday, May 27th. If you miss that deadline,

please send me an email or give a call so I can be sure to include your share in the harvest for the first pick-up.

Recipes

Mei Quing Choy with Red Curry Sauce - Jane Spice: her original blog posting

Some say the taste of mei quing choy is a cross between a cabbage and lettuce, but is much more delicate, and is best steamed or cooked. This recipe combines two cultures Asian and Indian, to create a very unique dish. Despite the delicacy of pac choy, the red curry flavor doesn't overpower the dish, it's a great partnership of flavors. The roasted peanuts add a delightful crunch with every bite.

1 teaspoon vegetable or peanut oil
1 teaspoon red curry paste
1 cup coconut milk
1 teaspoon brown sugar
1 " teaspoons fish sauce
" lime, juiced
2 bunches mei quing choy or baby bok choy, trimmed
2 tablespoons roasted peanuts, chopped
Serves 4

Heat oil in a wok over medium-high heat. Add curry paste. Stir-fry for 30 seconds or until aromatic. Slowly pour in coconut milk, stirring constantly. Bring to the boil. Reduce heat to medium and simmer for 3 minutes. Add sugar, fish sauce and 2 teaspoons lime juice. Stir to combine.

Wash and drain pac choy. Cut pac choy into quarters lengthways (if small, cut in half). Line base of a steamer basket with baking paper. Place pac choy in basket. Steam, covered, over boiling water (do not allow steamer base to touch water) for 2 to 3 minutes or until thickest part of stems are tender. Transfer to a plate.

Pour curry sauce over pac choy and sprinkle with peanuts. Serve.

Savory Bread Pudding with Turnip Greens - 366 Healthful Ways to Cook Leafy Greens, by Linda Romanelli

16 oz. turnip greens
4 cups 1-inch cubes day old Italian bread
2 cups skim milk
2 large eggs
3 TBS grated Romano cheese
1 TBS chopped fresh savory (1 tsp. dried)

" tsp. salt

! tsp. garlic powder

! tsp. ground red pepper

Preheat the oven to 375. Combine the greens and bread in a 1 " qt. casserole. Whisk the milk, eggs, cheese, and spices together in a 4 cup measure. Pour over the greens mixture, saturating the bread. Place the casserole dish in a slightly larger baking pan. Pour hot water into the pan to reach halfway up the sides of the dish. Bake 45 to 50 minutes until just set. Carefully remove the casserole from the pan and cool 10 minutes.

Week 8 CSA Newsletter

May 26, 2010



Western Toad in a Petunia Basket just outside the farm stand.

Photo by Brice Snow

In your share this week:

Spinach

Hakurei Turnips

Leek Scapes

Red Butter Lettuce

Pea Greens

Last week for Session One!

This is it: today is that last pick-up for the first session CSA. If you haven't done so already, it's not too late to sign up for Session 2. Please contact me ASAP to reserve your space.

It's been really fun doing the CSA so early this year- by far the earliest I've ever started. Of course, the greenhouses are largely to thank for making it possible. I hope that you've enjoyed the CSA program so far this year. I always welcome comments and feedback any time. For those who just signed up for Session 1, I will be emailing you a survey in the next week. Thanks for a great two months!

The Nature of the Farm

The spring time animals keep showing up, especially toads like the one above. I have reason to believe it is a Western toad, which is listed as "almost threatened" due to disease as well as agriculture related pollution. It seems they can be damaged by the toxins and high concentrations of nitrogen they absorb through their skin. If this is a Western Toad, I'm honored to provide it a sanctuary!!

The toads were fond of the salad mix beds in the greenhouse, and now I've seen them in the radishes and the pea greens. I admire their taste in greenery.

Today we saw a vulture and a smaller whitish bird of prey flying low over the hay field at lunchtime. I've seen evidence of mice eating the corn kernels in the start house, I've heard recent reports of ladybugs, and last week I thought I had stepped on a snake but it turned out to be Ru's tail. I continually feel so lucky to be able to spend my work days in such an environment!

We got a lot of good work done in the last week. We planted beans and squash, prepared the greenhouse for tomatoes, transplanted lots of starts including the year's cut flowers and celery. We managed to dodge the raindrops well enough to weed some very delicious crops such as carrots, dill and beets. The spinach you're getting this week has been a dream to harvest; so lush and full and relatively weed free. I've brought the classic steamed-spinach-and-butter side dish (or main dish) back into my repertoire, and I'm living it up while the spinach is in its heyday.

I still prefer pea greens to pea fruits; especially when I take into account my level of enjoyment in harvesting them. Pea greens win by a long shot! I hope you're eating them by the handful.

Recipes

I've been searching the web for recipes with Hakurei turnips, but I just can't bring myself to suggest that you cook them! They are S0000oooo delicious raw, it seems a crime to suggest any other way. My best recommendation: Eat it like an apple in the car (or bike) on your way home from picking up your CSA share. When you get home, dole them out to your partner, children, and pets (only if they are really appreciative of the Hakurei's fine flavor). Any leftovers can be sliced onto salad. If you really must cook them, then you'll have to find a recipe yourself!

The turnips greens, however, are a different matter. Turnips greens are absolutely delicious and exceptionally rich in Vitamin C. My favorite, simplest way to prepare them is to make quesadillas. For those who have been CSA members, forgive me since I seem to make this recommendation several times a year. Simply sauté

onions (or leek scapes!) in some butter. Add in chopped, cleaned turnip greens and cook down until wilted. Sandwich the cooked greens between two tortillas with some cheese thrown in there. Brown on both sides. Serve with salsa and sour cream (or yogurt). Yum!!!

Sesame Spinach with Ginger and Garlic- *Gourmet September 1997*

1 garlic clove
2 teaspoons sesame seeds
1 tablespoon vegetable oil
1 teaspoon grated peeled fresh gingerroot
1 bunch trimmed fresh spinach

Mince garlic and in a small dry skillet toast sesame seeds over moderate heat, stirring, until golden. In a heavy 6-quart kettle heat oil over moderate heat until hot but not smoking and cook garlic and gingerroot, stirring, 30 seconds, or until fragrant and golden. Add spinach by handfuls, stirring, and cook until just wilted. Serve spinach sprinkled with sesame seeds

Spinach Feta Rice Casserole- *If you're like me and always want Spanikopita but never have the time to make it...*

9 or 10 ounces fresh spinach leaves
1 tablespoon water
2 leek scapes, cut into " " pieces
1 cup cooked brown rice
1 cup sharp cheddar cheese, shredded
1/3 cup milk
2 eggs, beaten
1/2 teaspoon salt
1/2 tablespoon Worcestershire sauce

Preheat oven to 325°F. Oil an 8x8 baking dish. Heat a large pan over medium-low heat. Add spinach and water. Cover. Cook a few minutes, until spinach is wilted, stirring occasionally. In a large mixing bowl, combine all other ingredients. Stir. Add spinach. Stir again. Pour everything into the baking dish. Bake 35-40 minutes, until top looks golden brown and it's not mushy in the middle. You can test this with a knife, fork, or toothpick.

Pea Greens Sautéed with Leek Scapes

Pea Greens
Leek Scapes, chopped into 1" pieces
Olive oil or butter
Salt and pepper to taste

Sauté the leek scapes in oil or butter until tender. Add in the pea greens. Cook, stirring, until just wilted and not a minute more! Serve immediately as a side dish or over pasta.