



**RED  
DOG  
FARM**



CSA Newsletter

## **Session 1 - Week 1**

### **April 4, 2012**



## **In Your Share This Week:**

**Spinach  
Stir-fry Mix  
Collards  
Chives  
Carrots  
Parsnips (large share)**



## Welcome to the 2012 CSA Program!

Welcome back returning members! Thanks for joining in newcomers! I hope I get a chance to chat with all of you this season. So far the year is off to a good, if wet, start. Every year is a little different, and this year is no exception! The mild winter has been kind to our over wintered brassica crops and we have an abundance of greens to fill your shares with this spring. Plus we still have some roots like carrots, parsnips and rutabagas to round out our offerings. In the weeks to come you can expect to see a colorful addition to your weekly shares- tulips! And towards the end of April, we should be able to expand into some spring greens. There's a lot to look forward to! We are up to a staff of five now. Laura (crew manager) has returned from last year, Hanni joined us in February, and Caitlin and Brandon just started on Monday! So far it's shaping up to be a very solid crew. I'll be introducing everyone individually over the course of the next couple weeks so you can get a better sense of who we are.

### Some reminders...

**PT pick-up has been extended** into Thursday morning 8am- noon. That means that if you forget to pick-up your share Wednesday by 8pm, you can stop by Thursday morning to get your share. Please note that shares will not be refrigerated over night and so are at their freshest Wednesday.

#### **10% CSA Discount**

CSA members are eligible for a 10% discount off the Red Dog market booth and Red Dog Farmstand during the sessions that they are enrolled for. (For example, if you signed up for Session 1, you get the discount for the months of April and May). Just remember to let us know at the market, and help yourself at the farmstand.

**Leave the black crates** at the pick-up site. Bring your own bag to transfer your produce into. PLEASE DO NOT TAKE HOME BLACK CRATES!



**To access CSA newsletter:**

- Send an email to [karyn@reddogfarm.net](mailto:karyn@reddogfarm.net) requesting to be added to my list
- Go to [www.reddogfarm.net](http://www.reddogfarm.net) and sign up to receive the weekly email
- Visit our facebook site [www.facebook.com/RedDogFarmChimacum](http://www.facebook.com/RedDogFarmChimacum) where each weekly newsletter will be posted

**If your friends pick up for you, be sure to tell them the basics:**

- Where
- What time
- Sign next to your name
- Pick one crate and take everything in it
- Leave the black crate
- Check facebook for the newsletter, or they can sign-up at [www.reddogfarm.net](http://www.reddogfarm.net)

**Thanks for helping the CSA get off to a solid start!**

## Port Townsend Farmers Market Opens Saturday!

That's right, this Saturday, April 7th is opening day for the market season. 9am- 2pm. A record number of vendors will be offering their wares for the first market of the season. We will be there, of course, with tons of early spring plant starts plus some produce, especially lots of greens. Unfortunately tulips are a bit late this year. We expect to have them the following week, or the week after at the latest. We hope that you will come out to say "hey"!

## More room available in all CSA sessions

We've planned to fill our fields to capacity this season and have room to accept more CSA members. Please help spread the word that we still have shares available. New members can join in at any time at a pro-rated cost.





## Recipes

### Carrots with Lemon Chive Butter

- 1 lb. Carrots
- 2 tbs. Butter
- 1.5 tsp. lemon zest
- 1/8 cup chopped Chives
- 1/8 tsp. salt
- Pepper to taste

Wash the carrots and chop on the diagonal. Steam for 5- 10 minutes or until barely tender. Meanwhile, combine all the other ingredients and blend well. When carrots are done cooking, drain water and return to pan with butter mixture. Cook for a few minutes until carrots are well coated.

### Easy Greens Casserole

- 2 bunches of greens (Collards, Stir-Fry Mix, Spinach, etc.)
- 2 Tbs. olive oil
- 2 cans of white beans
- 2 cans tomato sauce
- 1 chub of polenta or make your own <http://www.foodnetwork.com/recipes/giada-de-laurentiis/basic-polenta-recipe/index.html>
- 1/2 cup grated Parmesan cheese

Wash the greens and chop finely. Saute in the olive oil until tender and all the water has evaporated. Preheat the oven to 375 degrees. Oil a large casserole dish. Layer the ingredients: beans, greens, tomato sauce, polenta, tomato sauce, and cheese. Bake for 30 minutes. Enjoy!



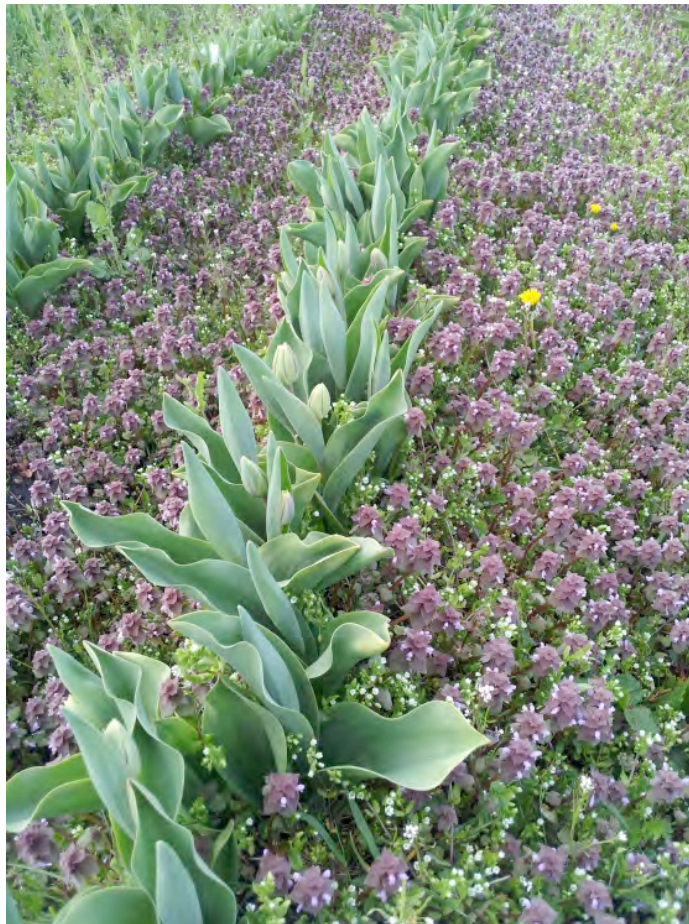
**RED  
DOG  
FARM**



CSA Newsletter

## **Session 1 - Week 2**

**April 11, 2012**



### **In your share this week:**

Tulips  
Green Swiss Chard  
Red Russian Kale  
Leeks  
Parsnips  
Stir-fry Mix (large only)  
Celeriac (large only)



**A little bit of sun** goes a long way towards drying out the Red Dog fields and getting me itching to pull the tractor out from its long winter hibernation and get to work! Unfortunately the tractor is in the shop, getting a (hopefully minor) fuel leak repair. So in the meantime I am kept busy with an unending list of chores from minutiae to huge looming projects (like the new greenhouse that still needs to be raised). I keep at it, successfully scratching one item off my to-do list only to add four more in its place. Ahhh! Such is springtime.

Meanwhile, the farm crew, consisting of Laura, Hanni, Caitlin and Brandon are hard at work mostly in the start greenhouse- seeding, up-potting, watering, tagging, and moving the thousands of flats of baby plants we start here at Red Dog. They also are the ones who have harvested your beautiful share this week. Luckily for all of us, this week's harvest happened under mild skies of sun and calm unlike last week when I thought we might lose them all before we barely started.

## Proud CSA member

This season I have become a CSA member myself. This may sound funny to you as I have access to all the produce I want from the fields. But surprisingly, I find it very challenging to actually make the time to go out and harvest. This results in dinners of PB&J sandwiches more often than I would like. So, I just had my first week as a CSA member and I loved it! I can finally see what you all have been raving about. I signed up for a large share thinking that I am a huge veggie eater (potentially) and could definitely eat that much each week. Well along rolled Monday and all I had consumed from my share was some spinach and a few carrots. Yikes! I had to get to work. Now, by Wednesday morning, I have eaten most of it (or shared meals with friends) and have room in my fridge and belly for this week's share. I might have to down grade to a small share for the summer, but for now I am committed to eating all the same veggies you eat each week. An added bonus is that I get to see what the experience is like from your point of view- did the recipes I give work out? Were the items in the share balanced to make several good meals? Was the produce clean and high quality? I have





to say I am even more excited about this experience than I expected! I'll keep you posted as I navigate my CSA share this season.

## Pick-up reminder

So the pick-up last week was a little hairy. There were a variety of mistakes, mishaps, and miscommunications some of which were my fault. We all make mistakes (myself included, unfortunately!), but there is one simple thing you all could do that would really help me out. If your name is not on the clipboard list, do not take a share. Even if you are 100% sure you should be on there, please give me a call first. If it is my mistake, I promise I will make it up to you. If it is your mistake, you just saved me and other CSA members a lot of hassle.

The good news is: everyone did eventually get their shares! And, the Red Dog CSA program is now bigger than ever with 60 members in Session 1. Hopefully we are beyond so much confusion, but it's still a good thing to remember, especially with the start of each session. Thanks for bearing with me!

## Swallows have returned!

Much to Rupert Dandelion's delight, the barn swallows have once again returned for the spring. Their graceful dives and swoops along with their familiar call bring back memories of this time last year. Along with the sun earlier this week and the balmy weather, now it really does feel like spring is here! Rupert is just glad he has his favorite job back: keeping a sharp eye on all the barn swallows and their many fledgelings!

## Recipes

**Savory Parsnip Pie**, *adapted from Laura Llewellyn's recipe*

- 2 large Parsnips (about 1 lb.)
- 1 lb. Leeks
- 2 Tbs. butter



2 tsp. dried thyme  
¼ tsp salt  
1 egg  
¼ cup tahini  
¼ cup milk  
Juice of 1 lemon  
1 pie crust  
¼ cup chopped nuts

Steam the parsnip until tender. Sauté the onion or shallot and thyme and salt in the butter. Set aside. Puree the steamed parsnips with the egg, tahini, milk and lemon. Add in the onions and mix well. Pour into the prepared pie crust. Top with chopped nuts. Bake at 350 degrees for one hour.

### **Greens with Juice**

Onion, Leek, or Shallot  
Olive oil  
Greens (Kale, Chard, Stir-fry Mix, etc.)  
Splash of any fruit juice  
Sea salt

Saute the onion, leek or shallot in a little olive oil until tender. Add in chopped greens. Saute until wilted, then add in the juice. Cover and let steam for a couple minutes until cooked.

### **Celeriac Parsnip Mash**

Celeriac Root  
Parsnips  
Milk  
Butter  
Salt and pepper

Peel the celeriac until you are down to a white-colored ball shape. Chop the celeriac and parsnip into equal sized pieces. Boil until tender. Drain and mash. Add milk, butter, salt and pepper to taste.





**RED  
DOG  
FARM**



CSA Newsletter

## **Session 1 - Week 3**

### **April 18, 2012**



## **In your share:**

Carrots  
Stir-fry Mix  
Spinach  
Collard Raab  
Tulips  
Lacinato Kale Raab tips (large only)



## Interview with Laura Llewellyn

Laura (pictured above) is the Field Crew Manager here at Red Dog Farm. Laura has worked at Red Dog since last February, just over a year. She moved to the area after accepting the job here. Laura has been farming for seven seasons although this is her first time working a second season on the same farm! Laura is originally from a farming area in Schuylkill Haven, Penn (pronounce Sku-kul-ha-ven), although she didn't begin her farming career until she moved out west.

Laura recently moved from Marrowstone Island to the historic Bundy farmhouse in Center Valley. She is very excited to live in Chimacum and have a shorter commute to work each day.

I asked Laura some questions about herself:

What other roles do you have at the farm besides being Field Crew Manager?

"I am also the Greenhouse Manager, Work Trade Coordinator and generally oversee all the human activity in the fields."

Why did you chose to work at Red Dog Farm?

"Because it's so awesome! And it's a great job in a location where I can see myself living for a long time."

What's your favorite part of your job?

"Being the Greenhouse Manager. Greenhouse work is my favorite part of the production cycle."

What's your least favorite part about your job?

"Those times when I can't be efficient."

How did you spend your winter (2 months off)?

"I like to weave baskets. I currently have them for sale at the Red Dog Farmstand and at the Chimacum Corner Store. I also love to spin local wool into yarn. I have future plans to sell my yarn locally as well. When I wasn't spinning or weaving, I spent my time reading, cooking and sleeping."

What are your favorite wildlife moments at the farm?



"I like seeing the hawks and eagles hunting. Also seeing a heron standing right in the middle of the fields is pretty cool."

What most surprised you when you first started farming?

"What a broccoli plant looked like. I couldn't believe how many leaves it had!"

What are you most excited about for this season?

"I'm excited to work with the awesome crew members we've hired for the season. All but two of them are here already so I'm looking forward to have everyone together."

Thanks Laura! Here's to hoping that this summer is full of efficient moments for you. And that you break your record again, and return for a third season farming at the same farm in 2013. Laura doesn't often leave the farm, but a rare chance to see her representing the farm will be at the Hadlock Building Supply Garden Day. See below for more info.

## Hadlock Building Supply Garden Sale

Saturday, April 28th 9am- 4pm

Red Dog Farm will send representative Laura Llewellyn for the day to talk with you about planting your gardens with our organic vegetable starts. We will have a full line-up of plants available, plus you can ask Laura your vegetable gardening questions. Join us for this free event!





**RED  
DOG  
FARM**



CSA Newsletter

## Recipes

### **Carrot Cashew Dip**, recipe by Hanni Witzig

- 3/4 cup roasted cashews
- 1 1/2 cups grated carrots
- 1 small glove garlic
- 1/8 cup vinegar
- 1/8 cup olive oil
- cumin
- ginger
- cayenne (optional)
- salt and pepper to taste

Combine all ingredients in food processor and process until smooth and combined. Adjust seasonings to taste. Add more liquid, if desired. Great with toasted pita chips, crackers or chopped veggies.

### **Marinated Raab**

- Raab
- Olive oil
- Rice wine vinegar
- Sesame oil
- Soy sauce

Chop the raab into 3" sections, using only the tender part of the stalk (reserve tougher end for sauteing or steaming). Mix all the other ingredients together and toss with the raab. Marinate for at least four hours. Serve chilled or room temperature.

### **Greek-style Kale Salad**

- Stir-fry Mix, kale, or raab
- Vinaigrette dressing
- Cucumber
- Goat cheese (I highly recommend Mystery Bay chive chevre)



Wash the greens, de-rib them (remove stem and rib), then chop them into very thin strips. Chop the (non-local, non-seasonal, but delicious all the same) cucumber. Sprinkle in cheese and dress and toss. You can eat immediately, or allow the oil to break down the kale for an hour or so. Delicious!



**RED  
DOG  
FARM**



CSA Newsletter

## **Session 1 - Week 4**

### **April 25, 2012**



## **In Your Share This Week:**

French Breakfast Radish  
Salad Mix  
Pea Greens  
Red Cabbage Raab (small shares)  
Red Curly Kale Raab (large shares)  
Chives (large shares)  
Carrots (large shares)  
Spinach (large shares)





## Mighty Killdeer

If you look out over the farm fields these days you will start to see some expanses of brown where the soil has been freshly worked. Finally, I've been able to get some tractor work done! What a relief to mow down the wild mustard gone to flower, evidenced by its electric yellow blossoms energizing the view. I am far more energized by the promise of rich, brown earth.

However, there is one small 6' by 6' section right in the middle of the old strawberry patch that has not only been left untouched by the tractor, but is flanked by flags to remind me to stay away. In this little patch of ground, lies a killdeer nest holding four perfect brown speckled eggs. The farm crew spotted the nest last week when pulling up landscape fabric and couldn't help but notice a killdeer shrieking at them as they worked.

The last couple days as I did tractor work around the area, I observed two keeping a close watch on the nest and they definitely didn't like it when the tractor came too close. One even flashed some bright orange color from under its wings. After awhile, they seemed to understand that I wasn't planning to mow down or till in their nest and they proceeded to greatly enjoy pecking at the ground I had freshly worked up.

But then down came the crows and a raven to also enjoy the feast of what the tiller had turned up. I watched, all the while from the seat of my tractor, as the raven watched the killdeer, and the killdeer stood mere feet away from the raven, a bird easily five times its size. In my anthropomorphic mind, the raven was either trying to figure out where the killdeer's nest was, or could see it and was trying to figure out how to get past its guardian. But the killdeer stood its ground as the two squared off for what seemed like a long time. I checked back later, certain that the eggs would be gone or the nest destroyed, but luckily everything seemed to be in tact. Amazing the killdeer didn't have a panic attack after all the activity so close to its nest!

But I suppose they are used to the risk that must be taken. It seems that it is just that sort of activity, one in which all must be risked. As my sister is nearing the end of her pregnancy as well, my mind often returns to the themes of making nests, motherhood, and the beauty and fragility inherent in



the task. On the farm it is these interactions- both the humility and the daring- that inspire me on a daily basis.

## Goodbye 2011 Carrots!

I hope you enjoyed the carrots in your share last week (this week for large). They are the very last of our 2011 crop! Luckily we have a healthy stand of spring carrots in the ground now. The crew just painstakingly hand weeded them on Monday. Carrot weeding is the farm task most often used to describe three challenging farm skills; ability to handle monotony, attention to detail, and ability to maintain an uncomfortable position for hours on end. Needless to say, it is no one's favorite job. But everyone can agree that it's worthwhile when harvest time comes around. It's nice to be completing one cycle when the next one is already firmly in place.

## Is Small Too Small?

It's not too late to move up to a large share for the remainder of Session 1. Small shares for Session 1 are very modest and I've heard a number of you mention they lasted only one meal! The cost would be \$32.50 to upgrade to a large share for the next five weeks. Just let me know and I'd be happy to make the change for you.

## Recipes

### Spring Salad with Grilled Chicken

- Salad Mix
- French Breakfast Radishes
- Pea Greens
- Chives (optional)
- Grilled chicken (warm or cold)
- Ranch or blue cheese dressing

Arrange the veggies on a plate. Top with grilled chicken and dressing. Yum!



## Teriyaki Raab

Raab  
Pea Greens  
Teriyaki sauce

Cut the raab into 1" long pieces. Steam for just a couple minute, until tender. Remove from heat and drain water. Immediately toss in chopped pea greens to wilt. Toss with some teriyaki sauce. Serve over rice or as a side dish.

## What are Pea Greens?

Pea greens, also known as pea shoots, or pea tendrils, are the growing tips of pea plants. They have a distinctive pea flavor, but with a tender leaf structure instead of a pod. Pea greens are delicious both raw, cooked, or slightly wilted (somewhere in between). I personally love them used alone as a salad base (instead of lettuce), or in addition to salad mix. They are the quintessential flavor of spring. And they couldn't be better highlighted than to pare them with fresh spring radishes. The mild heat of the radish offsets the sweetness of the pea greens perfectly. Alternatively they can be cooked as you would any green. They also really shine in Asian-style soups. I hope you enjoy some of our first spring crop offerings this week!





**RED  
DOG  
FARM**



CSA Newsletter

## Session 1 - Week 5

May 2, 2012



*Hanni Witzig working in the greenhouse*

## In your share this week:

Salad Mix  
Baby Arugula  
Curly Parsley  
Tulips  
Green Chard (large shares)  
Pink Radishes (large shares)



## Asparagus (Farm large shares)

Little by little, we seem to be inching to spring. While we are still waiting for the weather to come around, our farm family has grown to a healthy seven people, with the addition of Erin and Ben this week. Wohoo! We are all so happy to have their help and to have our full crew on board. I'll introduce the crew to you one by one over the next several weeks, but this week is Hanni's turn. Below is an interview with Hanni, who you might also recognize from our booth at the PT Saturday market.

## Interview with Hanni Witzig

What is your favorite vegetable to eat?

H: Carrots! (ed. note: Hanni practically turned orange her first couple weeks working at Red Dog Farm!)

If you could be any vegetable, what would you be and why?

H: A beet because they are versatile: they can be used as sweet or savory, you can eat the roots and the greens, they can be used for dyes, and they can last through the winter.

From where do you originate?

H: Duluth, Minnesota

What brought you out west?

H: The beautiful country and richness of agricultural activity. There are a lot of opportunities and people to learn from here.

Why did you decide to work at Red Dog Farm?

H: My initial impression was that I could learn a lot. Plus, I found the idea of working for two powerful women inspiring. Also I was drawn to this area.

What has been your favorite thing about farming so far this season?

H: I love the farmers markets! Working at the markets ties it all together for me. I am able to sell the produce that we have worked so hard to grow,



harvest and clean. Plus I get to talk to people about food. I love watching the kids interact with fresh food, like the other week when a kid shouted from across the aisle, "Pea greens!". His parent bought him a couple bags and he walked off stuffing his face with them. That was awesome! I really love the whole scene of the markets.

When you're not working at the farm, what do you like to do?

H: Hiking, baking, sharing food, company and music. I play the ukulele and mandolin.

What are you most looking forward to about the farm season?

H: Strawberries, raspberries, being a part of the farmers markets, all the flowers. And working on such a cool crew. I already can tell there is some good energy here.

## Asparagus treats

Our asparagus crop is finally coming in after four years of waiting and we are so looking forward to sharing it with you CSA members! As of now, we don't have enough to give all CSA members some on the same week, so we are going to dole it out between large and small shares, Farm and PT pick-up. Sometime in the next month you will be getting some asparagus in your shares. My advice: eat at least a little of it raw as a snack on your way home from picking up your share. It is delicious!

## Recipes

### Quinoa Parsley "Tabouli"

3 cups prepared quinoa (a whole grain found in the bulk section.

Cooks in 15 minutes and has tons of protein.)

1 bunch Parsley, chopped

1 small sweet onion (or chives, or green onions), minced





1 large carrot, grated  
1 cucumber, diced  
Juice of 1 lemon  
3-4 Tbs. Olive oil  
Salt to taste

Toss all the ingredients together. Season with salt to taste. Delicious as a the main dish or a side dish.

## **Salmon Ball-** *recipe by Laura Llewellyn*

1 package smoked salmon  
8 oz. cream cheese  
1 small shallot, minced  
Chopped walnuts  
Chopped Parsley

Mix together the salmon, cheese and shallot in a food processor. Roll the cheese mixture into a ball. Roll the ball in the chopped walnuts and parsley and chill. Serve along with crackers.

## **Arugula, Apple, Goat Cheese Salad**

Arugula is known for it's peppery, sometimes bitter flavor. While most love it, some find the strong flavor a little intense. I recommend pairing it with sweet apples and creamy goat cheese to mellow out the flavor. Dress with a sweet or simple vinaigrette.



**RED  
DOG  
FARM**



CSA Newsletter

## **Session 1 - Week 6**

**May 9, 2012**



### **In your share this week:**

Salad Mix  
Rhubarb  
Pac Choi  
Tulips  
Stir-fry Mix (large only)  
Asparagus (PT large only)



## A Weekend of Births

This weekend my first and favorite niece was born, Anna Sophia. She is just the sweetest thing- I am already scheming how to balance farming while making regular trips to Seattle just to hold her and stare at her beautiful face! Just one day earlier, Rupert's puppies were born to another Chimacum Border Collie, Becca. The pups are healthy- three girls and three boys. I had decided some months ago that this time I would take one, so Rupert will have a new sister in about two months. This is not Rupert's first litter of pups, but it will be his last as he is over seven years old and ready to retire from breeding. I can't wait to have a new pup around here. Rupert isn't so sure, but he is excited about teaching her the finer points of barn swallow herding.

## Breaking Ground

We now have acres of ground opened up. We've spent the last couple days fertilizing and making nicely tilled beds and tomorrow we will begin planting! First crop to go into the ground will be Lacinato Kale, followed by all the other varieties of kale, followed by everything else! I'll keep you updated as we get our starts, seeds, and tubers tucked into the ground.

## We Now Have Three CSA Pick-up Options

We have added an additional pick-up spot at Evergreen Fitness. If you want to switch your pick-up location, just let me know. Evergreen pick-up is Wednesdays from 2- 7pm.

## Tulips and Moms

Enjoy the last of our tulips this week! We are sad to see them go, but alas it's time to move onto another season. The last of the tulips always reminds me of Mother's Day, and sure enough it is on Sunday. Happy Day to all mothers out there. Enjoy your tulips and think of your mom, even if she is far away.





## Recipes

### Roasted Rhubarb Salad

- 2 cups 1/2-inch pieces fresh rhubarb
  - 2 tablespoons sugar
  - 2 tablespoons balsamic vinegar
  - 1 tablespoon canola oil
  - 1 tablespoon minced shallot
  - 1/4 teaspoon salt
  - 1/4 teaspoon freshly ground pepper
  - 8 cups mixed baby greens
  - 1/2 cup crumbled goat cheese or feta
  - 1/4 cup chopped walnuts, toasted (see Tip)
  - 1/4 cup golden raisins
1. Preheat oven to 450°F.
  2. Toss rhubarb with sugar in a medium bowl until well coated; let stand, stirring once or twice, for about 10 minutes. Spread in an even layer on a rimmed baking sheet. Roast until just beginning to soften, about 5 minutes. Let cool for about 10 minutes.
  3. Meanwhile, whisk vinegar, oil, shallot, salt and pepper in a large bowl. Add greens; toss to coat with the dressing. Divide the greens among 4 plates. Top with the rhubarb, goat cheese (or feta), walnuts and raisins.

### Pac (Bok) Choi

When it comes to cooking pac choi, simple is best. Saute lightly with garlic, ginger or chili sauce. Or add to broth soups. It's delicious taste and thick



succulent texture lend itself to shining through the simplest preparations.  
Here are a links to a couple recipes:

- [Stir-fry Pac Choi in Thai Garlic Sauce](#)
- [Stir-fried Pac Choi with Ginger and Garlic](#)
- [Baby Pac Choi with Cashews](#)



## Session 1 - Week 7

May 16, 2012



*Come visit Chimacum this weekend!*

*Red Dog Planting Party Saturday, 1st Chimcum Farmers Market Sunday*

## In your share this week:

Salad Mix  
Pea Greens  
Green Garlic  
Rainbow Chard  
Stir-fry Mix (large only)  
Pac Choi (large only)





## Bathing Beauties

I'm sure your first image of bathing beauties does not entail sun-kissed, carhatt-clad 20-somethings "sun-bathing" in a 23-acre field. Nor does your mind probably conjure up images of salad greens bathing in a well-water filled pink bathtub. But that's the kind of bathing that's been happening around Red Dog Farm this past week, and probably more of the former. And I should have you know that when we sun-bathe at Red Dog Farm we are not taking in the rays on our backs on a soft beach towel. No, Ma'am. We are taking in our Vitamin D as we regularly switch out multiple 30 ft. metal irrigation pipes, bunch hundreds of bundles of greens, radishes, raab, and green garlic, fertilize and transplant 250 ft-long rows, and constantly mow and rototill fields in preparation for more transplanting. We are not passive solar consumers here at Red Dog. When the sun is shining, the work day lengthens and the work-load increases. Us humans try our best to keep up with all our plants who are taking off in every direction under these prime conditions. The weather - as you have all been witness to - has been hot, hot, hot and us Red Doggers have been hard at work under layers of sunscreen, long-sleeve shirts and floppy hats. Since our last check-in there have been thousands of bed-feet of kale, broccoli and collard greens planted as well as beans, peas, cress, Swiss chard and onions. Our full-time crew of seven and our outstanding work-trade crew have been hard at work getting the next round of crops ready for bountiful summer harvests. Sometimes it's hard to remember to be grateful for the sunny days as it means longer work days. But it's much needed after our soggy spring April weather and how else would a root beer float taste good? Root beer floats (given graciously to us by our fearless leaders Laura and Karyn) don't taste nearly as good after a day of sitting around in the rain. On a personal note, having just started back up on the farm May 1st (after a 3 month hiatus), everything about the farm has been such a positive change! After spending 2 1/2 winter months in 27-degree weather, harvesting in 4 layers of clothes and neoprene gloves, the sun as well as the larger crew has been such a welcome treat! I work with such an outstanding crew and I feel honored to be a part of it all. The



saying many hands make light work is definitely evident on the farm this month. Growing vegetables in Chimacum is a beautiful thing to witness!

## To Market, To Market!

We are in full farmer's market swing! Hanni and I have been busy learning (from our wise master Karyn) the ins and outs of all things market. I love it! I feel high on life at the farmer's market. I encourage you all to come on out if you haven't yet. I know you already get most of your veggie fill from your CSA box, but the market is such a lively place and full of incredible sights, sounds and smells! Our other cohorts will be gracing the farmer's market stage soon. Just as a reminder, the Port Townsend Farmer's Market will be closed this weekend due to the annual Rhody Fest. However you will have a chance to enjoy the market camaraderie at the Chimacum Farmer's Market opening up this Sunday (20th). Join us from 10am-2pm at the Chimacum Corner Farmstand parking lot in the center of Chimacum. Along with Delicious spring greens, we will also have a plethora of healthy herb, flower and veggie starts to get your own gardens off to a healthy start. It's not too late to start planting!

## Strawberry (and Raspberry) Fields Forever

Feeling the need to get your hands in the dirt? Wanting to feel a little more connected to the farm than you already do? Come on out and help us plant our berries this Saturday! Because of all this fine weather we've been having, we are needing as many hands as possible to get our strawberries and raspberries in the ground in time for them to soak up as much sun as possible - making them as sweet as possible for your enjoyment! We will be having a community work party from 9-5pm. Anytime you have to spare, we would be most appreciative. You don't need berry planting experience, just come dressed for dirty work and bring your dandelion puller tools if you have any handy. If not, bring your smiling faces and able bodies. A vegetarian lunch will be served by Karyn's mom and a good time will be had by all!



## Recipes

### Green Garlic and Chard Frittata

- 1/2 lb. Chard
- 1 bunch Green Garlic
- Olive oil
- 6 eggs
- 1 log Mystery Bay chevre (fresh goat cheese)
- 1/2 cup milk
- Salt and pepper

In an oven proof skillet, saute the green garlic over medium heat until tender. Add in the chard leaves. Saute until volume is reduced greatly. Remove from heat. Let cool a little. With your hands, squeeze excess water out of the chard. Return greens to the skillet. Whisk the eggs until frothy. Add in the milk, chevre some salt and pepper, combining well. Pour egg mixture over the greens. Cook on the stove top until the eggs are half set. Then transfer to a preheated 400 degree oven for 12- 15 minutes. Remove form oven and serve promptly.

### [Pea Greens Recipe Ideas](#)

Follow this link for ten best ways to prepare pea greens.





**RED  
DOG  
FARM**



CSA Newsletter

## Session 1 - Week 8

May 23, 2012



*Transplanting Lacinato Kale starts*

## **In your share this week:**

Spinach  
Salad Mix  
Green Garlic  
Chive Flowers  
Green Chard (large only)



## One More Week Left!

Next week is the last week in Session 1. Not signed up for Session 2 yet? We still have room and would love for you to join us. Not sure if you're signed up? I will be sending a confirmation email for Session 2 this week. If you don't get a confirmation email from me by Friday, then you're not signed up. Already signed up? Great! Session 2 is going to start off much like these latter weeks in Session 1, then will slowly build to include a lot more variety of flavors including strawberries, peas, carrots, broccoli and much, much more.

## Work Trade Program Openings

Are you interested in trading 4 hours of work per week for vegetables? Then consider joining our work trade program. Applicants must be able-bodied to work physically. Work trade shifts are Wednesday afternoons and Thursday mornings. Vegetable rows you can harvest from will be flagged in the field each work day. For more information, contact Laura at 531-3825

## Three CSA Pick-up Options

Uptown PT  
Evergreen Fitness in PT  
Red Dog Farm in Chimacum

Please help us spread the word about the new Evergreen Fitness pick-up location. You don't need to be a gym member to pick-up your CSA there.

## Planting Success!

We have planted so much these past two weeks of sunshine. Yesterday we planted our raspberries. Saturday, we got all our strawberries plus yellow





onions in the ground. Last week, we got a bunch of salad mix, carrots, spinach, and Walla Walla onions planted. The week before, we planted a huge amount of kale and chard. The picture above is of Lacinato Kale being transplanted into the ground. The plants are purple and yellow because they were stressed from being held in plugs for too long. Luckily for us, we have very vibrant soil and within a week of being in the ground, they perk right up and begin to grow. We are quickly catching up from all the April delays, although I hope this rainy weather passes quickly so we can get the next batch of starts and seeds in the ground at the right time.

## We Love the Unusual

Even though you might not think of them as such, Lacinato Kale and Rainbow Chard are quite a variation from their direct ancestors. And of course, they are everyone's favorite varieties of kale and chard, respectively. For example, on a given week last summer, we sold 21 cases (a case is 24 bunches) of Lacinato kale and 9 cases of all the other four varieties of kale combined! The funny thing is, Lacinato kale is the most challenging and least productive kale you can grow. We plant our Lacinato kale three times as dense as our other kales and we devote six times as much space to it. That means we have 18 times as many Lacinato kale plants as any other individual kale variety.

Rainbow Chard is not as distinct, but it follows a similar pattern. Rainbow Chard tends to bolt (aka go to seed) faster than any other variety of chard. In addition, it is the least cold tolerant. Green Chard can withstand amazingly cold temperatures, while Rainbow Chard is killed at about 15 degrees. As the plant varieties get farther away from their original form, they lose vigor (which basically means their ability to survive in adverse conditions and to be high yielding). That means we have to baby them more and plant a lot more of them to make up the difference.

I got to thinking that you might find this interesting after a farm visit from Brendon, the PT Food Co-op produce buyer. When he was at the farm last week, I took him to the kale patch to see our recent transplants. Well aware of the volume of Lacinato sold through the Food Coop, he was still amazed





at the vast amount we had planted (six beds 300' long) in comparison to the other varieties. It got me thinking how the average person probably has no idea how different vigor can be between varieties. We wondered if perhaps Americans in particular tend to be drawn towards the more novel varieties-the unusual, and inherently the most challenging to grow. It's an interesting idea. But even knowing all the extra effort that goes into producing Lacinato Kale and Rainbow Chard, when I go out to the field to pick some cooking greens for my dinner, more often than not, I go for exactly these two varieties! Either I am acting in my deeply American way, or perhaps these varieties really are more aesthetically appealing, taste sweeter and/ or have a better texture. Either way, I will definitely continue to grow lots of them, so keep eating them!

## Spreading

You can spread butter and spread seeds, but here on the farm last week we mostly just spread literally tons and tons of soil amendments. Lime, sulfate of potash, K-Mag (Potassium Magnesium), Bone Meal, and pelleted chicken manure. Every several years, I do a more complete soil analysis and catch up on adjusting mineral levels such as calcium, magnesium and trace minerals in addition to the yearly nitrogen, phosphorus and potassium. All of our amendments are organically approved and 100% from natural sources. By doing soil analysis and amending as recommended, we ensure that our produce is nutrient dense and not deficient in any minerals. This spreading of materials is a huge investment in both money and time. Luckily, Brandon and Ben are now trained at pulling the spreader with the tractor to help spread the amendments. It is dusty, exhausting work as the spreader needs to be loaded 50# bag or bucket at a time to fill it up. This year, we are spreading a total of 32 tons of material on our 13 acres in production. At this point, we are about 3/4 of the way done with the project. It's a good feeling to be giving the soil exactly what it needs to produce healthy plants, and in turn healthy food for you and your families.



## Recipes

### Spinach Salad with Warm Bacon Dressing

- 8 ounces young Spinach
- 2 large eggs
- 8 pieces thick-sliced bacon, chopped
- 3 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon Dijon mustard
- Kosher salt and freshly ground black pepper
- 4 large white mushrooms, sliced
- 2 stalks Green Garlic, thinly sliced

Remove the stems from the spinach and wash, drain and pat dry thoroughly. Place into a large mixing bowl and set aside.

Place the eggs into an electric kettle and cover with cold water by at least 1-inch. Turn the kettle on. Once the water comes to a boil, the kettle will turn itself off. Leave the eggs in the water for 15 minutes. Remove and peel off the shell. Slice each egg into 8 pieces and set aside.

While the eggs are cooking, fry the bacon and remove to a paper towel to drain, reserving 3 tablespoons of the rendered fat. Crumble the bacon and set aside.

Transfer the fat to a small saucepan set over low heat and whisk in the red wine vinegar, sugar and Dijon mustard. Season with a small pinch each of kosher salt and black pepper.

Add the mushrooms and the sliced green garlic to the spinach and toss. Add the dressing and bacon and toss to combine. Divide the spinach between 4 plates or bowls and evenly divide the egg among them. Season with pepper, as desired. Serve immediately.



## [Green Garlic Says Spring](#)

Check out this great link to an article all about Green Garlic and if all else fails, make Green Garlic Bread. I know they say we should all eat less carbs, and especially wheat, but sometimes there is nothing like good old comfort food.

### **Green Garlic Bread**

Chop green garlic and mix with melted butter on the stove top. Spread over sliced baguettes. Wrap in foil and bake at 375 degrees for 20 minutes until warm. Serve alongside a salad.





## Session 1 - Week 9

May 31, 2012



*Brandon and Caitlin, still cheerful after a long day of lime spreading*



## In your share this week:

Salad Mix  
Stir-fry Mix  
Baby Arugula  
Pea Greens  
Spinach (large only)

## Getting To Know You: More of the Red Dog Crew

Caitlin and Brandon joined us at the farm on a seasonally cool and gray day the second of April, brushing off their work gloves and thermos steaming with tea for a full day of lettuce transplanting. While they are often socially referenced as the powerful farming duo “Brandon *and* Caitlin”, they each bring a highly valued and welcomed humor, creativity and enthusiasm for food and farming to the crew.

Lunch time, amidst a busy day of harvesting and processing succulent salad greens and after a hard-earned meal of sloppy Joe’s, rustic cut oven fries and herbal tea, Brandon and Caitlin offered us a better glimpse into their interests, experiences and motivations surrounding the world of farming...

Brandon, or B in the following question and answer session, hails from Santa Barbara, CA, makes a mean pot of chili and sweet molasses cornbread and developed his passion and interest in horse- powered farming during his work last season on a CSA farm in Long Island, NY. Caitlin “Arnie” Arnold, or C, is a native North-Westerner from Seattle has a great depth of farming experience under her Carharts, an intuitive groove for rhythm and dancing and ran a small urban CSA farm in Portland, OR last season.

What is your earliest memory of farming or gardening?



B: My Dad planted and grew blackberries growing up, where they are not invasive species, and I have memories of harvesting them into buckets and then making them into pies with my mom.

C: Riding on a tractor with my grandpa through the cherry orchard in eastern Washington.

**What is your favorite farming activity?**

B: Planting tomatoes and driving the tractor.

C: Seeding in the greenhouse, pruning tomatoes and picking basil.

**What is your least favorite farming activity?**

B: Black plastic and remay, dealing with them and the concept of them.

C: Loading fertilizer into the tractor.

**What are you most looking forward to this season at Red Dog Farm?**

B: Scantily clad farmers, assuming that summer temperatures actually happen, harvesting and eating tomatoes, not getting blight and harvesting non-over wintered kale.

C: Warmer temperatures, tomatoes, berries, possible jumps into Chimacum Creek and summer farm fashion (Caitlin has been known to work in bedazzled jean shorts).

**Why farming?**

B: Nothing else makes sense.

C: I love food, making and watching it grow and I don't want to work at a job where I am inside all day.

**Why Red Dog Farm?**





B: Karyn is awesome and prioritizes paying her crew a living wage.

C: It is on the Olympic Peninsula and in Washington, I I enjoy the large crew and Karyn is inspiring as a young woman farmer who is making it happen.

### **Most inspiring agricultural author or artist?**

B: Wendell Berry, L.R. Miller

C: Kristin Kimball, author of The Dirty Life: On Farming, Food and Love, Wes Jackson, Wendell Berry

### **How do you like to spend your time when you are out of your muck boots and rain pants?**

B: Hanging out with a really awesome, handsome cat named Jasper, then putting my muck boots back on and working in our home garden.

C: In full body spandex, doing high kicks. (As a point of context, the crew has shared each other's company at many dance parties where Caitlin's dancing talents have especially excelled when clothed in head-to-toe spandex).

Our fields were all named after influential folk singers (Roscoe, Townes, Joni and Loretta) and we have three greenhouses who have yet to be christened, so for Caitlin's final question:

### **What names would you like to see the greenhouses receive?**

Woody, Patsy and Petey.

And for Brandon's final question, our trusty, buxom box truck who accompanies us on deliveries and treks to the farmers' market has yet to receive a title.

### **What name would you give it?**

Lead Belly.



Again, we're very excited to have these two stellar people as part of the dynamic crew at Red Dog and hope you find yourself with an opportunity to meet them as the season progresses!

## Recipes for Some Leafy Green Inspiration

### ***Lettuce and Chive Salad, Korean Style***

2 Tbs. sesame oil

½ tsp. hot red pepper flakes, or to taste

2 Tbs. soy sauce

1 Tbs. rice or other mild vinegar

½ tsp. minced garlic

1 tsp. sugar

8 ounces (2 bunches) chives

4 cups any tender lettuce or mixed greens

About 1 Tbs. toasted sesame seeds

Make the dressing by combining the sesame oil with the red pepper flakes, soy sauce, vinegar, garlic, sugar and about 1 tablespoon of water.

Wash and drive the chives, then cut them into 1 or 2 inch lengths. Toss with lettuce, then pour the dressing over all and toss again. Garnish with sesame seeds and serve immediately.

From [How to Cook Everything Vegetarian](#) by Mark Bittman

### ***Spinach, Avocado, Grapefruit Salad***

Substitute any of your loose greens this week for an equally flavorful accompaniment to any meal!

5 ounces fresh spinach

1 tsp. olive oil

1 garlic clove, pressed

1 grapefruit

1 avocado

Steam and rinse the spinach. Spin or gently pat it dry. Tear the large leaves into smaller pieces but keep the small leaves whole. In a large bowl, mix together the oil and garlic, add the spinach, and toss well. Set aside.



Peel, seed, and section the grapefruit. Halve the avocado, remove the pit, peel and cut into 1 inch sections. In a small bowl, gently mix together the grapefruit and avocado. Add them to the bowl of spinach. Sprinkle with salt and pepper, toss lightly and serve immediately.

From Moosewood Restaurant Low-Fat Favorites

### ***Favorite Balsamic Vinaigrette***

Passed on to Hanni from her former employers at Hatchet Cove Farm in Warren, Maine.

- 1 shallot or 1 clove garlic
- 2 Tbs. balsamic vinegar
- 1 Tbs. lemon juice
- 2 tsp. Dijon mustard
- 1 tsp. maple syrup or other sweetener
- ½ cup extra virgin olive oil
- ¼ tsp. salt, or to taste

Freshly ground black pepper

Place peeled shallot or garlic in the food processor or blender. Process to mince. Add the remaining ingredients and process until emulsified, 1 to 2 minutes. Taste and season with additional salt, if needed and black pepper

From Greens. Glorious Greens! by Johanna Albi & Catherine Walthers

## **Beginning of Session 2**

Next Wednesday kicks off the first week of our second session! If you are signed up with us for this session, you should have received an email. If this did not grace your inbox, or you are still interested in joining us, please contact the farm.

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

*Copyright © 2012 Red Dog Farm, All rights reserved.*

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

#### **Our mailing address is:**

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