

# RED DOG FARM Newsletter



*Jay, Karyn and Emily covering black plastic edges in one of the hoop houses during the glorious sun break Monday afternoon. Photo by Eagan Snow*

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

Salad Mix  
Spinach  
Cilantro  
Hakurei Turnips  
Leek Scapes  
Red Russian Kale  
Arugula (large shares only)

## **Welcome to Session 2!**

Most of you are veteran CSA members from last session, and it's a good thing you stayed for this one because it's about to get real good! For the new members, this is Emily writing, assistant manager at Red Dog Farm and contributing editor of the CSA Newsletter. Congratulations to everybody, you're in for a scrumptious and healthy treat every week this season! Welcome also to our newest crew member, Sebastian, who brings to the job his valuable experience from working at Nash's farm in Sequim as well as being raised on a small neighboring farm, Edgerton Family Farm.

## **Where's the Beef?**

The hoop house you see pictured above is the future home of the Big Beef tomatoes that you'll be savoring in a just a few months. The plants are itching to get into the ground, but they'll have to wait for a non-windy day so the farmers can put the plastic over those hoops, making a cozy little greenhouse. Last week we planted the Roma tomatoes (Juliette is the variety) in the big green house and they are happily setting fruit.

The other place where there's beef is in the farm stand freezer! It's 100% grass-fed beef from Shorts' Family Farm right down the valley. There are a variety of cuts to choose from. Deliveries are Wednesdays so stop by Wednesday evening or Thursday morning for the best selection. Also in the freezer is Karyn's Amazing Strawberry Freezer Jam- raw Red Dog Strawberries blended with sugar and pectin, I've been known to eat it by the spoonful.

This first spring kale is a delicacy! While the over-wintered kale becomes sweet as freezer jam with all of the frost, these leaves are mild in flavor and are so tender that I very much enjoyed them raw while I was harvesting them today.

Enjoy this first cilantro of the season! It and the spinach love this drizzly weather, but I think the rest of us are ready for some sun... we might have to wait a while...

## **Recipes**

This is Karyn here. I put together the recipes for the newsletter every week. I LOVE to get new recipes and/or new ideas for how to prepare Red Dog veggies. Please email or mail any recipes you want to share.

With all the cool damp weather we've been having, I've been in the mood for good savory meals with lots of protein. Below are some recipes reflective of our current weather. Enjoy!

### **Indian-Spiced Mussels or Clams- [www.mariquita.com](http://www.mariquita.com)**

Note: You can substitute one pound shrimp or cut up chicken.

*Fine Cooking Magazine*, July 1998

- 1/4 cup vegetable oil
- 2 tbsp. grated fresh ginger
- 1 cup onion, chopped
- 1/4 tsp. salt
- 1 tbsp. ground coriander
- 1 tsp. ground turmeric
- 1/4 tsp. cayenne
- 2/3 cup homemade or low-salt canned chicken or fish stock
- 1/2 cup coconut milk
- 2 to 3 tbsp. fresh lemon juice
- 2 lbs. mussels, scrubbed and de-bearded, or 4 dozen clams, scrubbed (discard any gaping shellfish that don't close at least partially when you tap them)
- 1/4 cup chopped Cilantro

In a large, heavy-based skillet or saucepan, heat the oil over medium-high heat. Add the ginger and onion and sauté over moderate heat, stirring often, until soft, 8 to 10 minutes. Add the salt, coriander, turmeric, and cayenne; stir to distribute the spices evenly. Cook the spices about 1 minute. Add the stock, coconut milk, and lemon juice, and bring to a boil. Add the mussels or clams. Cover the pan until the shellfish open, about 5 to 8 minutes. Discard any mussels or clams that don't open after cooking. Sprinkle with the cilantro and serve with rice or noodles. Serves 4.

### **Greens with Roasted Veggies**

Salad Mix, Spinach or Arugula leaves

Hakurei Turnips  
Leek Scapes  
Olive oil  
Salt and pepper  
Vinaigrette  
Fresh goat cheese (Mystery Bay Farm, of course!)

Cut the unpeeled turnips into 1" chunks and the leek scapes into 1" pieces. Use all of the scape; even the flower bud is edible. Toss in some olive oil, season with salt and pepper and roast at 375 degrees for 30 minutes or until tender. Remove from heat and either chill, or prepare immediately for a hot or warm salad. Toss the greens with the vinaigrette and arrange in a salad bowl. Top with the roasted vegetables. Sprinkle on the goat cheese and serve.

**Kale and White Beans-** [www.paula-wolfert.com](http://www.paula-wolfert.com)

1 bunch Kale  
2 Tbs. olive oil  
4 cloves garlic, thinly sliced  
1 ½ cups cooked white beans (navy or cannellini are good)  
Salt and pepper to taste

Remove the center rib from each leaf and if the leaves are long, tear each into 4- or 5-inch lengths. Wash and pat dry. In a 10-inch straight-sided skillet heat the 2 tbs. olive oil, gradually add the leaves, and cook, stirring, until they wilt and sizzle in the hot oil, 2 minutes. Reduce the heat. Add the sliced garlic, cover, and cook the leaves until tender, about 10 minutes. Add the bean broth by the tablespoon, as needed, to keep the leaves from drying out.

Push the leaves to one side in the skillet; add the beans, salt, pepper, and enough bean liquid to keep the dish juicy; cover, and simmer for 5 minutes. Serve warm with a drizzle of olive oil and freshly ground black pepper.

**Italian Pork Chops with Kale-** HYPERLINK "<http://www.mariquita.com>" [www.mariquita.com](http://www.mariquita.com)

2 lbs kale  
1/4 cup olive oil  
2 large cloves of garlic, minced  
4 thick pork chops  
2 teaspoons fennel seeds  
1 cup hot water  
1 small can tomato paste

1. Soak kale and rinse it thoroughly then simmer for 20 minutes in pot of salted water.
2. While kale is cooking, heat oil in large, deep skillet. Add garlic and cook for 2 minutes over low heat. Add pork chops and saute for 5 minutes on each side, then season with salt, pepper, and fennel seeds.
3. Dissolve tomato paste in hot water and add to pork chops. Cover and cook on low for 30 minutes, adding water if sauce gets too thick.
4. Drain kale and stir into tomato sauce. Cover and cook for another 10 minutes.

# RED DOG FARM Newsletter



What we're dreaming of... photo by Brice Snow

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

Pea Greens (Tendrils)  
Pink Beauty Radish  
Red Chard  
Spinach  
Green Butter Lettuce  
Dill  
Petunia or Strawberry Basket  
Red Butter Lettuce (large shares only)  
Hakurei Turnip (large shares only)

Well, the farm is still recovering from a very wet couple of weeks! This was the kind of week when farmers discover all the holes in their boots and the saturation point of their rain gear. We managed to find a lot of indoor work to do (like planting the Big Beef tomatoes in the hoops!) but still there are some soggy socks on the farm and mud-caked hands from weeding the onions. One of the Red Dog Farmers took last week off to climb Mount Olympus. Dorian solo telemark skied to within 300 feet- these were vertical feet- of the summit of the highest peak on the Olympic Peninsula. Way to go, Dorian!

This weekend marked another feat accomplished: Karyn completed another orbit around the sun, making her another year older and at least a year wiser. The celebration included a homemade Tiramisu made by some of the finest dessert chefs on the whole farm. Happy Birthday Karyn!!

The harvest list keeps getting longer as more and more veggies get ready to leave the soil and make the long journey to your plate. Welcome to the CSA, Chard and Dill. Fresh dill is one of my favorite herbs to cook or to season salads with. Enjoy your petunia or strawberry basket; they can both be planted into the ground if you wish but of course hanging them keeps them away from deer, slugs and in the case of the strawberries, neighbor children. They both prefer full or part sun and plenty of water (they dry out very quickly on dry days). No need to fertilize. For the strawberries, either plant in the ground or move to bigger pots in the late Fall after they are done fruiting.

## Recipes

### **Spinach Avocado Dip-** [www.balance-ph-diet.com](http://www.balance-ph-diet.com)

- 1 bunch fresh Spinach leaves
- 1 avocado
- 1 cup parsley
- 1 cup Dill
- 1 tbsp. tahini
- 1 garlic clove
- Some sea salt and pepper to taste
- 1 chili (optional - if you like it spicy!)

Put all ingredients in a blender and mix until smooth and creamy. Add some salt and pepper to taste. It's so easy! Enjoy the dip with carrots, cucumber or your favorite veggie!

### **Pea Salad with Radishes and Feta-** [www.epicurious.com](http://www.epicurious.com)

- 2 teaspoons cumin seeds
- 2 tablespoons fresh lime juice
- 2 teaspoons honey
- 1/4 cup extra-virgin olive oil
- 3 tablespoons chopped fresh Dill
- 4 cups fresh shelled peas (from about 4 pounds peas in pods) or 1 pound frozen petite peas
- 1 bunch Radishes, trimmed, halved, thinly sliced
- 1 cup crumbled feta cheese (about 4 ounces)
- 3 cups fresh Pea Tendrils, coarsely chopped, or pea sprouts\* (optional)

Heat small skillet over medium heat. Add cumin seeds and toast until aromatic and slightly darker, about 2 minutes. Cool; grind finely in spice mill. Whisk lime juice, honey, and cumin in small bowl. Gradually whisk in oil; stir in dill. Season dressing with salt and pepper.

Cook peas in pot of boiling salted water until almost tender, about 5 minutes for fresh (or about 2 minutes for frozen). Drain; rinse under cold water, then drain well. Transfer to large bowl. Add radishes, feta, and dressing; toss. Season with salt and pepper. If using pea tendrils or sprouts, divide among bowls. Divide salad among bowls. Serve.

### **Pasta with Chard and Salmon**

- Pasta, cooked as directed
- 1 bunch Chard, sliced into 1/2" horizontal threads
- 1 onion or leek or a couple leek scapes, chopped



Butter or olive oil

Salmon, baked, boiled, or grilled

Prepare the pasta and salmon. Sauté the onion or leek in oil or butter. Add in the chard. Stir until wilted. Reduce heat, and cover cooking a couple minutes more. Add a little water if necessary. Toss the chard with the pasta and chunks of salmon. Serve immediately.

Week 3 Session 2 CSA Newsletter

June 16, 2010

## RED DOG FARM Newsletter



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

Cress  
Mizuna  
Salad Mix  
Spinach  
Garlic Scapes  
Beet Greens  
Romaine Lettuce  
Hakurei Turnip  
Italian Kale (large shares only)

I learned how to use a new tractor implement today, and I'm pretty pumped about it. It's not a new-fangled invention; it's one of the classics, dating back to the middle ages in Europe. It is the Disc Harrow, and it is my new favorite tool. The discs are mounted on metal frames which are slightly angled so that when the whole contraption is dragged forward the discs cut about 4 inches into the ground and displace the dirt. A second set of discs; angled in the opposite direction, follows behind the first, further chopping up unsavory chunks of earth and up-ending weeds. The process is reminiscent of cutting butter into flour to make the perfect pie crust (a rich, chocolaty pie crust in the case of our soil) and the result is that only the surface is gently disturbed so that the soil structure is not disintegrated and weed seeds are not brought up from the depths to germinate. The whole process can be accomplished without fossil fuels, though we do use a tractor instead of trying to fit Ru with a yoke.

The tiny beets in your shares are so good to steam whole, greens and all, and mix with some cheese, olive oil and vinegar. Harvesting them this young makes room for the others to grow big and fat, so we are grateful for their sacrifice. I hope everyone did something outdoors that they really enjoyed this weekend, and I hope next weekend is more of the same splendid weather!

## Recipes

### **Spicy Cress**

Spicy Cress is best used as an accent in dishes. Recommendations include: on egg salad sandwiches, the English favorite: cress, radish and butter sandwiches- don't forget to cut off the crust!, and my favorite: cress and grapefruit salad. I know grapefruit is out of season, but perhaps the Co-op still has some lying around. Simply mix cress, grapefruit (half cut up segments and half juiced), fresh goat chevre and a little olive oil- Yum!

### **Beets Greens**

Keep it Simple. Emily's got the right idea, chop 'em up, steam them lightly. I just sprinkle on cheese: feta, chevre, ricotta or blue/Roquefort are all delish and gobble it all down immediately. Dress it up slightly with additional oil, vinegar, salt and pepper if desired.

### **Garlic Scape and Mizuna Sauté**

With a little oil, sauté whole garlic scapes over medium heat until the point where they're just starting to brown. Add a little water or broth and cook, covered, for a couple minutes until almost tender. Add in chopped mizuna. Cook just a minute or two, until thoroughly wilted. Season with salt, lemon juice and a little lemon zest and serve immediately. The scapes are fun to eat with your hands!

### **Baby Turnips with Apricots and Pistachios - Simple Pleasures, Alfred Portale**

In case those turnips are piling up in your fridge. Otherwise, reduce the quantities and give it a try- highly recommended by one of our esteemed CSA members.

3 bunches baby Tunips, cut into ¼” thick rounds, greens washed, dried and set aside  
3 Tbs. unsalted butter  
2 tsp. sugar  
Coarse salt  
Freshly ground white pepper to taste  
2/3 cup dried Turkish apricots plumped in 1 cup hot water for 10 minutes, then thickly sliced  
3 Tbs coarsely chopped unsalted pistachios

Put the turnips in a pot and cover with ¼” of water. Add 1 Tbs of the butter and the sugar, season with salt and pepper. Bring the water to the boil, then reduce heat and simmer until turnips are tender, about 4-6 minutes. Add the apricots and warm for 1 minute. Add the chopped turnips greens, stir, and let wilt for 1 minute. Use a slotted spoon to transfer the turnips, apricots and greens to a serving bowl. Return the pot to the stove and bring to the boil until the liquid is reduced by one-third, 2-3 minutes.

Remove from heat, whisk or swirl the remaining 2 Tbs of butter. Taste and season with salt and pepper. Spoon the reduction over the turnips, sprinkle with pistachios and serve.

Note: Substitute 2 cups radish greens, cress, arugula, or mizuna for the turnip greens if desired (I know they aren’t looking so hot these days!)

Week 4 Session 2 CSA Newsletter      June 23, 2010

## RED DOG FARM Newsletter





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

Salad Mix  
Red Russian Kale  
Scallions  
Garlic Scapes  
Arugula  
French Breakfast Radish  
Strawberries  
Snow Peas (large shares only)  
Basil (large shares only)

We have been getting a lot done this week, and it feels great! Thanks to a great crew of part time helpers and Karyn's savvy time management abilities we're getting the crops transplanted on the wet days and weeded on the dry days and harvested on time! Seeing the potentially devastating effects Hurricane June would have on the farm, Karyn hastily assembled a team of agricultural relief workers who have been indispensable in getting jobs done left and right. Today there was even a trip made to the dump, leaving an empty space in the barn so large that we could almost use it as an indoor kickball stadium!

Several new veggies are making their debut this week, and fruits too! Snow peas, commonly referred to as a vegetable but undisputedly a fruit, as well as sweet Genovese basil will be enjoyed by the large share holders (don't worry small shares, your time is nearing), and everybody gets STRAWBERRIES!

Wild strawberries are native to the Americas but the "garden strawberry" was first cultivated in Brittany, France in the 18th century. I suppose that these Seascape berries are a distant relative of that French cultivar, which was a cross between a particularly tasty North American berry and a particularly large South American berry. If so, they do take after their ancestors. These fruits are, to borrow a term usually reserved for sweet peppers, "fat n' sassy"!

I challenge anyone who is brave enough to experiment with a dessert made from crushed strawberries, balsamic vinegar and chopped basil. I've had this post- dinner delicacy in a restaurant somewhere and it was incredible, but I haven't ever been able to re-create it on my own. Let me know if you have any insights. May you all enjoy your food and may your to-do lists have items that are crossed out on them!

## **Recipes**

**Radish Greens Pesto-** from Ike Eisenhour

2 oz radish greens  
2 oz pine nuts  
4 oz olive oil  
4 oz feta  
2 oz parmesan, grated  
Salt & pepper to taste (careful with pepper since greens are spicy)  
6 garlic cloves, mashed

Food process pine nuts and garlic. Then add greens. Drizzle oil in as machine is running to form a paste BUT only for few seconds (too much can make the oil bitter). Finish w/ cheeses. Enjoy!

**Balsamic Macerated Strawberries with Basil-** [www.finecooking.com](http://www.finecooking.com)

- 2 lb. fresh strawberries, rinsed, hulled, and sliced 1/8 to 1/4 inch thick (about 4 cups)
- 1 Tbs. granulated sugar
- 2 tsp. balsamic vinegar
- 8 to 10 medium fresh basil leaves

In a large bowl, gently toss the strawberries with the sugar and vinegar. Let sit at room temperature until the strawberries have released their juices but are not yet mushy, about 30 minutes. (Don't let the berries sit for more than 90 minutes, or they'll start to collapse.)

Just before serving, stack the basil leaves on a cutting board and roll them vertically into a loose cigar shape. Using a sharp chef's knife, very thinly slice across the roll to make a fine chiffonade of basil.

Portion the strawberries and their juices among four small bowls and scatter with the basil to garnish, or choose one of the serving suggestions below.

**Serving Suggestions**

- Serve the strawberries over grilled or toasted pound cake. Garnish with a dollop of crème fraîche.
- Put the berries on split biscuits for shortcakes; top with whipped cream and scatter with the basil.
- Layer the berries with ice cream or yogurt for a parfait. Garnish with the basil.
- Spoon the strawberries over a poached or roasted peach half.
- Use the berries as a filling for crêpes or a topping for waffles.
- Mash the berries slightly and fold into whipped cream for a quick fool. Garnish with the basil.

**Red Russian Kale and Red Onion Savory Breakfast Squares-** [www.kalynskitchen.blogspot.com](http://www.kalynskitchen.blogspot.com)

- 1 bunch Red Russian Kale, chopped, or use any other variety of kale
- 1/2 red onion, chopped
- 2 cloves garlic, minced (1/2 tsp. teaspoon minced garlic)
- 1/2 tsp. olive oil
- 1 tsp. tamari or other soy sauce
- 1 C grated cheese (mozzarella, provolone, Romano, and parmesan are all good)
- 1/4 cup 100% whole wheat bread crumbs (optional)
- 6 eggs, beaten well
- 1/2 tsp. Spike seasoning (or just salt and some herbs of your choice)

Preheat oven to 350F. Cut off kale stems and discard, then wash kale leaves and dry well. (I used a salad spinner.) Pile kale leaves up on top of each other and cut into strips about 3/4 inch wide, then turn cutting board the other way and cut again so you have squares just under an inch square. Chop onion into pieces about 1/2 inch.

Heat olive oil in large heavy frying pan, then add onions and sauté 3 minutes. Add garlic and sauté about 2 more minutes, then add kale, turning over as it wilts and sautéing about 5 minutes, or until kale is significantly wilted and softened.

Put sautéed vegetables into large bowl and add tamari, cheese, bread crumbs, beaten eggs, and Spike seasoning. Stir gently until ingredients are well distributed. Spray 8" x 12" pan with olive oil or nonstick spray and pour in egg mixture. Bake 20-25 minutes until eggs are well set and the top is lightly browned. Serve hot. This is good with sour cream and salsa.

### **Arugula Salad with grilled Garlic Scapes**

1-2 bunches Garlic Scapes

Olive oil

Salt and pepper

¼ lb. Arugula

Radishes, sliced

Roasted pumpkin seeds

#### **Dressing:**

¼ cup olive oil

1/8 cup fresh lemon juice

1 tsp. stone ground mustard

1 tsp/ honey or agave

Salt and white pepper to taste

Coat garlic scapes in olive oil and sprinkle with salt and pepper. Grill, either on a gas BBQ or in the oven until tender and slightly charred. Meanwhile, arrange the arugula leaves and sliced radishes on serving plates. Make the dressing by blending all ingredients thoroughly. Dress the salad and sprinkle on the seeds. Top with the warm garlic scapes and serve immediately.

# RED DOG FARM Newsletter



Flea Beetle

In your share this week:

Purple Carrots  
Romaine Lettuce  
Cress  
Purple Scallions  
Pac Choi  
Strawberries  
Basil

Hakurei Turnips (large shares only)

The items just keep getting crossed of the To Do list, not nearly as fast as they get added on but at least they are getting crossed off. We had great help this week from Sarah the WWOOFer (Willing Workers On Organic Farms) who volunteered every morning and in return got a chance to try pea greens, beets and cabbage for the first time!!

You may notice that some of the Mei Qing choi you'll be eating soon has been riddled with small round holes. This is the work of the Flea Beetle, the tiny, shiny, black jumping bugs who seem to have a particular fondness for choi and also arugula, especially during the month of June. We take many pains to keep the Flea Beetle off the plants, usually involving that white polyester gossamer fabric, Reemay that covers the bed. Somehow this bed of choi got neglected (possible because yours truly fiercely hates to put the row cover on) and the hungry little beasts did their damage. Personally I have no problem sharing my fresh greens with some cute little bugs. The

damage they do is usually only cosmetic, and in fact I find those smooth round holes rather classy.

Plasticulture, the use of lots of petroleum products on a farm, is a term I would rather not be associated with, and too much polyester on a farm looks tacky anyway, so I thank you for sharing your choi with the Flea Beetles. They might thank you too.

STRAWBERRIES! These ruby red jewels of sweetness are ripening in masse at the farm. Now is a perfect time to freeze some for winter smoothies, or can up some jam for winter presents. Our flat price this year is \$36. As current CSA members, your additional 10% discount brings the price down to \$32.40 per flat!!!! Stop by any of our markets to pick some up. Feel free to reserve your flat in advance so you can be sure the berries are ready when you are. It especially helps us out if you can purchase berries at the Wednesday market (instead of on the weekend) as the strawberry plants don't know that we can sell more during the weekend than during the week, and we tend to have more excess at that point.

## Recipes

### **Avocado Cress Salad-** [www.epicurious.com](http://www.epicurious.com)

- 1 ripe avocado, peeled and sliced lengthways
- 1 bunch of Cress
- 1 tablespoon extra virgin olive oil
- Juice of 1/2 a lemon

Arrange cress leaves and avocado slices on a plate. Dress with olive oil and lemon juice. Serve.

### **Cress Soup-** [www.cuisine-france.com](http://www.cuisine-france.com)

- 1/4 lb water cress
- 1 lb potatoes, diced
- 1 lb leeks sliced
- 5 Tbs. whipping cream
- 2 quarts of water
- Sea Salt

Simmer the leeks and potatoes with a pinch of salt in water for 40 minutes. Add the cress, reserving a few leaves for garnish, and simmer for 5 minutes. Off heat, mash the vegetables with a fork. Add salt if needed. Stir in the whipping cream just before serving. Garnish with cress leaves.

### **Grilled Shrimp Satay with Peaches and Pac Choi** - Bon Appetit, July 2008

- 6 tablespoons smooth natural peanut butter, stirred to combine
- 1/3 cup (packed) dark brown sugar
- 3 tablespoons seasoned rice vinegar
- 2 tablespoons soy sauce
- 2 to 3 teaspoons hot chili paste
- 9 tablespoons peach nectar, divided
- 3 peaches or nectarines, each cut into 6 wedges



16 uncooked large shrimp, peeled, deveined  
6 heads of baby Pac choi, halved lengthwise

Prepare barbecue (medium-high heat). Whisk first 5 ingredients and 5 tablespoons nectar until smooth; season sauce with pepper.

Arrange peaches, shrimp, and pac choi on grill. Brush with 4 tablespoons nectar; brush lightly with 1/4 cup sauce. Sprinkle with salt and pepper. Grill until peaches are slightly charred, shrimp are just opaque in center, and pac choi halves are just tender, about 2 minutes per side for peaches and 3 minutes per side for shrimp and pac choi. Mound shrimp, pac choi, and peaches on platter. Drizzle with some sauce. Serve with remaining sauce.

Week 6 Session 2 CSA Newsletter      July 7, 2010

## RED DOG FARM Newsletter



Make hay while the sun shines.

**In your share this week:**

Green Butter Lettuce

Hakurei Turnips  
Rhubarb  
Strawberries  
Peas- Snow or Sugar Snap  
Fresh Garlic  
Savoy Cabbage  
Carrots  
Roma Tomatoes- a taster  
Garlic Scapes (large shares only)

According to Wikipedia, in 1947 a New York court decided to classify rhubarb as a fruit because in the U.S. it was and still is primarily used in pies. Though botanically speaking it remains a vegetable (a petiole, or stalk), I find it strange that people would change the very definition of rhubarb, flat out denying certain truths of plant physiology (fruits contain seeds), in order to make it better fit into their culinary world view. Actually it had more to do with tax loopholes, with fruits being taxed less than vegetables. We can go further back to 1887 when for the opposite reason the tomato was deemed a vegetable, citing its tendency to be used during dinner, rather than dessert. The tomato has been named the state vegetable of New Jersey, the state fruit of Ohio, and both the state fruit and the state vegetable of Arkansas (the state vegetable of Washington is the Walla Walla Sweet Onion).

But we'll talk more about tomatoes in a few weeks. For now, I encourage us all to proudly eat pies made of petioles! If you can't bring yourself to make a pie out of a vegetable, then you can fly in the face of culinary norms and use rhubarb during dinner in a sauce with fresh garlic. Another vegetable that might be mistaken for a fruit because of it's unbelievably high sugar content is the Mokum Carrot. These carrots are the sweetest, most brittle ones I have ever eaten. They practically crumble in your mouth before your teeth can chew them. Of course they make excellent carrot cake. Enjoy all courses of your meals; fruit, vegetable and all.

FOR SALE: Red Dog Farm Hay

Certified organic. Expected to be ready this Saturday. \$4 a bale from the field. Stock up for your horses, cows, goats, llamas, etc. Call 732-0223

WANTED: Cleaner for CSA trade. Seeking an experienced cleaner to clean bathrooms and kitchens at the farm in trade for a CSA. Please pass on to friends with cleaning businesses who might be interested. Call 732-0223.

## Recipes

**Cabbage Salad** - there's as many variations as moods you have...

Start with shredded Savoy Cabbage, and then and then choose from the following ingredients:

Carrots, grated  
Hakurei Turnips, julienned  
Fresh Garlic, minced  
Peas, sliced  
Parsley, chopped

Cilantro, chopped  
Dill, minced  
Radishes, sliced  
Seeds, such as pumpkin, sesame, sunflower, flax or hemp  
Fruits such as Strawberries, cherries, or grapes

Choose your dressing:

Simple Vinaigrette  
Garlicky Tahini  
Mayonnaise  
Asian-style

Mix it all together and eat immediately! Remember, cabbage keeps REALLY well in your fridge, so don't be afraid to let it live there for awhile, hacking off some as you want it. Just keep it loosely wrapped in plastic for the most longevity.

**Quick Strawberry Rhubarb Fool** - [www.southernfood.about.com](http://www.southernfood.about.com)

1 pound rhubarb, washed and sliced in 1/2-inch pieces, about 4 cups  
4 tablespoons orange juice  
1/2 cup granulated sugar  
1 cup heavy whipping cream (or vanilla yogurt for a healthier version)  
2 tablespoons confectioners' sugar  
1/2 teaspoon vanilla  
1 pint strawberries, sliced

In a saucepan over medium heat, combine rhubarb with orange juice and sugar. Bring to a simmer. Reduce heat to low and continue cooking, stirring occasionally, for about 5 minutes. Cover and continue cooking for 5 minutes longer, until the rhubarb mixture is very soft. Transfer to a bowl, cover, and chill thoroughly in the refrigerator.

Beat cream in an ice cold bowl until it begins to thicken. Beat in the confectioners' sugar and vanilla and continue to beat until soft peaks form. Layer some of the rhubarb mixture and some sliced strawberries, then a layer of whipped cream, repeating until the fruit and cream are used. This will make about 4 servings.

# RED DOG FARM Newsletter



Sweet Sugar Snap Peas

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

Salad Mix  
Golden Beets  
Fava Beans  
Sugar Snap Peas  
Basil

The landscape in the valley changes during haying season as the gently rolling contours become accentuated by the different patterns the hay makes; first green stripes of mowed, drying hay against the yellow field, then the heavy blocks of baled hay dotting the tidy hillside. All week we've been seeing red tailed hawks and bald eagles scouting the fields for mice and other displaced critters. I saw an eagle snatch a talon-full of hay and fly off; either it was making a nest or maybe it's a vegetarian eagle trying to put up its own hay for the winter.

Speaking of vegetarianism, new this week is Fava Beans, which are sometimes called Broad Beans or field beans, and are one of the few plant protein sources that are worth growing here in the northwest. Favas were among the earliest plants to be cultivated in the Middle East and are now also a part of traditional meals in Asia, Africa, the Mediterranean and Latin America. They are eaten raw, fried, boiled and salted, dried, fermented, ground as flour, in soups, and in many Arab countries they are mashed with oil, garlic, lemon, salt and cumin and traditionally eaten for breakfast ("ful medames"). A different variety from the one we grow here is used for animal feed (or falafel), and favas are often used as a cover crop because they're nitrogen fixing and extremely tolerant of hot and cold. I've read that the young leaves can be eaten raw or cooked, though I personally have never tasted them. They are rich in a nutrient that is used in medicine to treat Parkinson's disease, they may lower blood pressure, and according to Wikipedia, fava beans can be used "as a natural alternative to drugs like Viagra". However you eat them, and for whatever reason, I hope you enjoy these fava beans and everything else in your share this week.

## 2 Weeks To Go!

There are two weeks left in Session 2 of the CSA program. If you haven't yet signed up for session 3, now would be a fabulous time to do so. Session 3 starts August 4th. Highlights of Session 3 include tomatoes, beans, summer squash, cucumbers, sweet corn, strawberries, flowers, and of course still lots of carrots, onions, salad mix and lettuce, broccoli and so much more! To join in, simply send in the subscription form (found online at [www.reddogfarm.net](http://www.reddogfarm.net)) along with your check.

## Recipes

### **Emily's Fabulous Golden Beet Salad**

- I bunch Golden Beets
- Olive oil
- Golden Balsamic Vinegar (apple cider vinegar is also good)
- Onion or garlic, really finely chopped
- Herb of choice (basil, thyme or parsley)
- Salt and pepper

Remove the greens from the beets. (Save for use in another dish.) Boil the beet roots whole, with the skin on until tender. For large beets, this may take up to 45 minutes. Once you can easily pierce them with a fork. Drain water. Skins are perfectly edible and highly nutritious. If you prefer beets without skins, simply dunk the beets in cold water, then with your hand, the skins can slip off easily. Cut the beets into bite-sized pieces. Immediately add the other ingredients and toss well. Can be served hot, warm or chilled. Delicious as a side salad or appetizer with a fresh loaf of bread.

### **Simple Fava Beans**

- Fava Beans
- Garlic
- Olive oil



## Salt and pepper

To prepare fava beans, shuck them from the thick pod. Some people like to also slip the beans out of their skins. I personally never bother with this step, especially when the favas are at such a young tender stage as they currently are. If you want to do this step, you will need to blanch the beans by dipping into boiling water for one minute. Then dunk in cold water and slip the naked beans out of their skins.

Lightly sauté the garlic in olive oil. Add the shelled (and, if desired, skinned) fava beans. Sauté over low-medium heat until just tender. About 5- 10 minutes. Season with salt and pepper. These can be served alone, as a side dish, or atop pizza, salad, or any other creation you can think of.

## Beets Greens

Beets Greens are not only nutritious, they also taste really good. The leaves of golden beets are much milder in flavor than red beet greens. They taste a lot like spinach, with a little thicker texture. For a simple recipe, sauté them in olive oil with some garlic and an herb or two. To make more of a meal, add in a boiled or fried egg. They're also really tasty substituted for spinach in any spinach pie or casserole dish.

See the Spinach Feta Casserole from the Session 1 Week 8 newsletter (easily found on our website: [www.reddogfarm.net](http://www.reddogfarm.net) under 2010 Session 1 Archived Newsletters).

Week 8 Session 2 CSA Newsletter      July 21, 2010

# RED DOG FARM Newsletter



Hay King, Sebastian Edgerton.

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

Shelling Peas  
Salad Mix  
Curly Parsley  
Baby Leeks  
Kohlrabi  
Roma Tomatoes  
Broccoli  
Raspberries (large shares only)  
Scallions (large shares only)

The birds of prey continue to lurk in the air over Red Dog Farm and its neighbors on either side, as the freshly mowed hay reveals disenfranchised and disoriented critters scuttling about on a now barren field. This morning we saw a coyote confidently trot across the neighbor's field, not seeming to mind that there were only dense bales of hay to hide behind instead of tall grasses; must make for a different hunting strategy entirely. As high summer approaches, we at Red Dog Farm watch our aspirations for a weed-controlled growing season pass swiftly into the distance behind us. More and more of our time is taken up with harvesting the incredible summer crops of 2010! Summer squash, sunflowers and new potatoes are fast approaching inevitabilities for you CSA share holders.

Our precious moments not spent harvesting have been spent stacking the Red Dog hay bales safely under tarps, optimistically planting watermelons and Sun Jewel melons in the greenhouse, fixing drip irrigation lines that are destroyed by various machines, planting fall and winter crops (already!) and yes, scrambling to keep from being engulfed by a quickly rising tide of weeds. This week we add to the harvest list Shelling Peas, another scrumptious and nutritious legume. Most of us have mainly experienced shelling peas in their frozen or canned form, and though peas do store relatively well by those means, they pale in comparison to eating them fresh out of the pod. Shelling peas have more protein than snap or snow peas because the pea is fully developed when eaten. About 3/4 cup of fresh peas has as much protein as a hen's egg.

## **One Week Remaining!**

There is one week left in Session 2 of the CSA program. If you haven't yet signed up for session 3, now would be a fabulous time to do so. Session 3 starts August 4<sup>th</sup>. Highlights of Session 3 include tomatoes, beans, summer squash, cucumbers, sweet corn, strawberries, flowers, and of course still lots of carrots, onions, salad mix and lettuce, broccoli and so much more! To join in, simply send in the subscription form (found online at [www.reddogfarm.net](http://www.reddogfarm.net)) along with your check.

## **Recipes**

### **Fresh Peas in Cream**

I know it sounds indulgent, but it's worth it! I had this served to me at my friend's house on Vashon Island. She served the peas whole, so we had to dip our fingers in the creamy sauce to suck out the peas- so fun and delicious! I definitely recommend it.

1 lb. Shelling Peas, whole, washed (shell them if you must!)  
1 Tbs. butter  
2 Baby Leeks, sliced  
½ cup cream (crème fraiche also is delicious)  
A little water or broth  
Handful of Parsley, chopped

Sauté the leeks in the butter until tender. Add the whole peas, cream and water or broth. Simmer for about five minutes; until peas are tender (open one up to test). Sprinkle on parsley and stir it in to wilt. Season with salt and pepper. Serve with napkins.

**Kohlrabi**, also known as the flying saucer vegetable is delicious both raw and cooked. If you've been missing the Hakurei Turnips, these are a great substitute. Simply peel off the tough outer skin, slice and eat. Delicious with a little olive oil and salt. Try a big salad with salad mix, sliced or grated kohlrabi, sliced Roma tomatoes, minced parsley and broccoli.

Week 9 Session 2 CSA Newsletter      July 28, 2010

## RED DOG FARM Newsletter



Kelley and Emily getting loopy on garlic fumes.

### In your share this week:

Sugar Snap Peas  
Fava Beans

Green Butter Lettuce  
Walla Walla Sweet Onion  
Carrots  
Swiss Chard  
Assorted Cut Flowers  
Garlic (large shares only)  
Red Butter Lettuce (large shares only)  
Roma Tomatoes (large shares only)

Twilight fans, no need to come to Red Dog Farm looking for your vampires! They're nowhere to be found around here, because today we harvested the garlic. The barn is full of it, and we all reek of it. It's a beautiful sight, all that garlic hanging to cure from the rafters, guaranteeing savory good flavors for the rest of this year and into next. Now the garlic is still considered "fresh", its skin still has moisture and it needs to be refrigerated. Over the next several weeks it will slowly dry out and form a papery peel that allows it to keep at room temperature. The same process will happen with onions, but later in the fall. For now, enjoy these fresh Walla Walla Sweet Onions, our state vegetable! The seed was brought all the way from the Island of Corsica to southeastern Washington in the late 1800's and has been bred for exceptional size and sugar and water content. I've heard farmer's brag that they eat Walla Wallas as though they are apples. I've never tried it but I can tell you that a thick slice tastes great on a sandwich- no mincing necessary. I don't know if I tempted anyone into making Ful, the Middle Eastern breakfast dish of boiled and mashed fava beans, lemon juice, garlic (or onion!), olive oil and cumin-- I tried it myself and it was delicious. This week you have another chance to try it out. The tide of weeds continues to ebb and flow, we've just finished weeding the beans (green, yellow and purple) and are on to the next planting of carrots (orange and purple) followed by outdoor basil! Other news on the farm is that there is fruit on some of the pepper plants, the strawberries are gearing up for their second burst of berry-making of the year, and the potatoes are trying very very hard to form tubers as quickly as possible.

## Last Week in Session 2!

Today is the last share in Session 2 of the CSA program. If you haven't yet signed up for session 3, now would be the time to do so. Session 3 starts next Wednesday, August 4<sup>th</sup>. Highlights of Session 3 include tomatoes, beans, summer squash, cucumbers, sweet corn, strawberries, flowers, and of course still lots of carrots, onions, salad mix and lettuce, broccoli and so much more! To join in, simply send in the subscription form (found online at [www.reddogfarm.net](http://www.reddogfarm.net)) along with your check.

## Strawberries, Take 2

One of the huge benefits of ever-bearing strawberries is that they produce not only in late June/early July, like their relatives, the June-bearers, they also flush again August through October. We have a half acre of first-year plants that are bursting with flowers and berries ready to prove their worth in the two months to come. Once again, plan to freeze berries for winter smoothies, or can up some jam in the next two months. To reserve a flat, simply call or email at least three days in advance. Current CSA members take 10% off current flat price. Right now our flat price is \$40,

but it may come down in the next several weeks. Berries are available first-come, first-served in the farm stand as well as at all four local markets we participate in.

## Recipes

I forgot to mention last week that Kohlrabi leaves are edible and delicious. They taste like kale and can be used similarly. If you still have yours laying around, it's not too late to throw them into soup, or mince into your morning eggs.

### **Ful Medames** - [www.epicurious.com](http://www.epicurious.com)

The national dish of Egypt!

- 2 cups Fava Beans, shelled, not peeled
- Extra-virgin olive oil
- 3 lemons, quartered
- 4-6 cloves garlic, crushed
- Chili-pepper flakes
- Cumin
- Sea Salt
- 1/3 cup flat leaf parsley

Boil the beans for 15- 20 minutes, until very tender. Drain and mash. Add in all the ingredients, except the parsley. Blend well. Garnish with the parsley and serve. Traditionally eaten for breakfast, as well as any other time of the day, in Egypt.

- 6 cups water
- 2 cups farro or wheat berries
- 5 Tbs olive oil
- 2 ½ Tbs red wine vinegar
- 1 cup shelled Fava Beans
- 1 cup shelled Peas
- 2 cups fresh arugula leaves, halved
- 2 plum tomatoes, seeded, finely chopped
- Additional arugula leaves

Combine 6 cups water and farro in medium saucepan. Bring to boil. Reduce heat to medium. Cover partially; simmer until farro is tender, about 20 minutes (about 45 minutes for wheat berries). Drain well. Whisk oil and vinegar in large bowl. Season with salt. Add farro; toss. Cool.

Meanwhile, cook favas in pot of boiling salted water for 3 minutes. Add peas and cook until just tender, about 1 minute longer. Drain. Cool in bowl of ice water. Drain. Add favas and peas to farro. (Can be made 4 hours ahead. Cover; chill.) Add arugula and tomatoes to farro mixture. Toss to combine. Season generously with salt. Spoon salad onto platter. Garnish with additional arugula.



**Sweet Onion Rings-** one of my most favorite summer treats!

1 Walla Walla Sweet, cut into thick slices

Panko, bread crumbs, or simply flour

High heat-safe oil

Sea salt

Separate the onion rings. Dredge in flour or crumbs. Fry in 1” hot oil until crispy and lightly brown. Season with salt. Enjoy!

**Swiss Chard with Garlic, Ginger and Sesame Oil**

1 bunch Swiss Chard

1 Tbs. sesame oil

2 tsp. minced Garlic

2 tsp. minced ginger

Salt and pepper to taste

Wash the chard leaves and shake off excess water (this is an important step as you want a little moisture in the pan). Chop the leaves. Heat the oil in a pan. Throw the leaves into the sizzling hot pan along with the garlic and ginger. Stir until wilted. Cover and cook a couple minutes more. Season with salt and serve. Delicious as a bed for steak or grilled fish.