

Week 1 Session 3 CSA Newsletter  
August 4, 2010

# RED DOG FARM

## Newsletter



*Extraordinary 2010 Red Dog Farm Crew.*

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

Green Cabbage

Cauliflower

Cilantro

Beefsteak Tomatoes

Green Beans

Strawberries

Raspberries

Sweet Peas

French Breakfast Radishes (large shares only)

**Meet the Crew!**

**Back Row:** Andy Anderson (Master Mechanic and Builder. The go-to man for any farm related emergency); Karyn Williams (that's me, Farm Owner/ Operator); Jay O'Connor (2<sup>nd</sup> year Red-Dogger, Kickball Team Captain, Wednesday Market Guy, WWOOFer Ambassador, Tractor and Equipment Operator); Emily Truitt (Assistant Manager Extraordinaire, Head Washer/Packer, EMT/ Firefighter, Lead Psychoanalyst); Megan Pemble (2<sup>nd</sup> year Red-Dogger, Picker of all things fruit, Mother of Two, Incredible Chef); Janet Welch (Best Work Trader EVER!!!, Generous Baker, Appreciator of Fine Food and Finer Company).

**Middle Row:** Cristi Christensen (1<sup>st</sup> year Red-Dogger, Saturday PT Market Helper, Grade A Communicator, Sister of April, Self-improvement Wizard); Kelley Watson (Previous Work Trader-turned Employee, Captain of Alaskan Tendering Boats (note: women don't normally do this), Master Adventurer to crazy destinations like Antarctica); April Christensen (Lover of Peas, Sister of Cristi, Master Berry and Legume Picker); Sebastian Edgerton (1<sup>st</sup> year Red-Dogger, Master Buncher, Life-long Farmer (born on a local Chimacum farm), Sharer of Trade Secrets (he also works on Nash's and Dharma Ridge), Most likely to want to work late); Rupert Dandelion (my best friend, Herder of All Winged Creatures); Dorian Curry (1<sup>st</sup> year Red-Dogger, PA and Chimacum Market Guy, Dedicated Picker, Ex-Coastie, that's Coast Guard, not Costa Rican expat).

**Bottom Row:** Brice Snow (1/2 of the awesome pair of WWOOFers who helped us so much this Spring, his twin, Egan, is the photographer); Chandra Wright (2<sup>nd</sup> year Red-Dogger, Wed Market Helper, Co-op Produce Slinger, Harvesting Whiz).

### **Emily's Weekly Wisdom**

Cato the Elder said it bluntly: "It is cabbage that surpasses all other vegetables." I have long agreed with this statement and I hope that if you don't yet share the sentiment, the cabbage you are about to receive in your share will bring you around. Green cabbage is widely recognized as one of the most delicious, versatile and all around worthwhile vegetables to grow. It's extremely nutritious, with high amounts of riboflavin and Vitamin C. It's superbly sweet, crunchy and tender, and can be enjoyed raw as a salad (my favorite), a slaw or any manner of sauerkraut, cortido or kim chi, or it can be cooked in soups, stews stir-fries etc. An intact head of cabbage stores forever on its own, even at room temperature, or it can be fermented and stored indefinitely with the added bonus of beneficial intestinal flora and fauna! Cabbage plants are renowned for their cuteness in the field, but when a head is cut open a beautiful mandala is revealed of intricately layered cream colored tender inner leaves that is truly mesmerizing. A hearty welcome to anyone who joins the ranks of Those Smitten by Cabbage!

We can't help but beam with pride at these gorgeous heads of cauliflower, which are seconded only to cabbage in their sweetness, tenderness and certainly cuteness in the field (they might be tied for cuteness).

Now is the season of cool, foggy mornings followed by clear, warm, sunny afternoons, almost like clockwork. The ideal harvesting conditions in the morning allow the root crops to wash up spotlessly clean and the sunny afternoons allow our clothes to dry off from the misty, dewy morning harvest as we transplant winter crops, tear down obsolete pea trellis, or weed, weed weed! Sometimes it's nice when the weather provides a framework in which to attempt to fit all the tasks.

Today was the first major bean harvest! Enjoy these greenies, there's more where they came from!

## Recipes

### **Mexican Cabbage Salad**

Cabbage, shredded  
Cilantro, chopped  
Any other veg, like carrots, radishes, turnips, onions, , tomatoes (optional)  
Lime juice  
Olive oil  
Salt and pepper

Mix all ingredients and serve immediately. Delicious in place of salsa with tortilla chips.

### **Cauliflower with Green Beans and Ginger-** [www.serious-eats.com](http://www.serious-eats.com)

1/2 teaspoon cumin seeds  
1/2 teaspoon yellow mustard seed  
2 tablespoons olive oil  
1 onion, chopped  
1 head cauliflower  
8 ounces fresh green beans, ends snapped off  
2 cloves garlic, minced  
1 teaspoon finely minced fresh ginger  
Salt and pepper  
Large pinch dried red chili flakes

Toast the cumin seeds and yellow mustard seeds in a small skillet over medium heat until very fragrant. It should take just a few minutes. Meanwhile, remove the florets from the base of the cauliflower. Chop into 1/2 inch pieces. Pour the oil into a large skillet over medium-high heat. Add the onion and cook for about a minute. Then add the cauliflower and green beans and cook, without stirring for 4 minutes or until nicely browned. Stir, cook 7 minutes more, stirring occasionally. Turn the heat down to medium-low, and cook for another 3 minutes. Add the garlic, ginger, red chili flakes and cook for 1 minute more. Season with salt and pepper and serve.

Week 2 Session 3 CSA Newsletter  
August 11, 2010

# RED DOG FARM

## Newsletter



*A typical Red Dog lunch.*

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

Green Butter Hearts  
Fresh Garlic  
Strawberries  
Walla Walla Onion  
Pink Radishes  
Costata Romanesco Squash  
German Butterball New Potatoes

Big Beef Tomatoes  
Flowers  
Purple Carrots (large shares only)

**A Day In The Life Of Red Dog Farm:**

You may have wondered how such incredible berries and vegetables are produced right here in your area and how they make it somehow into your hands. Well, here is a glimpse of what goes on to make that happen.

At around 6:58 am the peaceful morning silence of the farm is broken by a herd of dusty cars and trucks zooming down the driveway. Their drivers and passengers spill out of them carrying raingear and mugs of hot morning beverages and head towards the barn where their bike-commuting co-workers are calmly sipping tea and waiting for the 7:00 morning meeting. The farm day has begun.

On harvest days, after brief announcements are made and a game plan for the day is set, the whole crew heads out to the field to move the 30 foot sections of metal irrigation pipe to water a new set of crops. Once this chore is done, salad mix and loose spinach are the first items to be harvested, taking advantage of the cool temperature for the well-being of those tender loose leaves. At this point I (Emily) take the salad and spinach into the barn to begin the washing, spin drying, weighing and packing process. Every one else continues harvesting; some bunch the leafy greens, then radishes, carrots, turnips, herbs etc, while others start to pick strawberries, then raspberries, peas and beans. When the finicky old pickup truck "Rambo" is filled with crates of produce, someone drives the load into the barn and delivers it into the loving care of the washer (that's me).

At 11:00, one brave soul who has volunteered to cook lunch for 8-12 people adjourns from his or her position on the harvest crew and begins gathering ingredients for the meal. This is a very exciting moment in the day, when the thought of what delicious, fresh, abundant feast will be presented at noon gives all the crew members an extra burst of energy that carries them through the next appetite-inducing hour. It is completely normal for the Red Dog Farm Crew to enjoy some award winning cuisine at their noon break: Squash Blossoms stuffed with Mt Townsend cheese, garlic and dill; Roasted Finn River Chicken with potatoes and zucchini; tomatoes sautéed in butter and balsamic vinegar with olive oil and fresh garlic on Pane D'Amore bruschetta; warm basil hummus with cucumber, carrot, tomato and roasted summer squash... even beans and rice with cilantro, onion and whatever other veggies are available is an amazingly tasty, filling and luxurious meal.

After cleaning up from lunch and for some of us enjoying a caffeinated beverage, we roll ourselves back into the field and finish the harvest on full stomachs. At this point in the day the harvest can seem to last forever as 130 bunches of cilantro are made or 150 pounds of peas are picked. After the harvest is finished and the work day is over, the crew gets to wander out and do our own harvesting for our households; that is, if we have it in us after the long day. Many days as the cars, trucks and bikes zoom down the dusty driveway, we wave or honk at Karyn who is still in the field or on the tractor, working well past quitting time, already preparing for the next day.

So that's a little piece of what goes on to produce all these great veggies in your CSA share. You probably have no sympathy for the hard work we do after I told you about the lunches, and I guess you shouldn't. We have it really good.

Enjoy!

### **Local Abundance: Strawberries and Eggs**

Strawberries are officially going off! Now is a great time to order a flat (or 2 or 3). Flat price is currently \$30. With your CSA discount, that's \$27- it simply can not be beat. Please pre-order if you can. We will most likely have flats for sale at market as well, in case you don't think to call ahead.

All my egg suppliers dropped off big deliveries this week, so the farm stand fridge is stocked with eggs. Come and get 'em. \$5 dozen, all organic- fed. Sorry, but I am unable to deliver eggs to PT.

## **Recipes**

### **Lemon Roasted Potatoes with Bay Leaves- *Vegetable Harvest: Vegetables at the Center of the Plate* by Patricia Wells**

- 2 pounds Potatoes
- 2 bay leaves, fresh if possible
- 2 lemons, scrubbed and cut lengthwise into 8 slices
- 3 tablespoons freshly squeezed lemon juice
- 2 tablespoons best quality walnut oil or extra virgin olive oil
- 1 teaspoon coarse sea salt (or kosher)
- 1 teaspoon dried oregano

1. Preheat oven to 425 degrees F.

2. Scrub the potatoes, but do not peel. Halve them lengthwise. In a large bowl, combine potatoes, bay leaves, lemons, lemon juice, oil, and salt. Toss to evenly coat the potatoes. Transfer to a roasting pan large enough to hold them in a single layer. Roast until the potatoes are soft and golden, turning the potatoes regularly, about 40 minutes. Remove from the oven and remove and discard bay leaves. Season generously with oregano, rubbing the herb with your palms before crumbling into the potatoes to intensify the oregano flavor.

### **Sara's Great Frittata Recipe- [www.mariquita.com](http://www.mariquita.com)**

- 2 lbs Summer Squash
- Salt
- Green onions(healthy fistful chopped), substitute Wallas
- Basil leaves(fistful again)
- 2 Garlic cloves
- 4 eggs
- 1/4 Cup oil
- 1 Cup flour

2 tsp. baking powder  
1/2 Cup parmesan/pecorino cheese

The summer squash, green onions, and basil make a wonderful frittata.

In the main bowl of a food processor, grate about two pounds of summer squash. Put the squash in a colander and lightly salt. Leave to drain, and put the chopping blade in the food processor. Add a healthy fistful of onions and the leaves from a bunch of basil. Toss in a couple garlic cloves if you have them, and pulse until well chopped. In a big bowl, mix around a cup of flour with a couple teaspoons of baking powder and about a half cup of grated parmesan or pecorino Romano cheese. Lightly beat four eggs and a quarter cup of oil (if you're feeling decadent and there are no vegetarians in the crowd, add a couple spoonfuls of bacon grease). Put the grated squash in a thin clean dishtowel or heavy duty paper towel and squeeze out excess liquid. Combine all the ingredients in the big bowl. You should have a thick, fragrant batter. Pour the batter into a greased 13x9 baking pan and sprinkle a little more cheese on top. Bake at 375 degrees until golden, about 30-45 minutes (it depends on the moisture left in the squash). When cool, cut into squares and serve.

These make great appetizers or savory treats at a tea or coffee!

### **Valentine Bruschetta**

1 lb. Big Beef Tomatoes, chopped  
½ bunch Pink Radishes, finely sliced  
1 clove Garlic, finely minced  
¼ cup Walla Walla Onion, minced  
Handful fresh basil, sliced  
6 Tbs. olive oil  
2 tsp. red wine vinegar  
1 tsp balsamic vinegar  
Salt and pepper to taste

Combine all ingredients and let mingle up to an hour. Serve with grilled bread slices, or for a low carb option, try leaves of the green butter heart!

Week 3 Session 3 CSA Newsletter  
August 18, 2010

# RED DOG FARM

## Newsletter



*Summer Squash Blossoms.*

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

Fennel Bulb  
Squash Blossoms  
Basil  
Strawberries  
Red Onion  
Broccoli  
Salad Mix  
Purple Carrots  
Raspberries (large shares only)  
Roma Tomatoes large shares only)



## Lemon Cucumbers (large shares only)

### **41 flats of strawberries!**

That's one of the reasons that Friday's harvest was one of the longest on Red Dog record- 11.5 hours, 7:00 am till 7:15 pm with a 45 minute lunch. The pickers picked strawberries for about 9 hours! The Tuesday before they picked about half that many. Such a volume of strawberries was not anticipated. Actually the harvest began on Wednesday, when Karyn realized that due to various reasons we would be short-handed and with a tall harvest list, and continued through Thursday and all of Friday, totaling approximately 22.5 hours.

Another possible reason for our extended length Friday was that the person who usually does the washing (me) was instead out in the field harvesting for the first time in quite a while. It seems that some of my harvesting prowess had atrophied during the days I spent in the cool barn, casually dunking vegetables in water between sips of tea and breaks to pet the barn cat.

It is also true that on that Friday a warm breeze blew in the early hours of the morning and continued throughout the day, causing the crew to have to take extra care of all the greens, rushing them into the barn from the field on a less efficient schedule than normal. The heat could also explain the lack of hustle in some members of the crew who weren't as accustomed to the fast-paced work environment of the field.

Luckily, lunch was prepared by my family who was visiting from the east coast this week. They enthusiastically volunteered to cook frittatas with new potatoes and broccoli side shoots for 13 (including the four of them). We cooled down with homemade PG Tips iced tea and a delicious fruit salad for dessert. Yum!

The sweltering weekend ended on a fantastic note when Karyn, her family and I completed our second annual 1 mile swim across Quilcene Bay! I arrived at the beach late and saw the Williams ladies had already begun their swim, so I put on my fins and dove in, expecting to catch up with them easily with my dolphin-like footwear, but those Williams' were cruising! Finally I was spotted by the support boat and given a tow to catch up to the pack. Luckily we ran into no jellyfish, but we were followed from a distance by a curious seal.

I hope everyone is tolerating this heat. Please come pick strawberries!

**U-Pick Strawberries is open at Red Dog Farm** for a very limited time (today and tomorrow, Wednesday and Thursday, August 18<sup>th</sup> and 19<sup>th</sup>). Please call ahead (774-6249) to schedule your picking time. Feel free to bring anyone and everyone with you- there are LOTS of berries. Berry price is \$1.50 per pound.

**Bagels in the Valley!** Starting this week, Bagel Bob will be adding the Red Dog Farm Stand to his weekly bagel delivery route. If you've had his bagels at the PT market, you know just how delicious a fresh, lovingly-made bagel can taste. To get your bagels, here's the deal: Call or email in your order to Bob no later than 5pm Wednesday. Then pick up your bagels Friday, anytime after 8am at the Farm Stand. Bagels will be in a paper bag with your name on it. Cost is \$1.50 per bagel. I believe you can set up a bagel standing order, if you want to get bagels every week

without having to remember to call in. Flavors available are: kosher salt, garlic, onion, poppy seed, and more! Bob loves to get flavor requests, so let him know what you're hankering for.

**To order bagels, contact Bagel Bob at: 385-3233 or [bobsbagels@gmail.com](mailto:bobsbagels@gmail.com)**

**Note about the Basil:** Basil does not like to get its leaves wet, then refrigerated. It will turn black and gooey. The best way to care for your basil is to store it in a cup of water, either in the fridge or on your counter. Rinse the leaves right before using.

## Recipes

### Gourmet Quesadillas

- Squash Blossoms
- Whole Basil leaves
- Thinly sliced Red Onion
- Fromage Blanc
- Corn or flour tortillas
- Oil

Layer the veggies and cheese between two tortillas. Lightly fry in the oil until both sides are golden brown.

### Fennel and Strawberry Salad

- 3-4 large Strawberries
- 1-2 Lemon Cucumbers (optional)
- ½ Fennel Bulb
- A few finely minced Fennel leaves
- 1-2 Tbs. thinly sliced Red Onion
- 2 cups Salad Mix
- ½ avocado (optional)
- Olive oil
- Fresh squeezed lemon juice

Mix everything together and enjoy on a hot summer afternoon.

Week 4 Session3 CSA Newsletter  
August 25, 2010

# RED DOG FARM

## Newsletter



*Carrot Harvest*

**In your share this week:**

Beets  
Dill  
Green Beans  
Iceberg Lettuce  
Roma Tomatoes  
English Cucumber  
Strawberries  
Garlic  
Flowers

Raspberries (large shares only)  
Patty pan Squash (large shares only)  
Red Bor Kale (large shares only)

Somehow fall is in the air, even though we're scheduled to have at least another month of summer. There's an unwarranted crispness in the morning that doesn't really go away all day but comes on strong again in the evening in a suspiciously autumnal manner. I've given up on my lightweight summer trousers and I'm back to wearing the heavy old Carharts to work- this wardrobe shift is truly a harbinger of the upcoming seasonal change... but I'm expecting another wave of summertime to hit before we hydroplane into the next northwest autumn.

We did have a nice rain this weekend that actually soaked in enough that we can ease up on our irrigation schedule and focus on the larger tasks: today it was weeding; first the chard, then the winter carrots and beets. I have to admit that of all the work on the farm, weeding is one of my favorites. I may well be completely alone in this position, and I'm okay with that. Today it was some good weeding because the soil was soft and loamy, the moisture content was just right, and many of the weeds were large vine-y nightshades with a single root, so the removal of one plant made a satisfying difference in one's progress. These large weeds effectively crowd out the medium sized weeds and leave only tiny little weedlings that are easy to scratch out of the soil. Eight hours later, behold 3 liberated carrot beds and a beet bed, slightly agoraphobic and disoriented by the sudden and violent landscape change, but destined for a healthier future.

Funny how carrots, like us, seem to resist change, even if it's better for them in the long run; at first they do appear ill and droopy from the direct sun and the lack of structural support that their nightshade neighbors had been providing. But they soon adapt and begin to thrive in the new environment that is, in the long run, more supportive of their true goals (to grow big and tasty for you).

There's something about the mindless repetitive nature of weeding that inspires deep introspection and insightful conversation among myself and my wise colleagues. This is really why I love weeding. I suspect that the little-known field of psychological counseling called Agrotherapy is, unbeknownst to the experts, a tried and true method of processing internal struggles with life that farmers have been benefiting from for ages. And it's free!

## Recipes

### Dilly Beets

1 bunch Beets  
½ bunch Dill, minced  
2 cloves Garlic, minced  
Olive oil  
Apple cider vinegar  
Salt and pepper

Boil the beets whole until tender. Drain, dunk in cool water to remove skins, if desired, and chop into bite-sized pieces. Toss with the remaining ingredients and serve immediately. Delicious with potato salad!

### **Karyn's Most Dreamy Meal**

*Crisp lettuce, cool cucumbers, tangy tomatoes, pungent blue cheese, and salty steak- does it really get any better?*

- 1 head Iceberg Lettuce, cored and cut into wedges
- 1 English Cucumber, thinly sliced
- ½ lb. Roma Tomatoes, chopped
- Blue cheese dressing
- Your choice steak, grilled and thinly sliced

Arrange the iceberg wedges on plates (2 wedges per serving). Arrange the cucumber, tomatoes and steak and cover with the dressing. Enjoy!

### **Beans Almondine**

- ½ lb. Green Beans
- ½ small onion, sliced
- ¼ cup almonds
- Olive oil
- Salt and pepper

Trim and clean the beans. Steam until tender. In a separate pan, sauté the onion in oil until tender. Add in the nuts and sauté until fragrant. Toss in the drained, steamed beans. Toss gently. Season with salt and pepper.

### **Kale Chips**

- 1 bunch Red Bor or Curly Kale
- Olive oil
- Salt

Wash the kale well and remove leaves from stems. Toss in a big bowl with olive oil and salt. Spread out one layer deep on baking trays. Bake at 350 degrees for five minutes until crispy but now burned. Eat as a delicious, healthy snack.

# RED DOG FARM

## Newsletter



*Woofus, beloved Red Dog barn cat*

**In your share this week:**

Celery  
French Fingerling Potatoes  
Leeks  
Purple & Wax Beans  
Walla Walla Sweet Onions  
Purple Carrots  
Spinach  
Broccoli  
Strawberries  
Zucchini (large shares only)  
Basil (large shares only)

Today was the great big Shallot Harvest of 2010! We brought four pick-up loads of shallots in from the field to cure in the greenhouse. Karyn has given up on storing onions, because with limited dry space it's not easy or convenient to get onions to cure well enough to make it very far into the winter. Shallots on the other hand are the shiny topaz gems of the storage allium world. These little troopers don't bat an eyelash at the thought of spending the winter in a dank, drafty barn. February? No problem! Especially since these guys got harvested on a good warm, sunny day and will spend their first few weeks out of the ground dessicating in the hot, dry greenhouse.

Storability is just one of many virtues of the shallot; they taste like, and essentially are onions but slightly stronger and sweeter with an aromatic flavor that is unique unto itself. They grow wild in Iran where people slice them up and dry them to be sold, after which they are re-hydrated and then boiled to be eaten.

As the seasons begin to change there is a noticeable sense of transition on the farm. The tomatoes are going through their mid-life fungal crisis, the peppers are starting to ripen ever so slowly, and people are starting to make their fall and winter plans. Some of us Red Doggers are planning to travel to the far corners of the globe this winter, some are going to get some experience on other farms, some are going to college, others are going to hold down the fort here at home base. In any case, changes are on the horizon for everyone.

A plug for Bob's Bagels: I love these bagels. It is an honor and a privilege to have such exquisitely fresh baked goods available at the farm stand. I have two for breakfast on Friday mornings and I savor every bite! I hope you'll take advantage of the opportunity to order your weekly leavened loaves!!

**Congratulations MYSTERY BAY FARM** for winning **FIRST PLACE** in the chevre category for their White Pepper & Thyme Chevre at the American Cheese Society annual competition in Seattle. There were over 1300 cheeses entered from over 400 creameries around the country! This is quite an honor to them and a testament to Rachael's and Scott's hard work and delicious cheese. If you haven't tried it before, you simply must now! In addition to their White Pepper & Thyme Chevre, we also have their Chive Chevre and Plain Chevre for sale at our Farm Stand. For more info, visit their booth at the PT Saturday market or their website at: [www.mysterybayfarm.com](http://www.mysterybayfarm.com)

## Recipes

### **Green Bean and Fingerling Potato Salad- *Gourmet, May 1995***

- 2 pounds Fingerling Potatoes, scrubbed
- 1 pound Purple\*/ Wax Beans, trimmed
- 1/4 cup chopped mixed fresh herbs such as chives and garlic chives (with blossoms, if desired), thyme, parsley, mint and summer savory leaves
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon freshly grated lemon zest

In a large kettle, simmer potatoes in salted water to cover until tender when pierced with a fork, about 10 minutes, and drain in a large colander. In a large saucepan, cook

beans in 3 inches salted boiling water over high heat until crisp-tender, about 3 to 5 minutes. With tongs or a slotted spoon, transfer beans to colander with potatoes and drain well. In a large bowl, toss together warm potatoes, beans, herbs, oil, zest, and salt and pepper to taste. Salad may be made 1 day ahead and chilled, covered. Serve salad warm or at room temperature. Serves 12 as part of a buffet.

\*Note that purple beans turn green when you cook them.

**Lemony Leek Soup-** *Recipes from a Kitchen Garden* by Shepherd et al

1 T butter  
2 T vegetable oil  
6 cups thinly sliced Leeks  
1 Carrot, thinly sliced  
1 stalk Celery, thinly sliced (I would use fennel here if it's what was in my fridge)  
6 cups chicken stock  
1 T grated lemon zest  
2 T lemon juice  
2 t fresh marjoram or 1 t dried  
1 T chopped parsley  
1/4 cup rice  
1/2 cup milk  
S & white pepper to taste

Garnish: sour cream or yogurt  
3 T minced chives

In a 4-5 quart saucepan, heat butter and oil, add leeks, carrot and celery and sauté until softened. Add stock, lemon rind, lemon juice, marjoram, parsley and rice and simmer, covered, for about 40 minutes until vegetables are very tender. Puree in a blender (or with a stick blender) or food processor. Pour mixture back into pan; add milk, & S & P to taste. If soup is too thick add more milk or stock. Heat soup through, but do not boil. Serve hot or cold, sprinkled with chives and dollop of sour cream or yogurt. Serves 6-8

**Spinach Sandwich Spread-** *Karyn's family's recipe, adapted*

1/2 lb Spinach  
2 Tbs. mayonnaise  
1 Tbs. chopped Walla Walla Onion  
2 Tbs. Parmesan cheese  
1 Tbs. chopped olives (optional)  
Rye bread

Cook down the spinach until tender. Drain in colander until cool. With hands, squeeze out excess moisture. Chop finely. Add in remaining ingredients. Spread on rye bread and broil until mixture bubbles.



# RED DOG FARM

## Newsletter



*Shallots curing in the greenhouse.*

**In your share this week:**

Baby Summer Squash  
Radicchio  
Green Beans  
Beefsteak Tomatoes (small shares)  
Roma Tomatoes (large shares)  
Shallots  
Basil  
Strawberries  
Red Russian Kale  
Hakurei Turnips (large shares)

Now it's official and there's no denying it- fall is pretty much here. Ahh! Today we heard the practice fire alarm go off at the Chimacum school- yup, time to start remembering to slow down in the school zones because school is in session, and for the rest of us graduates that means hurry up and enjoy the waning moments of summer! It's a good thing we got the shallots in when we did last week because the farm is fast becoming a soggy place. Ru is already donning his winter fashion of mud-caked dreadlocks on his underbelly. With all the time we'll save by not having to move irrigation pipes we could shampoo and blow-dry his fur daily, but instead we'll clean the garlic.

Some of you may have noticed that Karyn had another chunk of land opened up. 4 acres of what used to be hay will be available for cultivation about a year from now. (As it turns out, growing organic hay is not a get-rich-quick scheme.) The land was first tilled with an enormous and powerful rototiller, then plowed, then disked, and the next free chance she gets she'll plant it with a winter cover crop of rye and vetch. This new land will allow her to fallow some of the area that's been farmed for 3 years straight while keeping up the same level of production. It feels good to be able to ease the burden on the land that has worked so hard, and there's something inviting about the site of a freshly opened tract of dark, fertile earth.

This afternoon we suddenly heard the "yip yip" of coyotes, what sounded like a rather large pack of them; followed by the wail of an ambulance's sirens on West Valley road (I'm fairly certain that this ambulance was unrelated to the fire alarm at the school). They must have heard the ambulance long before we did and it may have disturbed their slumber because they were mightily upset by it. I had no idea that there was such a large pack of coyotes that hangs around the area. Apparently Ru didn't either because he became mightily upset by their yips and there were some moments of loud and dramatic canine communication across the Chimacum valley.

Another animal finding today was a beetle that looked sort of like a Japanese beetle, with the beautiful coppery shimmery wings, but it was at least an inch long and had an alarming amount of fur, that's right, fur, on its throat and jowels. The beetle was deceased, otherwise it would have been waiting in line behind Ru for a shampoo and blow-dry at the Red Dog Salon. Hopefully that beetle left behind no relatives who have bad intentions for our leafy greens!

Enjoy these veggies while they are in season, 'cause the seasons are a changing!

## Recipes

It's pesto time! This is the last basil of the season, and it looks it. For pesto, the dried brown leaves are no problem, just throw the whole stem with leaves attached into the processor and you'll never know the difference. The basil has not been washed, so be sure to wash and dry it well right before using. I recommend that you use it ASAP, as it doesn't hold well in the fridge. If making pesto just feels like too much right now, other options included blending it with just olive oil and freezing; or drying it. There are many ways to dry herbs, but low heat in the oven works, as well as spreading it on racks in a warm, dry place.

### Basil Pesto

¼ lb. Basil (small shares got ¼ lb, large ½ lb.)

1 large head garlic (I like a lot, use less or more as desired)  
½ cup parmesan or asiago cheese  
1 cup walnuts or pine nuts  
½ cup olive oil (use more or less depending on consistency desired)  
Salt to taste

I throw the olive oil and garlic into the food processor first to mince it well. Then add the basil. Next add the cheese and walnuts. Add more oil as need to get things moving. Season with salt at the end, if needed. Delicious spread on top of toast and topped with sliced tomatoes!

### **Simple Kale and Shallots**

1 large Shallot, sliced  
1 bunch Kale, washed, shaken dry, and chopped  
Olive oil  
Soy sauce or salt to taste.

Sauté the shallot in oil until tender. Add in the chopped kale and sauté until wilted. Cover, reduce heat, and leave cook a couple minutes more. Season with salt and serve.

### **Summer Medley**

Summer Squash  
Tomatoes  
Shallots  
Basil  
Olive oil  
Salt to taste

Chop the vegetables up and sauté in olive oil. Sprinkle in basil leaves at the last moment. Serve as is or sprinkle on cheese of choice. Yum!

**Radicchio**, beautiful to behold, but bitter in taste. This Italian heirloom vegetable brightens up salads and cleanses the liver. When faced with an entire head of radicchio, you could use one of either two ways: treat it like cabbage and just hack off a few slices to add to salads over the next several weeks as needed; or treat like a vegetable and make a dish out of it. The first requires no explanation, so if you go that route, all you have to do is to carve out space in your vegetable drawer for the majestic radicchio to live. Below are some recipes from [www.mariquita.com](http://www.mariquita.com) Visit their website for even more radicchio ideas, as well as lots of other great vegetable recipes.

### **L.C.'s Radicchio**

.5 pound pancetta chopped  
1 large or 2 med Radicchio sliced and chopped  
.5 cup chopped parsley  
2 cans chopped tomatoes (28 ounces total)  
fusili or other curly pasta, cooked

Brown pancetta, add and cook down the radicchio. Then add tomatoes and cook. When cooked remove from heat and add parsley. Add cooked pasta. You can even add more radicchio than this if you want.

### **Diana's Radicchio Salad**

My favorite new recipe, for all radicchio and chicories:

I've been making a salad with Radicchio, with crumbled blue cheese and a fig ginger vinaigrette (or any sweet/concentrated vinegar like balsamic). Buttermilk Blue from Wisconsin works especially well because it's creamy. Olive oil, salt and pepper, sliced pear if you have some.

### **Crostini with Radicchio and Apple** from Elisa di F.

- 1 lb Radicchio, cut in thin stripes
- 1 Shallot, chopped
- 1 apple, diced
- 1 tbsp honey
- 1 tbsp balsamic vinegar

Sauté shallot and apple in oil for a few minutes; add radicchio, honey, salt and pepper and cook until wilted. Add the balsamic vinegar, mix well and spread on warm toasted Italian bread.

# RED DOG FARM

## Newsletter



*Dorian and Karyn after a long bean harvest day.*

**In your share this week:**

Strawberries  
Pac Choi  
Cabbage  
Dill  
Carrots  
Garlic  
Flowers  
Tomatoes (large shares)  
Red Potatoes (large shares)

This week Karyn is taking her annual way-over-deserved vacation! She spent the weekend in [Seattle](#) with good friends and family and soon she'll be soaking in the hot springs. Hooray,

Karyn! If there ever was a woman who deserved a spa treatment every day, it's her. She usually settles for daily organic mud facials, whether they're on purpose or not.

With Karyn officially on leave, I and a large stack of instructions are left to manage the farm. Eek! Karyn gets a heck of a lot accomplished in a day. I barely got a chance to do any weeding today after doing all the things that Karyn usually does to make the farm run, because it took me about 3 times as long. Luckily the rest of the farm crew is there to run the show while my head is spinning!

This is a poignant autumn for me because these are my last days at Red Dog Farm. Soon I'll be a full time student at [the Evergreen State College](#) in Olympia, where I'll study Interdisciplinary [Psychology and counseling](#). I'm planning on wowing my teachers with the deep insights I've gotten through my experience in agrotherapy (carrot-weeding therapy, tractor driving therapy, and of course drip-tape-ripping-up therapy). I hope they're impressed. Someone's got to tell the world about the wonders of agrotherapy, so it might as well be me. It's worked for me for years!

In the meantime there's a lot of farming to be done. The new field got cover cropped last week, and there are already tiny little rye plants sprouting! But there are sections of the old field that need [cover crop](#), there are carrots and brussels sprouts to weed, garlic to clean, and cabbage, basil and strawberries to preserve!

Thanks for being part of my very rich experience at Red Dog this year. May we all experience good food in abundance!

## Recipes

**Sesame Cabbage-** [www.mariquita.com](http://www.mariquita.com)

- 1/2 cup raw sesame seeds
- 1/4 tsp salt
- 1 dried red chili
- 1 head Cabbage, chopped
- 3/4 cup water
- 1 tsp salt

### "Popu"

- 1 1/2 tbsp oil (olive, sesame, canola, etc.)
- 1 dried red chili, cracked
- 1 pinch fenugreek
- 1/4 tsp mustard seed
- 1 tsp cumin seed

Dry roast sesame seeds and dried red chili in a pan over medium heat. Stir often until majority seeds are brown. Remove from heat and cool. Once cool, grind in a food processor or blender with 1/2 tsp of salt. Excess ground sesame can be stored in the refrigerator for further use. To cook cabbage over medium heat, add chopped cabbage to 3/4 cup boiling water + 1 tsp salt. Cook until cabbage is desired texture. Once cooked, drain excess liquid. Add 1/4-1/2 cup ground

sesame. Turn off heat. Prepare the "popu" in a separate pan by combining all ingredients, heating over medium heat, and waiting for mustard seeds to crackle. Once ready, add to cabbage, stir and heat over low heat for 1 minute. The "popu" can be prepared when the cabbage is nearly finished.

### **Cabbage and Potato Pancakes** (*from Simplicity - from a Monastery Kitchen*)-

[www.mariquita.com](http://www.mariquita.com)

- 1/2 head small Green Cabbage
- 4 large Potatoes, peeled and grated
- 1 medium sized Onion, finely chopped
- 2 eggs
- 3/4 c milk
- Salt and freshly ground pepper to taste
- A small bunch of parsley, chopped
- 8 Tbs. vegetable or olive oil

Quarter the cabbage and steam it for about 6-7 minutes. Drain and chop the cabbage finely. Place chopped cabbage, grated potatoes, and chopped onion in a big bowl. Mash them thoroughly with a masher and mix them well with a spatula. In a separate deep bowl beat the eggs. Add the milk and beat some more. Add the cabbage-potato-onion mixture. Add some salt and pepper and the chopped parsley. Mix all the ingredients together until thoroughly blended. Refrigerate 1 hour. Preheat oven to 250. To make the pancakes use a crepe pan or nonstick skillet. In the pan heat about 1 tablespoon of oil (each time) to low-med and pour in about one eighth of the potato mixture. Flatten the mixture evenly with a spatula and cook over medium heat until the pancake turns brown at the bottom. Turn the pancake over carefully and continue cooking the other side. When the pancake is done, slide it carefully onto an ovenproof platter. Repeat the process until all the pancakes are done. Keep the pancakes in the warm oven until ready to serve.

### **Stir-Fried Rice** (*Bon Appetit June 1993*)- [www.mariquita.com](http://www.mariquita.com)

- 2 1/4 cups water
- 1 1/2 cups long-grain white rice
- 2 1/2 tbsp. vegetable oil
- 4 eggs, beaten to blend
- 3 Carrots, peeled, thinly sliced on diagonal, then slivered
- 3 cups thinly sliced Pac Choi stems and leaves
- 4 oz. fresh shiitake mushrooms, stems removed, caps sliced
- 1/4 lb. snow peas, trimmed, slivered
- 1 1/2 tbsp. sesame oil
- 3 green onions, sliced
- Szechuan Salt-Pepper (If you don't have this, you can use regular black pepper.)

For Rice:

Bring 2 1/4 cups water to boil in medium saucepan. Add rice and bring to boil. Reduce heat to low, cover and cook until water is absorbed, about 20 minutes. Fluff with fork. Transfer to bowl and cool completely. (Can be prepared 1 day ahead. Cover and refrigerate.)

Heat 1 1/2 tablespoons vegetable oil in wok or heavy large skillet over high heat until hot but not smoking. Add eggs and cook until puffed around edge. Using spatula, push cooked egg toward back of pan while tipping pan forward, allowing uncooked egg to flow forward. Continue cooking until eggs are no longer runny but still soft and fluffy. Cut eggs into pieces with edge of spatula and transfer eggs to plate.

Heat remaining 1 tablespoon vegetable oil in wok over high heat. Add slivered carrots and stir-fry 1 minute. Add sliced bok choy, sliced shiitake mushroom caps and slivered snow peas. Sprinkle with salt and pepper and stir-fry until vegetables just begin to soften, about 4 minutes. Add oriental sesame oil and heat mixture, then add cooked rice and stir-fry until heated through. Stir in eggs and sliced green onions. Season rice to taste with Szechuan Salt-Pepper and serve immediately.

**Shitake Pac Choi Soup with Noodles** (*Gourmet February 1999*)- [www.mariquita.com](http://www.mariquita.com)

Editors' note: The original recipe calls for Chinese wheat noodles, but we also like this soup made with somen (Japanese thin wheat noodles) or soba (Japanese buckwheat noodles).

- 1/2 lb. Pac Choi
- 1/2 lb. fresh shiitake mushrooms
- 6 scallions
- 8 g. katsuobushi (dried bonito flakes; about 2/3 cup) (I've used chicken or vegetable broth instead)
- 6 oz. thin Asian wheat or buckwheat noodles

Cut pac choi crosswise into 1/4-inch-thick slices. Discard stems from mushrooms and cut caps into thin slices. Cut scallions diagonally into thin slices.

In a 5- to 6-quart kettle bring 6 cups water to a boil with katsuobushi and boil 1 minute. Pour stock through a fine sieve into a large bowl and discard katsuobushi. Return stock to kettle and add bok choy, mushrooms, and noodles. Simmer soup, uncovered, until noodles are tender, 2 to 5 minutes, depending on type of noodle. Season soup with salt and pepper and stir in scallions.

**Dill Carrot Salad**- [www.mariquita.com](http://www.mariquita.com) 1 bunch carrots, scrubbed and grated

- 1/2 bunch dill, chopped
- 3-8 spring onions, chopped
- Yogurt on it's own or mixed with a bit of sour cream or creme fraiche
- Splash of vinegar
- S & P to taste

Mix all ingredients, then get creative. A bit of mustard, a few raisins, a few toasted nuts, some other grated vegetables, you get the picture. Make this your own dish. Also: you can use a vinaigrette or yummy olive oil instead of the yogurt.



Week 8 Session 3 CSA Newsletter  
September 22, 2010

# RED DOG FARM

## Newsletter



*Cristi spinning "fire" at Farm Tour.*

**In your share this week:**

Strawberries  
Beets  
Green Curly Kale  
Red Onion  
Beans  
Tomatoes

Summer Squash  
Celery  
Broccoli (large shares only)  
Carrots (large shares only)

Farm Tour this past Sunday was a huge success. Regardless of the rain, we had almost 400 visitors to Red Dog. Highlights included African drumming and music by solo artists Meredith (also part of our farm crew) and Nature. Piping hot bagels from the famous Bob, sweet cream ice cream from Elevated, top-notch tours by Jay, Chris, Cristi, Megan and Sebastian, and an impromptu fire spinning demo by Cristi. She used bright orange tape instead of real fire since during the day you can't see the flames well. All in all, it was an awesome day.

With another Farm Tour over, the season really feels like it has taken a downward turn. The crew is dwindling as we lose people to school, travels and new jobs. Emily, who has been writing this portion of the newsletter all season, has moved on to greener futures. I'll be writing more about her in next week's newsletter, as she really deserves a proper tribute.

We've shortened our work day and now have the luxury of not coming to work until 8am! Very much appreciated by all of us at this point. I'm starting to make lists of things to do that include pulling up all the remaining drip tape in the field, planting garlic and tulips and harvesting winter squash (as soon as we get a little heavier frost than we've already had).

This feeling of less to do, longer nights, and fewer crew members is a welcome change to me after a long, exhausting season. This season has certainly been a good one, but not without challenges. Growing wise, it was really cold and rainy! Hot weather crops never really got going, weeds were really difficult to manage in the constantly damp soil, and crops matured much slower than normal, especially in August and September.

The helpful effects of the weather included great crops of greens all summer long, low aphid pressure, not much irrigating, and best of all, a fantastic strawberry yield. The thing with farming is that you never know what the weather will deal you. You can have all your ducks in a row, thinking that you've got all your planting timings figured out and then the weather lays its hand and invariably in some ways you come out ahead, and in some ways behind. It's like a constant Zen meditation.

### **Rupert Has a Reputation**

If you missed the Peninsula Daily news from Sunday, check out the link below for a fabulous article about me and Red Dog Farm. Rupert and I are tickled pink!

<http://www.peninsuladailynews.com/apps/pbcs.dll/article?AID=2010309199974>

### **Harvest Dinner Promises Pleasure**

When you get together with the area's best farmers, fishermen and bakers, you know dinner is going to knock your socks off! Some of our county's finest caterers are joining forces to create a sumptuous feast for 200 on Sunday, October 3<sup>rd</sup> to benefit the Jefferson County Farmers Market. The annual Harvest Dinner will be held at the Northwest Maritime Center in downtown Port Townsend. Highlights of the four-course meal include roasted Nash's pork, local oysters, savory vegetables, sweet desserts, and local alcoholic and non-alcoholic beverages. Sound too good to

pass up? Well, it is! Tickets are only \$65 per person for JCFM members, \$90 for non-members. For more info or to buy tickets online, visit:

<http://jeffersoncountymarket.org/celebrate/2010-harvest-dinner/>

### **Session 4 Starts Soon!**

Just a reminder that Session 4 of the CSA program begins Wednesday, October 6<sup>th</sup> and runs for 8 weeks. The cost is \$150 small share \$225 large share. For those of you who have not yet signed up, please do so soon as there is only one week left in Session 3. Highlights for Session 4 include greens like kale and chard, roots like beets and carrots, celery, leeks, potatoes and winter squash. To sign up, call or email me.

### **Winter CSA Begins December 1<sup>st</sup>**

I still have lots of room left in the winter CSA and it's going to be a good one. The fields are loaded with winter goodies to fill your bellies all December and January. Winter Session begins Wednesday, December 1<sup>st</sup> and runs for 9 weeks (through January 26<sup>th</sup>). Small shares cost \$140 and large shares cost \$210. Sign-up today to reserve your space. For more info, visit our website at: [www.reddogfarm.net](http://www.reddogfarm.net) where you can download the CSA brochure. Please help spread the word to friends and neighbors.

## **Recipes**

### **Chocolate Beet Cake-** *The City Gardeners Cookbook, 1994*

- 1 tsp vanilla
- 1 3/4 cups flour
- 1 1/2 tsp baking soda
- 1/4 tsp salt
- Frosting of your choice (optional)
- 1 1/2 cups cooked, peeled, and puréed beets
- 3 oz. unsweetened chocolate
- 3 eggs
- 1 1/2 cups sugar
- 1 cup oil

Steam beets until quite tender (45 minutes or so, but it will depend on the size of the beets). Rinse thoroughly with cold water, then slip the skins and stems from the beets (if they do not come off easily, steam the beets a bit longer). Cut into chunks and puree in a food processor or blender. Set aside.

Preheat oven to 350°F. Melt chocolate in a double boiler; remove from heat and cool slightly. In a large bowl, lightly beat the eggs. Add sugar, oil, vanilla, melted chocolate, and beets, stirring well after each addition. In a separate bowl, sift together flour, baking soda and salt. Combine dry ingredients with chocolate mixture and beat until just blended. Pour into a greased and floured 9x13" cake pan and bake for about 35 minutes. Cool and frost as desired.

**Vegetable Minestrone-** *this is the soup I made for lunch today. YUM!*

½ Red Onion, chopped  
2 cloves Garlic, minced  
½ Summer Squash, sliced  
½ lb. Beans, trimmed and halved  
4 stalks Celery, chopped  
2 Carrots, chopped  
1 lb. Tomatoes, chopped  
½ bunch kale, chopped  
1 can beans (pinto or white are good)  
1 tsp. thyme  
1 tsp. oregano  
1 tsp. fennel seed  
¼ tsp chili flakes  
2 bay leaves  
Salt to taste

Sauté the onion and garlic in a little oil until tender. In a large pot, add a couple quarts of water. Add in all the ingredients except the kale. Simmer until everything is well cooked. Add in the kale a couple minutes before turning off the heat.

Week 9 Session 3 CSA Newsletter  
September 29, 2010

# RED DOG FARM

## Newsletter



*Karyn and Emily at Old Tarboo Farm, 2005.*

**In your share this week:**

Strawberries  
Curly Parsley  
Garlic  
Green Butter Lettuce  
Sweet Peppers  
Russet Potatoes  
Celeriac  
Swiss Chard  
Carrots  
Hakurei Turnips (large shares only)  
Fennel (large shares only)

**Today is the last pick-up in Session 3!** Haven't yet signed up for Session 4? It's not too late! Give me a call or send an email to confirm ASAP. Thank you!

## **In Remembrance of Emily Truitt**

This week we are still recoiling from the aftershock of Emily's departure. We are not only missing our on-site personal psychoanalyst, we all miss Emily's cheerful, light-hearted, and knowledgeable presence.

Emily and my history together began in 2005, a mere month before we moved up to Quilcene to run Old Tarboo Farm. I had never met Emily before, although we had many friends in common in the Olympia area. Upon meeting, we both saw the potential of our alliance as farming partners and off we went to try our hands at running our own operation. Even at then only 27 years old, our combined farming experience was 14 years!

Emily and I ran Old Tarboo for two years. Then our business relationship faded as we worked on our friendship. (Farming can take its toll!) After two years off from working together, and me going into my second season at Red Dog, Emily decided she wanted a Karyn and Emily Farming Experience Part II. Of course, I was thrilled. We've done another two years, 2009 and 2010, with Emily as Assistant Manager instead of Co-owner. It's been a great 2 years. The farm has grown leaps and bounds due to Emily's enthusiasm, tireless work ethic, deep knowledge, love of weeding, and general exceptional personality.

We've been through a lot, Emily and I; four years of farming, two beginnings, two endings, and a whole lot of laughs and tears in between. I don't think I've seen the end of Emily Truitt yet, but I do believe I may have seen the end of her farming career. She has been bitten by the psychology bug and it seems like a good fit for her. Next week she begins the last year of work to earn her bachelor degree at Evergreen State College. And next year, she will go on to earn her masters.

So while I and the remaining farm crew struggle to find our footing in the aftermath of her passing, I think of the movie *Shawshank Redemption* and Morgan Freedman's character's memory of his friend towards the end of the movie, *"I have to remind myself that some birds*

*aren't meant to be caged, that's all. Their feathers are just too bright... and when they fly away, the part of you that knows it was a sin to lock them up does rejoice... but still, the place you live is that much more drab and empty that they're gone. I guess I just miss my friend."*

Emily, I wish you all the best on your new adventure and know that you will touch many lives as you have touched mine.

## Recipes

### **Celery Root and Potato Latkes-** [www.boistfortvalleyfarm.com](http://www.boistfortvalleyfarm.com)

- 1 large celery root (celeriac; 1 1/2 lb), peeled with a knife
- 1 1/2 lb large baking potatoes
- 2 tablespoons fresh lemon juice
- 1 lb onions, quartered
- 2/3 cup all-purpose flour
- 4 large eggs, lightly beaten
- 1 1/4 teaspoons salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground celery seeds
- About 1 1/2 cups vegetable oil
- Special equipment: an absorbent kitchen towel

Put oven racks in upper and lower thirds of oven and preheat oven to 250°F. Coarsely grate celery root into a bowl using the 1/3-inch-wide holes of a box grater. Peel potatoes and coarsely grate into a large bowl. Add lemon juice and toss. Coarsely grate onions into same bowl. Transfer to towel, then gather up corners to form a sack and twist tightly to wring out as much liquid as possible. Return potatoes and onions to cleaned bowl and stir in celery root, flour, eggs, salt, pepper, and celery seeds until combined well. Heat 1/3 inch oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking. Fill a 1/4-cup measure (not tightly packed) with latke mixture and carefully spoon it into skillet, then flatten to 3 inches in diameter with a slotted spatula. Form 3 more latkes in skillet, and then fry until undersides are deep golden, 1 1/2 to 3 minutes. Turn over using 2 spatulas and fry until deep golden all over, 1 1/2 to 3 minutes more. (If latkes brown too quickly, lower heat to moderate.) Transfer to paper towels to drain briefly. Keep warm in 1 layer on a metal rack set in a shallow baking pan in oven. Make more latkes in same manner. Use a second rack and baking pan to keep last batches warm.

### **Parmesan & Parsley Biscuits-** *Bon Appetit December 2003*

- 3 cups all purpose flour
- 3/4 cup grated Parmesan cheese
- 1/4 cup sugar
- 2 tablespoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup (1 stick) chilled unsalted butter, cut into 1/2-inch cubes
- 1/4 cup chopped fresh parsley or chives
- 1 cup (or more) chilled whole milk

Preheat oven to 400°F. Lightly sprinkle heavy large baking sheet with flour. Combine 3 cups flour, 1/2 cup cheese, sugar, baking powder, salt, and pepper in large bowl; whisk until well blended. Add butter and rub in with fingertips until coarse meal forms. Mix in parsley. Gradually add 1 cup milk, tossing with fork until moist clumps form and adding more milk by tablespoonfuls if mixture is dry. Gather dough into ball. Press out on lightly floured work surface to 8-inch round, about 1 inch thick. Using 2-inch-diameter cutter, cut out biscuits. Repeat, gathering and pressing out dough and cutting biscuits until all dough is used. Arrange biscuits on prepared baking sheet. Sprinkle with remaining 1/4 cup cheese.

Bake until biscuits are puffed and light golden and tester inserted into centers comes out clean, about 15 minutes. Transfer biscuits to towel-lined basket and serve warm.

**Sautéed Celery Root with Swiss Chard-** *Bon Appetit, December 1999*

3 tablespoons olive oil

1 medium onion, coarsely chopped

2 garlic cloves, finely chopped

12 ounces celery root (celeriac), peeled, cut into matchstick-size strips

1 pound Swiss chard, stems trimmed, leaves cut into 1/2-inch-wide strips

2 teaspoons fresh lemon juice

Heat oil in heavy large pot over medium heat. Add onion and garlic; sauté 3 minutes. Add celery root and sauté until crisp-tender, about 8 minutes. Add chard; cover and cook until wilted and tender, about 5 minutes. Stir in lemon juice. Season with salt and pepper.