

RED DOG FARM Newsletter



Jay carrying a large bundle of Italian Kale, Summer 2010.
Photo by Sebastian Edgerton

In your share this week:

Carrots

Beets

Root Parsley

Shallots

Red Russian Kale

It's hard to believe it is December already. I can still remember how the fields looked in April, full of promise with little shoots of peas, radishes and spinach emerging. The crops we are harvesting now were just a twinkle in the soil's eye, so to speak. But here we are now, in the maturity of the season, when not only have we reaped what we have sown, but the cold has come and we've had time to reflect on the blessings and the challenges this year has brought with it.

I actually love this time of year. I get to take a deep breath and look around me. I get to use my brain more than my body. I get to move away from my grueling schedule of immediately important tasks and create my own schedule, which includes jobs like pulling out the drip tape, organizing the barn, along with indoor work like creating the 2011 planting plan, and organizing the files. After the late summer to fall haul of labor, labor, labor, the diversity of tasks is enlivening. Whoever would have thought filing would be a reward!? This is also the time of year when the harvest focus is almost solely on the CSA. There are a few more PT markets left, and the restaurants still order some root crops and potatoes now and then, but mostly our harvesting efforts go to bringing you all the farm's abundance.

As you might imagine, with last week's cold, the winter CSA crops have been pared down more than ideal. But still, there is a lot of diversity. The most significant losses are somewhat permanent in that we lost the outer leaves on many of the greens, but thankfully the snow insulated the crowns enough to keep the plants alive. What this means is that, for example, the spinach leaves that we would have been harvesting this week were toasted by the cold, but the plants are still alive and the small leaves tucked in their centers will grow into harvestable leaves in the coming weeks. This time of year things grow slowly, so we may not have spinach until January, but there will be some. For the next month a lot of the greens will be kales, mixes of kales and mustards and any other lively green shoots we can find, and cabbages. Basically, when it comes to cold weather, Brassicas (the family which include kale, cabbage, etc.) trumps all. The Red Russian kale in this week's share is my favorite kale for eating raw. If you slice it thin and dress with a tahini-lemon dressing it is divine! It's also great cooked. It tends to really cook down, like spinach, so use the whole bunch for two people if cooking it up. Hope you enjoy the kale and the rest as well!

Eggs Now Available in PT

I have been offering Maple Grove eggs for sale in my farmstand for the past year. And now the hens are laying plenty of eggs to share with my PT shareholders as well. The eggs are fed organic grain, are pasture raised with no hormones or antibiotics used. They are raised in Center Valley, just a couple miles down the road from Red Dog Farm.

The eggs are not included in your CSA. They will be for sale at the pick-up site for \$5.50 per dozen. They will be in a cooler along with a plastic box for putting your money. Please pay for eggs when you take them. You can pay with exact change or with a check made out to: Red Dog Farm. Hope you enjoy this delicious protein source!

Recipes

Lentil Soup with Parsley Root and Carrots- www.marquita.com

- 1 lb Dried lentils, -washed and drained
- 1/4 c Lard, bacon drippings, -or oil
- 2 Shallots, chopped
- 1 Parsley root, chopped
- 2 med Carrots, sliced
- 1 c Sliced fennel or celery
- 8 c Water
- 1 t Salt to or to taste
- Several whole black pepper-corns
- 2 Whole cloves
- 2 Bay leaves

1 lg Potato, peeled and grated
2 lg Links (or 4 small) smoked -sausage, skin pricked-with fork
2 Tbs vinegar

In a large pot, heat fat and add carrots, root parsley and shallots. Sauté until shallots are golden. Add lentils, water, celery, and seasonings. Grate the potato into the mixture and add sausage. Simmer covered 1 hour until lentils and vegetables are tender.

Remove bay leaves.

Add vinegar just before serving and adjust salt. Serve with a crusty bread and salad.

Serves 4-6

Mashed Potatoes and Parsley Root - adapted from Uncommon Fruits and Vegetables by Elizabeth Schneider

1 lb. parsley root
1 ½ lbs. potatoes, peeled and cut into chunks

Butter to taste

A few Tablespoons hot milk or to taste

S & P (can use white pepper if you like)

Scrub parsley roots with a brush, and then cut into ½ inch slices. Drop parsley root and potatoes into a pot of boiling salted water. Return to a boil and cook until tender – check after about 15 minutes. Drain well. Add butter and hot milk and then mash with an official potato masher. Season to taste with S & P.

Honeyed Beet Quinoa Salad- Fresh from the Farm and Garden by The Friends of the UCSC Farm

6 beets, roasted

1/4 cup honey

1 1/2 cups orange juice

juice of 1 lemon

1/2 cup fruity olive oil

3 cups cooked quinoa, or another grain such as brown rice or couscous

1 cup crumbled feta cheese, or shredded parmesan, or blue cheese

1 cup toasted walnuts or almonds, roughly chopped

1/2 cup chopped basil, cilantro, chives or any fresh herb

1/2 cup chopped Parsley

¼ cup minced Shallot

Red Russian Kale, ribs removed, torn into bite-size pieces

Dice roasted beets and marinate in orange and lemon juice and honey at least one hour.

(Julia's note: I warm up my honey a bit before mixing it in the juices/oil... but don't make it

too hot or it will 'cook' the juice and fruity oil!) Combine with other ingredients except salad

greens. Chill at least one hour to allow flavors to blend. Serve on bed of kale.

RED DOG FARM Newsletter



Ru in the newly cleaned Start Greenhouse.

In your share this week:
Jerusalem Artichokes
Winter Savoy Cabbage
Leeks
Hubbard Squash
Stir-fry Mix
Purple-top Turnips (large only)

The winter rains are here. They leave the fields soaked and the driveway full of puddles, but they recharge our groundwater to help us get through another one of our dry Mediterranean summers. The rain pushes us inside to work on projects in the greenhouse and barn. Sebastian and Jay have been diligently cleaning up the start greenhouse, getting ready for early plantings in its warmer clime. And the various unending organizing and cleaning projects in the barn are on-going.

Yesterday I picked up a book on bulbs from the free box outside William James. Looking through the tulip section, my soul was warmed by the colorful pictures and the reminder that tucked into the earth are 10,000 bulbs waiting to share their colorful splendor in just a couple months. Even though above ground nothing is happening, in the cold dark soil they

are putting out roots and gathering strength. It is always amazing how even while immersed in one season, all around us plans are being made for the next.

Eggs Sometimes Available in PT

Just when I thought the egg supply had leveled out, the hens at Maple Grove have foiled me again. Since the egg supply is very sporadic, just wanted to let you know not to count on the eggs in PT every week. I'll bring them when I can.

Recipes

Hubbard Squash - described as starchy, dry, thick, flaky, floury, melting, nutty and fine-textured winter squash. Hubbards are delicious in soups, pies, mashed, or really any other way you can think of eating it. I love how their dry baked flesh absorbs sauces and gravies.

Breaking into a Hubbard looks intimidating, but is not difficult. There are two methods: put into a plastic bag and drop on the floor, OR using a large butcher knife, push the tip of the knife into the middle of the squash as far as it will go. Putting your left hand (reverse if you are left handed) on the squash above the knife, and your right hand on the handle of the knife, push down on the knife until it reaches the cutting board. Put the knife in the same spot in the opposite direction. Turn it over and do the same thing. Once you have the squash cut in half, scoop out the seeds and remove the stem. To cut up further, always place the flat side of the squash on the cutting board for stability. You can refrigerate cut, uncooked sections for up to a week. Or cook the whole thing and freeze either in chunks or as a puree.

To cook, bake at 375 degrees with the squash skin-side up and a little water in the bottom of the pan. Takes 45 minute to one and a half hours, depending on the size.

Winter Gypsy Soup- Moosewood Cookbook by Molly Katzen, adapted for this week's share

- 3-4 Tbs olive oil
- 2 cups chopped Leeks
- 2 cloves crushed garlic
- 2 cups chopped Hubbard Squash, peeled
- 1/2 cup chopped Celery
- 1 cup chopped Tomatoes
- 2 cups sliced Cabbage
- 1 1/2 cups cooked chickpeas
- 3 cups stock or water

Spice mix:

- 2 t paprika
- 1 t turmeric
- 1 t basil
- 1 t salt
- dash of cinnamon
- dash of cayenne
- 1 bay leaf
- 1 T tamari

In a soup kettle or large saucepan, sauté leeks, garlic, celery and squash in olive oil for about five minutes. Add seasonings, and the stock or water plus tamari. Simmer, covered, fifteen minutes. Add remaining vegetables and chickpeas. Simmer another 10 minutes or so - until all the vegetables are as tender as you like them.

Mashed Winter Squash

Hubbard Winter Squash
Cream or Orange Juice

Optional:

1 TBSP butter
1 tsp brown sugar
1/4 tsp salt
1/4 ginger

Bake the squash at 375 degrees until tender. You may add the optional ingredients to every one cup of squash or skip this step. Beat well with enough warm cream or orange juice to make it a good consistency. Place in a serving dish. Sprinkle with raisins or nut meats or crushed pineapple if desired. Jerusalem Artichokes (aka Sunchokes), delicious, nutritious potato substitute. Can be eaten raw or cooked. For those who tend towards flatulence, cooking is recommended. J. Arts are made up of a really complex chain of carbohydrates, making it an excellent food for those with blood sugar issues, but also resulting in difficulty breaking down in the digestive system. My favorite way to prepare them is to slice them thin (no need to peel) and sauté in olive oil with a little salt. They also make a great scalloped potato dish, either with half potatoes or just J. Arts alone.

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In your share this week:
German Butterball Potatoes
Horse Radish
Carrots
Celeriac
Red Bor Kale
Brussels Sprouts (large only)

A trio of white-bodied Trumpeter Swans floated gracefully through the sky during a blue-sky moment. The sight was breath-taking and emblematic of winter in Center Valley.

The winter draws me to think of the wildlife around the farm. The trimmed down landscape causes the birds to stand out more, their efforts at survival heroic in the cold and wet.

Rupert, my dog, would love nothing better than to bark at coyotes all night long. They seem to travel through the fields periodically, their cries originating from near the creek, farthest from human settlement.

Today, the certifier from Salmon Safe came out for the site visit. In applying for this certification, a producer has to demonstrate that all farm practices have minimal negative impacts on wild salmon as well as enhance habitat. They look for things like erosion control, no excess fertilizers or manure running into the creek, conservation irrigation practices and more. From the visit today, it seems that Red Dog Farm will easily qualify. Not

only do we practice creek-protective measures in the vegetable fields, we also recently received funding for the Conservation Resource Enhancement Program (CREP). CREP provides funding for planting trees along salmon-bearing creeks, fencing out livestock, providing alternative water for livestock, as well as maintenance for several years. It's an amazing program and I feel lucky to be able to take advantage of being able to protect salmon, all while enhancing the diversity and beauty of the farm. Stay tuned for a tree planting party this winter!

Recipes

To make Horseradish Sauce, first peel the root. I use a spoon so as not to waste much. Then either chop into small pieces or grate before adding to your food processor. I find that the root is too tough to add in large pieces. Add a little white vinegar or lemon juice. The vinegar helps to preserve the heat in the horseradish and aids in pureeing it. Add some salt and a little sugar, if desired. Some people like to add in sour cream for a creamy sauce. I like just lemon juice and salt, personally. Watch out as you prepare this as the root can be very powerful for the eyes and lungs.

Horseradish is so spicy because when cut or grated, enzymes from the damaged plant cells break down to produce a volatile oil, which irritates the sinuses and eyes. This means that any exposed parts of the horseradish will not be hot (that's why it never smells hot, until you cut into it). To preserve the heat, either grate it fresh each time you use it, or stored the grated or pureed root in vinegar or lemon juice. Heating will also destroy the heat, so keep it cool. This stuff can really clear out your sinuses- great to have on hand this time of year!

Portuguese Chorizo and Kale Soup- www.foodnetwork.com, adapted for this week's share

- 1 tablespoon extra-virgin olive oil
- 2 medium Butterball Potatoes, peeled and diced
- 1 medium onions (or Shallot or Leek), chopped
- 2 to 3 cloves garlic, chopped
- 1 bay leaf, fresh or dried
- ½ pound Red Bor Kale, coarsely chopped
- Coarse salt and pepper
- 1 (12-ounce) can garbanzos (chick peas), drained and rinsed
- 1 can diced tomatoes
- ½ pound diced chorizo sausage, casing removed
- 1 pint chicken broth
- Warm, crusty bread

Heat oil in a deep pot over medium high heat. Add potatoes and onions, cover and cook 5 minutes, stirring occasionally. Add garlic, bay leaves, and kale to the pot. Cover pot and wilt greens 2 minutes. Season with salt and pepper. Add beans, tomatoes, chorizo, and broth to the pot and bring soup to a full boil. Reduce heat back to medium and cook 5 to 10 minutes longer or until potatoes are tender. Serve soup with hunks of crusty bread and butter.

Horseradish Mashed Potatoes & Celeriac- www.viroquafood.coop

- 1 lb. celeriac, peeled & cut into small chunks
- 1 lb. potatoes, scrubbed & cut into medium chunks
- 1 bay leaf

4 cloves garlic, peeled
1 c. heavy cream
4 Tbsp. butter
2 tsp. prepared horseradish
Salt & pepper to taste

Combine celeriac, potatoes, bay leaf, & garlic in medium saucepan with water to cover; boil until just tender, about 20 minutes. Drain, remove bay leaf, & return vegetables to pot. Add cream, butter, & horseradish. Mash & season with salt & pepper.
Makes 4-6 servings.

RED DOG FARM Newsletter



Farmstand front door dressed up for the holidays.

In your share this week:

Stir-fry Mix
Pie Pumpkin
Black Radish
Shallots
Rutabaga (large only)

Solstice! Happy Holidays! I hope everyone is enjoying this dark time of year with good food, good friends and good cheer. This can also be a hard time of year for many; the long, dark days; the cold, wet weather; family stress all contribute to making it hard to keep your head up. What I have found is most helpful is number one: continue to eat well. Eat lots of leafy green vegetables and orange and red vegetables, like carrots, squash, pumpkins, yams, etc. And number two: get plenty of exercise, preferably out of doors. For those of us who are used to spending a lot of time outside, the winter can cause us to retreat and spend a lot more time inside, and for me, in front of the computer. So, I have found that making an effort to go out for walks (with friends is best!) really goes a long way toward keeping me healthy.

These days on the farm are definitely mellow. Sebastian is the lonely remaining crew member. He works tirelessly to pull in drip tape and black plastic still left in the field, and organizing and cleaning the barn on really unbearable days.

Last week, we had an exciting day when we sold over 1000 pounds of shallots to several CSA programs and home delivery services. Nash's farm helped us with the delivery, since they make a weekly trip to Tacoma anyway. We had a rendezvous point, several invoices to manage, and 40 25# boxes of shallots to keep track of. We all started calling it The Great Shallot Pass-Off of 2010! It was definitely a relief to move through our bumper crop of shallots, and to bring in a little extra cash before the end of the year. Yay shallots!

Recipes

Baked Pumpkin with Honey and Shallots

- Pie Pumpkin
- 1 Shallot, sliced
- 2 Tbs. butter
- 2-4 tsp honey
- Sea salt

Preheat oven to 350 degrees. Cut the pumpkins in half, remove the seeds and stem. Place cut side up in a baking dish. Place ½ of the shallots, 1 Tbs. butter, and 1-2 tsp honey in each half. Sprinkle with sea salt. Add half inch water to the pan (under the pumpkin). Bake for 40 minutes, or until tender. Serve for breakfast lunch or dinner. Very soothing, delicious, and full of vitamins.

What is a Black Radish?

Black Radish, also called Spanish Radish or Nero Tondo, is a large radish with a black skin and white interior. They have a sharp, hot flavor, and a firmer texture than ordinary radishes. They are loved throughout the world (apparently very much so in Russia) because of their long storage capacity. Which is not to say that you should let yours languish in the crisper drawer all winter! Your fridge is not the best long-term storage environment, unfortunately, so you'll have to eat them in the next month. They are delicious substituted for turnips in any roast or soup recipe. They are also delicious raw. If you like the bite, then some people eat them like apples, or thick slices. For most of us, grated raw black radish is more appealing. You can grate them onto any salad or slaw.

Russian Black Radish- www.chowhound.chow.com

- 1 lb. Black Radishes, peeled and grated
- 3-4 green onions, minced
- 1 Carrot, grated
- ½ cucumber, diced
- Sour cream (not mayo) enough to cover evenly

Mix all ingredients well. Serve either as a salad or as an appetizer, with bread or crackers.

Radish Slaw- www.mariquita.com

- 2-3 black Spanish radishes, scrubbed and grated
- 3 cups finely shredded cabbage
- 1 cup coarsely grated carrots, any color

1/2 cup thinly sliced green or red onion
2 tablespoons fresh lemon juice
1/2 teaspoon sugar
2 tablespoons olive oil
2 tablespoons finely chopped fresh parsley, cilantro, or mint leaves

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the herb, and salt and pepper to taste.

Roasted Potatoes with Shallots and Sage- www.boistfortvalleyfarm.com

4 tablespoons (1/2 stick) butter
2 Tbsp chopped fresh sage
2 pounds medium-size red-skinned potatoes, scrubbed, quartered
1-2 shallots, peeled and sliced

Preheat oven to 375°F. Cook butter and sage in small saucepan over medium-heat until butter simmers and is well flavored with sage, about 4 minutes.

Toss potatoes with 2 Tbsp sage butter in bowl. Sprinkle with salt and pepper. Transfer potatoes to baking sheet. Bake 20 minutes.

Toss shallots in same bowl with 1 tablespoon sage butter. Season with salt and pepper. Add shallots to baking sheet. Roast until potatoes and shallots are tender and golden, turning occasionally, about 35 minutes longer.

Transfer potatoes and shallots to large bowl. Add remaining sage butter; toss. Season with salt and pepper.

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Rupert Dandelion, Red Dog Farm namesake.

In your share this week:

Purple Carrots
Parsnips
Cabbage Leaves
Leeks
Red Ace Beets
Turnip Greens (large only)

It's the end of the year already. Wow! 2010 has been good to Red Dog Farm. It's been a year of many blessings as well as challenges. Accomplishments have been many. Physically, we put up two new greenhouses and built a permanent farm stand. The robust crew topped out at over 11 folks on some days in the height of the season. We harvested tons and tons of super healthy food for the community. The CSA program operated under a new system of 2-month-long sessions and was a huge success. The farm set its own new record for farmers' market sales. We broke ground a new four-acre field.

Challenges from 2010 included the cool weather, especially in spring and fall, and the resulting crop failures and/or failing to thrive of many crops. Another was that I had to learn how to be more of a "boss" with such a large crew and there were some growing pains along the way. Financially, I started working with a business advisor. The process of looking at the long-term sustainability of the farm has been both challenging and rewarding.

Looking forward to 2011 there is much to be excited for. I am currently in the process of hiring a new Field Crew Manager. The pool of applicants is phenomenal so it will be a hard

choice. I am really looking forward to refining the farm in many small ways to make it more efficient, profitable and sustainable. These include everything from re-structuring the manager position to analyzing crops and markets that are paying and those that aren't. I am also hugely looking forward to no major building projects this year! Just going to focus on the farming aspect and other than lay some irrigation lines and barn roof drainage. It will be delightfully mellow in that aspect.

Thanks to all of you for being a part of Red Dog Farm for 2010! Best wishes to you and your family in the New Year!

Recipes

In the south they eat collard greens for the New Year. The large round shape of the leaf is said to bring wealth in the coming year. Well, the collard greens look like hell after the cold we had, but the cabbage leaves are gorgeous! I got the idea of bunching cabbage leaves from Nash's Farm in Sequim. They were selling them to restaurants all last winter. Cabbage leaves in fact are delicious. Eat them like kale in sautés, soups, or trying making cabbage leaf rolls. A little bit of superstition to start the year off never hurt anyone, and certainly a bowlful of healthy vibrant greens can't do you any harm. I don't have a substitute for the black-eye peas that are said to bring luck, so you'll have to stop by the co-op for those.

New Year's Black-eyed Peas and Cabbage Leaves

- 1 cup black-eyed peas, picked over and washed
- 6 cups water
- 1/4 cup chopped red bell peppers
- 1/4 cup chopped green bell peppers
- 1/2 cup leeks, chopped
- 1 teaspoon crushed red hot pepper
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 2 pounds ham hocks
- 1 bunch cabbage leaves or 1 bunch Turnip Greens, coarsely chopped
- 1 tablespoon red wine vinegar

Place the black-eyed peas and water in a large slow cooker; turn to high, and cook 2-3 hours or until the peas are almost done. Add the red and green bell peppers, onions, crushed red pepper, salt, pepper, and ham hocks. Turn the slow cooker to low and cook four hours. Remove the ham hocks; cool and remove any meat. Stir in the meat and chopped collard greens. Cook one hour on low; stir in the vinegar, and serve.

Vegetarian Cabbage Rolls

- 1 bunch Cabbage Leaves
- 1 Tbsp. olive oil
- 3 cloves garlic, chopped
- 28 ounce can of tomato puree
- salt and pepper to taste
- 1 egg, beaten
- 2 cups leftover brown rice
- 3 large Carrots, peeled and chopped pretty fine
- 3 large ribs of celery, cleaned and chopped fine

3/4 cup of crumbled feta

Steam or boil the cabbage leaves for five minutes. Set aside. Heat a sauce pan over medium high heat; add the oil and quickly sauté the garlic. Don't try to caramelize it; just a quick sauté and then add the tomatoes. Reduce heat and simmer until needed. With a sharp knife shave off any thick stems on the cabbage leaves so they don't break your rolls. Mix the remaining ingredients together, tossing gently to combine. Divide the filling by the number of leaves you have. Lay a leaf flat on your work surface. Place the filling in the center and fold the left and right sides over fold the side closes to you over and roll on up. Repeat until you have used all the cabbage leaves. Place each roll in a 9x13 pan. Cover with the tomato sauce. Cover with foil and bake for 45 minutes.

Purple Carrot, Snips, Beets and Leeks Roast

Chop all the vegetables. Toss with olive oil, salt and pepper, then arrange in a single layer on a greased baking sheet. Bake at 350 degrees for one hour, or until tender. Serve with ketchup or salsa.

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Pie pumpkins in their glory days.

In your share this week:

Rutabaga
French Fingerling Potatoes
Celeriac
Blue Hubbard Squash
Deadon Cabbage

The bright sunny days have truly been lifting my spirits, as I imagine they have for all of you as well. Coupled with the increasing daylight, it feels like we are well on our way toward spring. The sunny, clear days of the past week has also meant very cold temperatures here at the farm. The soil is a frozen brick, solid a good two inches deep in the ground. Needless to say, it isn't easy to drive a shovel in that hard ground. Other complications from the cold are that the leaves are frozen solid and not harvestable in that state (touching the greens while they're frozen causes the cell walls to burst; better to let them thaw naturally) and the

water pipes are frozen up. Having free-flowing water is a combination of preparation, patience, and timing. So, you will notice that this week's share highlights mostly storage crops. We pulled everything from storage, except the cabbage. And actually, as of 8 p.m. Tuesday night, we haven't yet harvested the cabbage. But I am hopeful that tomorrow they will be defrosted enough that we can quickly pull some in for your shares.

I haven't really talked about the content of the winter shares much this year. This year has proven to be different from other years, just as every year is different. Of course we lost a lot of greens early on. But we still have ample kales (smallish leaves) and cabbages. Brussels sprouts were a total crop failure this year. We got a few harvests; enough to give to the CSA's a couple times, but not enough to fulfill the Co-op contract. Then the little that was left got frozen out in the early cold spell. Potatoes did really well this year. As did all the roots. The shallots were a huge success- much needed after last year's disastrous storage onion experience. Winter squash were a mixed bag. The Hubbards and pie pumpkins did exceptional and are holding up well in storage. The delicata and acorn did not fare so well however. Yields were way down, and we lost so many of them in storage over the last 2 months. My strategy was to get rid of them as quickly as possible because they just weren't keeping. I think the cold, wet season filled their flesh up with excess water, which caused them to mold faster in storage.

So, all in all, I feel like this has been another great year. Not perfect. Not even ideal. But, really a great bounty from the field. As a farmer, I have to accept the abundances and the shortages of every year. And I truly appreciate that you as CSA members sign up to also share in those same booms and busts.

Thank you for the Surveys

Thank you! Thank you! I have received so many completed 2010 CSA surveys. I can't thank you enough for taking the time to share your thoughts with me. I really appreciate all your enthusiasm and support. That always feels good! I equally appreciate the suggestions on how to improve. That's sometimes harder to hear, but much needed. And I love all the new ideas you share with me- new crops to try, new marketing ideas, and more. You all really help keep me on my toes, and the CSA improves every year due to your comments. Thank you!

For those who missed the 12/31 survey deadline, please know that it's never too late to share your comments and make suggestions. I am always open to hear how the CSA is working for you. Feel free to email or call anytime.

Recipes

Hope's Hubbard Squash Suggestion

- Hubbard Squash, roasted
- Sage leaves
- Olive oil
- Goat cheese
- Onions (or Shallots)
- Garlic, minced

Roast squash and then cube it (remove skin). Fry sage leaves in some olive oil until fragrant. Caramelize onions (separately from sage). In a large bowl, toss the cubed squash

with the fried sage leaves, caramelized onions, fresh garlic and goat cheese. Use as a topping for pizza or stuffed in calzones. Incredible.

Fingerling Potato, Celeriac, Rutabaga Roast

The above ingredients, plus:

Olive oil

Salt and pepper

Shallots or onions or leeks

New Moon cheese (optional)

Slice the veggies into the same size pieces. Toss in olive oil, salt and pepper. Roast at 375 degrees until tender. Turn on the broiler at the end if you want them a little crisp (keep a close eye as they will burn quickly). Sprinkle with grated New Moon cheese or any jack will do). Especially delicious with ketchup or a sprinkle of vinegar.

Tart Apple and Celeriac Salad- <http://www.guardian.co.uk>, Americanized by Karyn

½ cup quinoa

1 cup water

3 tbsp white-wine vinegar

2 tbsp cane sugar

1 tsp salt

1 red onion, peeled and sliced very thinly

5 Tbs. olive oil

1 lb. celeriac

5 Tbs. lemon juice

2-3 granny smith apples

2 tsp poppy seeds

1 red chili, sliced thinly on an angle

¼ cup cilantro leaves, roughly chopped

Cook the quinoa in the water until done. Meanwhile, put the vinegar, sugar and salt in a medium mixing bowl and whisk to dissolve. Add the onion and, using your hands, rub the liquid into it. Add the olive oil, stir and set aside to marinate.

Peel the celeriac and julienne. Place these at once in a large mixing bowl, along with the lemon juice, and stir well – this will help prevent discoloration. Quarter the apples, remove and discard the cores, and cut the fruit into matchstick-shaped pieces similar to the celeriac. Add the apple to the celeriac bowl and stir well, so it, too, gets a protective coat of lemon juice. (The apples and celeriac can also be cut using a grater or a food processor.)

Drain the apples and celeriac. Add the onion and any juices from its bowl to the apple and celeriac mix, then stir in the cooked quinoa, poppy seeds, chili and cilantro. Taste and add extra salt, sugar or vinegar, if you need them – you're aiming for a pungent, sweet and sour flavor.

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Snowy Farm

In your share this week:

Carrots

Beets

Shallots

Pie Pumpkin (large only)

Root Parsley (large only)

With winter storm #3 well under way, lately it's been hard to believe this is the Pacific Northwest I have known all my life. We've had frozen ground since Sunday at the farm, and the only reason there is any produce at all this week is due to Sebastian being able to come out and do some harvest Monday afternoon. When the ground is frozen for days at a time, the freeze creeps lower and lower, turning the soil into a rock hard brick. So, it is impossible to dig roots in these conditions. Additionally, with air temperatures below freezing, the leaves are blocks of ice and we can't harvest them without damaging their cell walls. And, to throw a third wrench into the mix, the pipes are frozen solid and getting them freed up to be able to wash produce is an art in itself. The last straw is the physical barrier of the snow. I had hopes, however small, that this morning if the snow had turned to rain in the night and if the temperature was above freezing, we might be able to kick into high gear and harvest some kale leaves, or at least some cabbage for your shares. But, no. 4" of

snow stopped that idea in its tracks. So, the result this week is that the shares have no greens, and very skimpy shares for the small. I'll make it up to you next week, providing that the weather cooperates, of course!

This past week, in addition to complaining about the weather, I have been spending time getting the CSA brochure finalized, interviewing potential Crew Managers and compiling 2010 financials for taxes, etc. So, I've been inside a lot, which has been a good place to be. Sebastian has been helping a lot with interviewing, and of course harvesting in the short afternoon windows of above freezing temperatures.

Luckily, this next week looks like back to normal with steady 40 degree temperatures and rain, rain, rain. For today, it sure is breath-taking to look out over the snow-covered farm and Center Valley. Happy snow day!

Recipes

Baked Shallots- *based on Katie E.'s recipe*

- 3 medium size Shallots
- 1 ½ cups beef stock (veggie works too)
- Ground sage leaves
- Olive oil
- Salt and pepper
- Parmesan cheese

Grease a muffin tin with olive oil. Clean the shallots, removing skin, and cut in half. Place one half shallot in each slot of the muffin tin. To each slot, add a pinch of sage, and a dash each of salt and pepper. Pour stock over the shallot until each slot is 2/3 way full. Sprinkle grated parmesan cheese onto each shallot. Bake at 350 degrees for 45 minutes. Broil for a couple minutes longer, until cheese is browned. Serve immediately with crusty bread. Yum!

Roast those roots!

Carrots, Beets, Shallots, Root Parsley, anything else swimming in the bottom drawer of your fridge.

Toss with olive oil, salt and pepper.

Roast at 375 degrees until tender. Grate cheese on top a couple and return to oven to melt. Serve with ketchup, salsa or chutney. Eat 'em up!

North African Carrot Salad- *Tufts University Health & Nutrition Letter*

- 2 Tbs. lemon juice
- 1 small minced garlic clove
- 1 tsp. ground cumin
- ¼ tsp salt
- Pepper to taste
- 3 Tbs. olive oil
- 2 cups grated Carrots
- 8 oz. can chick peas, drained
- 2 Tbs. chopped fresh parsley
- 2 Tbs. chopped scallions

Whisk together the first 5 ingredients. Gradually whisk in the olive oil. Add the remaining ingredients. Toss well to coat. Serve immediately or chill first. Keeps for up to 2 days in the fridge.

Pumpkin and Parsley Root Stew

- 1 pie Pumpkin
- Olive oil
- 1 lb. Shallots, chopped
- 1 lb. Potatoes, chopped
- 1.3 lb. Parsley Root, chopped
- 1 cup water
- 1 tsp. dry Sage, crumbled
- ¼ tsp. chili flakes
- ½ tsp. salt

Roast the pumpkin. Let cool a couple minutes, then scoop out the flesh. Meanwhile, in a soup pot, sauté the shallots in olive oil until tender. Add in the potatoes, parsley root, pumpkin, water, sage, chili flakes, and salt. Cover and simmer until tender, about one hour. Keep an eye on it, adding more water to prevent sticking, if necessary. Serve with rice or bread.

RED DOG FARM Newsletter



Digging Carrots

In your share this week:

Yukon Gold Potatoes
Leeks
Celeriac
Parsnips
Stir-fry Mix
Cabbage leaves

It's hard to believe that this time last week the ground was covered in snow. Now, it feels like we are making a beeline to spring. I hope everyone is enjoying the longer days and warmer weather!

Session 5 Ends Soon!

After today, one more week to go for the CSA! The last pick-up date is January 26th. I personally am looking forward to a much-needed break. For those of you not looking forward to the end of Session 5, read on for upcoming vegetable opportunities.

2011 CSA Brochure Hot Off the Press

Finally, the Red Dog Farm 2011 brochure is done and ready for public viewing. This year is going to be great! (As usual, of course.) 2011 CSA program is almost identical to 2010, with a few exceptions. Session 5 will be every-other week delivery instead of weekly. And, there's an extra week in Session 4, which is why the cost is slightly higher than in 2010). Otherwise, the cost is the same. I have taken all your suggestions to heart in terms of produce likes and dislikes, etc. And, I am constantly tweaking my planting amounts, dates, and production methods to ensure the most variety and highest quality produce for you. Hard copies of the brochure are available at the pick-up sites, the PT Food Co-op, Jefferson County Library, Chimacum Post Office, and On Common Grounds Café in Chimacum. Attached to this email is a pdf of the brochure. The pdf will also be up on my website shortly. Please let me know if you want more hard copies of the brochure. I have many of them and would love help with distribution. If you have any ideas of where to place them, I'd love to hear from you.

Thanks for considering signing up for the CSA Program for another farm season with me!

Dog Bones- for you, not your dog (unless your dog likes vegetables)

The 2011 Dog Bones Program has been slightly revamped to reward those who make more of an investment in the farm. See the brochure for more details, but basically the discount ranges from 0- 15%, depending on the amount your purchase at one time. I've gotten a lot of really positive feedback about the Dog Bones, so rest assured, they are here to stay!

Stock up on Potatoes for Feb and March

I have an abundance of large Yukon Gold potatoes and am offering bulk quantities for the last CSA pick-up January 26th. Here are the offerings: 5lbs \$8; 10 lbs. \$14; 25lbs \$30; 50lbs \$45. They will keep into May as long as you have dark storage for them. If you are a potato lover, consider going in on a large quantity with a friend. To place your order, call or email by Tuesday, January 25th. Contact info is at the bottom of this newsletter. They will also be for sale at the Co-op and the Farmstand in smaller quantities over the next couple months.

Farmstand Still Going Strong

After the CSA ends next week, rest assured that the Red Dog Farmstand is a sure bet to pick up your produce. We still have potatoes, all the weird root vegetables, carrots- purple and orange, beets, some greens, shallots, cabbage, a few squash and pumpkins, plus eggs and beef. The store hours are 8am to 8am 7 days a week. It's self service, so stop by to pick up your local winter staples.

Eggs in PT This Week

There will be eggs for sale at the PT pick-up site this week. \$5.50 per dozen, cash or checks made payable to Red Dog Farm.

Recipes

Root Vegetable Patties

- 1 cup grated Parsnips
- 1 cup grated Celeriac
- 1-2 Leeks, diced
- 2 cups grated Yukon Gold Potatoes

Handful fresh parsley leaves
2 Tbs. flour
1 egg, beaten
Salt and pepper to taste
¼ cup canola oil

In a large bowl, combine all the ingredients except the oil. Heat some oil in a skillet. Drop the patty mixture by the spoonful and flatten slightly. Cook until browned on both sides. Serve for breakfast with eggs, as a side dish, or snack. Good way to use up any other roots you have lying around as well.

Curried Parsnip Fries

1 lb. Parsnips
½ tsp. Curry powder (bulk at the Co-op)
1 Tbs. Coconut oil
Salt to taste

Cut the parsnips into carrot-stick shapes. Melt the coconut oil. In a bowl toss the parsnips with the curry powder, salt and oil. Spread out on a baking sheet. Bake for 20- 30 minutes at 350 degrees.

Southern Greens- www.allrecipes.com

For those of you who love dark leafy greens and already know your favorite way to prepare, this is not for you. For those who just can't seem to embrace the pungent bitterness of kales and cabbage leaves, you might like them cooked in the Southern style, which is to say well-cooked. Long cooking times reduce the nutrient value some, but make the greens much more palatable (the ham hock doesn't hurt, either). If you've been having a hard time getting behind the winter greens, give this recipe a try.

3 cups water
¾ lb. ham hock
2 lbs. Greens (Cabbage leaves, Stir-fry Mix, kale, collards, mustards, etc.)
¼ tsp. crushed chili flakes
2 Tbs. vegetable oil
Salt and pepper to taste

Cook the ham hock in the water for 30 minutes. Add the greens and chili flakes. Cook for 2 hours. Add the vegetable oil. Cook for 30 minutes more. Traditionally served in a heaping bowl with cornbread.

RED DOG FARM Newsletter



Transplanting salad mix in the greenhouse

In your share this week:

Mixed Kales
Cabbage
Purple Carrots
Rutabaga
Beets
Shallots
Orange Carrots (large only)

Well this is it; the last CSA share of the 2010-2011 season! I hope you all have enjoyed being CSA members. I have certainly enjoyed growing your food. Thanks for the opportunity. Hope you will consider signing up again for next season.

This past week has felt like the official beginning to the new season. We spent all day last Thursday seeding onions, leeks and shallots into flats in the start greenhouse and transplanting salad mix lettuce into the soil in the second greenhouse. And, I just hired the new field crew manager for 2011! Laura Llewellyn has been farming since 2005. She's worked on a number of farms in the Puget Sound area and brings great enthusiasm and knowledge to Red Dog Farm. I'm really looking forward to working with her this season.

Session 1 2011 begins April 6th. Don't miss out on the first session's vibrant greens and tulips, plus the opportunity to save 20% by committing to all five sessions. For more information, check out our website at www.reddogfarm.net or pick up a brochure at the Port Townsend Food Co-op.

Eggs in PT Again This Week

There will be eggs for sale at the PT pick-up site this week. \$5.50 per dozen, cash or checks made payable to Red Dog Farm.

Recipes

Sausage, Kale and White Bean Soup- www.allrecipes.com

- 1 cup dry navy beans
- ½ lb. Kale, rinsed, stemmed and chopped
- 1 Tbs. olive oil
- 1 lb. spicy linguica sausage
- 1 cup chopped Shallots
- 4 cups chicken broth
- Salt and pepper to taste
- ½ tsp. hot sauce

Place the navy beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight. Drain and rinse before using. Cook the soaked beans in a pressure cooker in 4 cups of water for 25 minutes. Use the natural release method to release pressure. Do not drain. Bring a separate pot of salted water to a boil. Add the kale and simmer until kale is bright green and tender, about 2 minutes. Drain in a strainer, and cool under cold running water. Set aside. Heat olive oil over medium heat in the soup pot. Brown the linguica slices on each side, about 5 minutes. Remove from the pot with a slotted spoon and set aside. Add shallots to pot and cook until soft, about 3 minutes. Pour in a splash of chicken broth and scrape up any browned bits of sausage. Return the sausage to the pot along with the beans and their cooking liquid. Stir in the chicken broth. Bring soup to a boil, reduce heat to low, and simmer uncovered for 15 minutes. Add the kale and cook about 4 minutes longer. Season with salt, pepper, and hot sauce to taste.

Cabbage Serving Suggestion

I went to a friend's for lunch the other day. She made simple tacos and the best part was the slaw to put on the tacos. One of my cabbages shredded, a squeeze of lime, and a little cilantro, if you have it. Perfect. Adds fresh zest to the meal without having to buy out of season tomatoes. Give it a try.

Carrots and Rutabagas with Lemon and Honey- [Bon Appétit](#), November 2001

- 1 1/4 pounds rutabagas, peeled, cut into slender strips
- 1 pound carrots, peeled, cut into slender strips
- 1/4 cup (1/2 stick) butter
- 1/4 cup fresh lemon juice
- 3 tablespoons honey
- 1 teaspoon grated lemon peel
- 1/2 cup chopped fresh chives

Cook rutabagas in large pot of boiling salted water 5 minutes. Add carrots and cook until vegetables are tender, about 6 minutes. Drain. Melt butter in large pot over medium-high heat. Add lemon juice, honey, and peel. Bring to boil. Add vegetables; cook until glazed, stirring occasionally, about 6 minutes. Season to taste with salt and pepper. Remove from heat. Mix in fresh chives.