

# RED DOG FARM Newsletter



*Bundled up farmers - Karyn and Laura - dig delicious winter leeks yesterday!*

## **In your share this Week:**

Delicata Squash  
Red Potatoes  
Parsnips  
Jerusalem Artichokes  
Purple Carrots  
Green Mustard  
Leeks  
Spinach  
Escarole  
Cabbage  
Buttercup Squash (large only)  
Baby Mizuna (large only)  
Brussels Sprouts (large only)

It's a good thing our spinach leaves are semi-savoyed (savoy spinach simply means the leaves are crinkled and curly). And I say it's a good thing because if it weren't for its crinkles, we may not have been able to find the spinach as we harvested at dusk and the varied texture aided in letting our hands determine the weeds from the spinach! As you know, the dark is creeping in earlier each day, and yesterday the four of us raced the setting sun to make sure we could complete harvesting eight crates of the delectable green! "Let's aim for eighty percent weed-free and try to pick up the pace," Karyn directed as we quickly cut and sorted. Luckily, it was all harvested right in the nick of time! I'm told I should be especially grateful for our spinach this time of year. As I (Erin) am new to the farm, I wasn't aware of how other season's harvests compare. Apparently the spinach harvest was completely finished the beginning of November in 2010! Yay for warm(ish) winters!

When I say warm(ish), however, I am referring to temperatures between 30 and 40 degrees. A pretty cold office as far as office jobs go. Granted my office, may look a little different than most - beautiful mountain views, rays of sun shooting through gray clouds, rich, black soil clinging to my boots - ahhh, glorious. But it's also pretty darn cold. My daily "farm uniform" consists of purple spandex pants, wool socks, fleece boots liners, carhartts, a t-shirt, long-sleeve shirt, wool sweater, heavy fleece lined, carhartt jacket, fleece hat, Xtra-tuff neoprene boots. It's a lot of layers, but I still think I prefer it over nylons, a skirt and high heels.

Besides the extra layers, we farmers have a few other tricks in our bag for keeping our fingers warm as we harvest. Of course there's the ol' stand-by of blowing warm air on your cupped hands. Also, the ol' hands in the arm-pit trick. Or if you're really brave, on the neck (if you don't mind a muddy neck). Then there's one that Laura told me about recently which is to flex your hands straight down by your sides while shrugging your shoulders up and down as quick as you can enticing blood-flow to your finger tips. Works pretty darn good. I also would recommend the warm water soak when things get really bad. And by really bad I mean that no matter how much you tell your hands to twist that twisty-tie around that kale bunch, they just won't listen! Make sure the water's not hot though or it feels like you're killing all nerve endings in your hands! Clever Joel turned up to work yesterday with a metal water bottle containing hot water. After harvesting 62 heads of escarole, my fingers wrapped around that little gem and thought they were in heaven.

Us Red Doggers hope each of you are all finding ways to enjoy your darker, colder days! Surely, this fine box of veggies will bring inspiration and joy!  
-Erin

**Thanks Laura!** We say a hearty "See ya later!" to Laura this week as she heads away from the farm the next two months to take a long winter break. Laura (pictured right above) is our stellar field crew manager on the farm. Lucky for us, she is returning for next season in February! She plans to spend the winter collecting fiber materials and

weaving more baskets to sell in our farmstand, among other places. She also plans to fit in time to read novels, watch movies, sleep in, and make waffles. We will really miss Laura's expertise and enthusiasm on the farm over the winter!

### **Storage Tips:**

Your share is designed to last you two weeks and we hope it does! If you go through it faster, consider switching to a large share. Here are some ideas on how to make the produce last longer:

**Squash-** store 40- 60 degrees in a dry spot. An unused bedroom, a low cupboard, and the garage are all ideal spots. If you plan to use within a week or two, it's fine to leave sitting on your kitchen counter.

**Potatoes-** 35- 55 degrees with medium humidity. If you have an insulated shed or garage, this would be best. Potatoes require total darkness so they don't sprout or turn green. The fridge can also work well. If putting them in the fridge, be sure to put in a plastic bag, partially open.

**Parsnips-** Best in the fridge in a partially open plastic bag. Can also be kept in an insulated shed or garage. If stored out of the fridge, do not put them in a plastic bag, instead put them in paper, cloth, or a well ventilated plastic crate. Can keep for up to a month.

**Jerusalem Artichokes-** Same as parsnips.

**Carrots-** Same as parsnips.

**Mustard greens-** These are more perishable and will be best if eaten within one week, but will still be fine at a week and a half for cooking. When you get home, make sure they have some visible moisture on the leaves, if not, swish the bunch in a sink full of cold water. Let drain and put in a plastic bag, remove the twist tie and leave the top of the bag partially open. Store in the fridge.

Leeks- Same as parsnips.

**Spinach-** The bag that your spinach comes in is 100% cellulose, made from tree fiber. It is very breathable and is the ideal way to store cut loose greens. Feel free to save it and re-use for other produce after the spinach is gone. Keep the twist tie on and store in the fridge. Plan to use within a week, or a week and a half at the most.

**Escarole-** Same as mustard greens. If re-dunked again every 5-7 days, it may keep up to three weeks.

**Cabbage-** They didn't send these babies on year-long voyages for nothing- cabbages store wonderfully! Store the same as parsnips. They can keep for months uncut. You may just have to peel some outer leaves if you do keep them that long. Even cut open, they will keep at least a month.

**Baby Mizuna-** Same as spinach.

**Brussels sprouts-** Same as parsnips.

## Recipes

### Baked Pasta with Winter Squash and Escarole

Serves: 4

#### Ingredients:

- 8 ounces whole grain pasta
- 1 1/3 cup ricotta cheese
- 4 cups raw escarole
- 1/2 cup minced onion
- 2 cloves garlic, minced
- 2 cups cooked and pureed winter squash, any variety
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon salt
- a little oil
- 1/4 cup grated parmesan

#### Preparation:

1. Heat oven to 375 degrees.
2. Cook pasta according to package directions; drain.
3. While pasta cooks, combine ricotta, escarole, onion, garlic, squash, nutmeg, salt and pepper to taste. Add drained pasta to ricotta mixture.
4. Coat a 9- or 10-inch baking pan with oil and place mixture in pan. Top with parmesan and bake for 20 minutes. Turn oven to broil and cook for 1 to 3 minutes until top is bubbly and brown. Serve immediately.

### Jerusalem Artichoke, Spinach, Leek Salad

*Raw, Jerusalem artichokes (also called sunchokes...or - at Red Dog Farm - "J-Chokes") are a delicious tuber similar in consistency and texture to potatoes, but are a little nuttier and sweeter in flavor. I usually recommend lightly sautéing or steaming them (not too long, or they get mushy), but the other night I had a salad topped with thinly sliced apples and j.chokes (and a lemon/oil dressing with lightly shaved sharp cheddar) and it was amazing! For you trivia buffs, Jerusalem artichokes were originally cultivated by native Americans. They were first found domestically in Cape Cod, MA in 1605.*

#### Ingredients for 1 serving:

- 1 1/2 cups raw spinach
- 1 1/2 cups Jerusalem Artichokes, thinly chopped
- 2 Leeks

Toasted sesame seeds

Thyme

Dressing:

Balsamic vinegar

Salt and pepper

Extra virgin olive oil

How to prepare the Jerusalem Artichokes and Leeks:

Heat the olive oil in a pan and add Jerusalem Artichokes (thin but roughly chopped) and sauté for 2-3 minutes. Chop the leeks finely and add it in to the pan. Sauté for 15 minutes. Add this atop a bed of raw spinach and a sprinkle of toasted sesame seeds and thyme. Salt and pepper to taste!

### **Parsnip and Collard/Mustard Greens Soup**

Ingredients:

5 large parsnips, peeled

1/2 a bunch of collard greens, spinach, or mustard greens

8 cups water

1/2 stick butter

6 cloves garlic, peeled and minced

1 large onion, chopped fine

1 level teaspoon ground nutmeg

salt and freshly cracked pepper to taste

1 bay leaf, dried or fresh

Directions:

Chop up parsnips into small pieces. Melt the butter in a soup pot. Before the butter changes color, add garlic and onion and stir well. Do not brown. Add greens, and the parsnip pieces, stirring well. Now pour in the 8 cups of water, 1 to 2 cups more if you want your soup to be a little thinner. Add the bay leaf to the soup. When the soup comes to a boil, turn the heat down and simmer for about 20 minutes, or until you can mash a piece of parsnip with the back of a wooden spoon. Remove from the heat to let it cool, and remove the bay leaf from the soup. In small batches, put the soup through a blender, and blend well. Return the soup to the pot and place over low heat. Add nutmeg, salt and pepper to taste. When the seasoning is adjusted to your taste, turn the heat off. Serve with a swirl of plain yogurt.

serve hot!

# RED DOG FARM Newsletter



*Our fabulous Spray Wash King Joel washing carrots!*

## **In your share this Week:**

Spaghetti Squash  
Shallots  
Garlic  
Carrots  
Rutabaga  
Stir-Fry Mix  
Celeriac  
Root Parsley  
Brussels Sprouts  
White Russian Kale  
Escarole  
Russet Potatoes (large only)

Is it December or March? I wouldn't know if it weren't for the extremely limited light we've been getting in the past few days. Daytime highs in the mid to upper 40s have felt downright sweltering for us, all bundled up for the usual winds and weather that surround the winter solstice. As you all might imagine, the limited daylight has impeded plant growth to a significant degree. Still, your vegetable box is composed of a wide array of vegetables. Maybe this week will be the first time you've ever had parsley root. It's a fine vegetable to add to your repertoire. My favorite use for this humble looking root is to cook it into the usual mélange of roots for chicken soup. There's also kale to be had, the very symbol of wintertime vegetable goodness. We are quite fortunate to live in this climate so we can enjoy field grown kale most, if not all the year round.

It's certainly time to cook up the heartiest of hearty old favorites for these days of little light. Erin is going to help us this week with a couple of ideas from her kitchen.

Yes, the farmer's market season has come to an official end. We thank everyone who turned out for the Chimacum Sunday and Port Townsend Saturday and Wednesday markets. Are we all dreaming of raspberries again, yet? To 2012! Have a happy and safe New Year.

-Joel

### **Survey Time!**

2011 CSA Surveys are both attached to this email as well as printed out on paper at the pick-up sites. Please fill one out and return by December 31<sup>st</sup>. We really value your input and rely on your suggestions and feedback in order to continue to improve the CSA program. You can return to us at the pick-up site, by email, or by post to: PO Box 402, Chimacum, WA 98325. Thank you!!!

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**Potatoes-** 35- 55 degrees with medium humidity. If you have an insulated shed or garage, this would be best. Potatoes require total darkness so they don't sprout or turn green. The fridge can also work well. If putting them in the fridge, be sure to put in a plastic bag, partially open.

**Root Parsley-** Best in the fridge in a partially open plastic bag. Can also be kept in an insulated shed or garage. If stored out of the fridge, do not put them in a plastic bag; instead put them in paper, cloth, or a well ventilated plastic crate. Can keep for up to a month.

**Carrots-** Same as root parsley.

**Escarole-** When you get home, make sure they have some visible moisture on the leaves, if not, swish the bunch in a sink full of cold water. Let drain and put in a plastic bag and leave the top of the bag partially open. Store in the fridge. Red-dunk every 5-7 days. May keep up to 3 weeks.

**Stir-Fry Mix-** The bag that your stir-fry comes in is 100% cellulose, made from tree fiber. It is very breathable and is the ideal way to store cut loose greens. Feel free to save it and re-use for other produce after the stir-fry is gone. Keep the twist tie on and store in the fridge. Plan to use within a week, or a week and a half at the most.

**Kale-** Same as escarole.

**Brussels sprouts-** Same as root parsley.

**Celeriac-** Same as root parsley.

**Shallots** - Same as squash.

**Garlic-** Same as squash.

**Rutabaga** – Same as root parsley.

## Recipes

### Raw Kale and Brussels Sprout Salad

*adapted from Bon Appétit November 2011*

Serves 4

Notes: More slaw like than salad, this is best the next day, or a few hours after it's been tossed with the dressing, in my opinion. The dressing wilts the vegetables slightly, making them softer and more palatable.

#### Ingredients:

- 1.5 to 2 cups (not packed) finely chopped kale leaves (in the food processor, using the metal blade)
- 9 oz Brussels sprouts, trimmed and thinly sliced (using the slicing blade of the food processor, a mandolin, or a knife)
- juice of 2 lemons (about 1/4 cup)
- 2 Tbsp Dijon mustard
- 1 Tbsp minced shallot
- 1 garlic clove, minced
- kosher salt
- freshly ground black pepper
- about 1/2 cup extra-virgin olive oil
- handful of walnuts or almonds (about 1/3 cup), drizzled with olive oil and salt and toasted for about 10 minutes at 350 degrees
- finely grated parmesan or pecorino cheese

#### Directions:

Combine the kale and brussels sprouts in a large bowl.

In a small bowl, whisk together the shallot, garlic, lemon juice, and dijon mustard.

Whisk in the olive oil in a slow, steady stream. Season to taste with kosher salt and pepper.



Pour about half the dressing over the vegetables and toss to coat evenly. Add more dressing to taste and allow to sit at room temperature for a couple hours to allow the vegetables to wilt a little and the flavors to meld; serve topped with nuts and cheese and extra dressing on the side.

### **Quinoa Pilaf with Rutabaga and Celeriac**

Rutabaga and Celeriac give this quinoa pilaf dish an enjoyable, earthy flavor. Serve it as a side to roast chicken or braised beef.

#### **Ingredients**

- 1 cup quinoa, rinsed well and drained
- 1 2/3 cups broth, maybe a bit more
- 1 medium onion, peeled and minced
- 1 medium carrot, peeled and grated
- 1-1/2 cups grated rutabaga
- 1-1/2 cups grated celeriac
- 1 tablespoon olive oil
- salt and fresh pepper to taste

#### **Directions**

Place the olive oil into a saucepan pan over medium heat. Once it begins to shimmer, add the onion and cook for 4 minutes before stirring in the carrot, rutabaga and celeriac. Sauté the mixture for 5 minutes, stirring frequently, and then add the quinoa and cook for 1 additional minute.

Slowly stir in the broth and a few pinches of salt and pepper. Cook the quinoa mixture for about 35 minutes, covered, over medium-low heat or until the broth has been absorbed. Fluff the pilaf and serve immediately.

### **Moroccan-Spiced Spaghetti Squash**

This works great as a side, but you can also bulk it up with other things like chickpeas (garbanzo beans). This spaghetti squash dish would be great served alongside sautéed Red Dog stir-fry! And if you sauté a few cloves of roughly diced garlic and then add diced apples and raisins before you throw in the greens, it's even more delicious! After you toss your greens with the apples, raisins and garlic, add a splash of apple cider vinegar and then top with a pinch of salt and cracked pepper! Yum!

- 1 (3 1/2- to 4-pound) spaghetti squash
- 1/2 stick (4 tablespoons) unsalted butter, cut into pieces
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/8 teaspoon cayenne
- 3/4 teaspoon salt

2 tablespoons chopped fresh cilantro or flat-leaf parsley, if you're cilantro-averse

To roast the squash, two methods: If you'd like to roast the squash whole, pierce it all over with a small sharp knife to prevent bursting and bake it in a 375°F oven for one hour. Or you can save some time by cutting the squash in half lengthwise, scooping out the seeds and roasting the halves face-down in an oiled baking pan for about 40 minutes in a 375°F oven.

Meanwhile, melt the butter in a small saucepan over medium heat. Add the garlic and cook, stirring, until it is barely golden. Stir in spices and salt and remove from heat.

Carefully halve squash lengthwise and remove and discard seeds. Working over a bowl, scrape squash flesh with a fork, loosening and separating strands as you remove it from skin. Toss with the spiced butter and cilantro.

# RED DOG FARM Newsletter



*Early morning sunrise over our frosty fields – doesn't get much more beautiful than that!*

## **In your share this Week:**

Winter Squash (acorn or pumpkin)

Collards

Cabbage

Stir Fry

Parsnips

Red Potatos

Leeks

Beets (large only)

Garlic (large only)

Brussels Sprouts (large only)

The eve of 2012 has passed and here we all are, facing a new year full of potential promise and predicament. January 1 is just another day, but the passing of one year to

the next can help one think forward to what they seek to accomplish, change, maintain, and otherwise, in the year ahead. My great wish is to see small farms continue to flourish and to see the public continue with increased support for food sourced from their food-shed. The last decade has no doubt seen unprecedented growth in small scale farming and many, folks young and old, have moved to establish themselves in this great, uncertain, irrefutably vital craft.

There's an ever greater demand for access to land and capital for new farmers, demand for educational opportunities, often in the form of on-farm apprenticeships, and work to raise public awareness about the importance of locally based food systems. Diverse organizations ranging from Jefferson Land Trust to The Washington Young Farmers Coalition to Sound Food, government entities such as Washington State University Extension and many others contribute to the strengthening of our local food systems. Volumes could be written on this topic. I'd love to see more people who are really invested in their food take steps to connect with farmers about making more stable communities and supporting local/regional economies.

Maybe that means committing a certain amount of one's food budget to CSA/farmers market purchases. Maybe it means going with one's family to events like The Country Living Expo in Stanwood this winter or a spring a trip to beautiful Madras, Oregon for the Small Farmer's Journal auction and swap meet. There are multitudes of ways to know your food.

The offerings this week are hearty indeed, as dictated by the time of year. There are sweet parsnips, purple carrots, red potatoes, and a brilliantly vibrant bag of hearty greens for braising to name a few items. I hope you get a chance to sit in the company of friends or family to enjoy this farm-fresh goodness! The bounty continues.

-Joel

### **Fill Out Your Surveys!!!**

One last chance to give your input for the 2012 CSA program. Please let us know how the CSA program in 2011 went for you. We especially want to hear from those of you who aren't coming back, for whatever reason. Please feel free to anonymously fill out the survey. Thank you for your time on this! (Survey attached and available in paper form at the pick-up sites.)

Needing some fresh recipe ideas? Erin has rummaged up a few good ones for you:

## **Recipes**

### **Root Vegetable Pancakes**

Compliments of *The Wholelife Nutrition Cookbook*

Serve these hearty pancakes with a tofu scramble and a green smoothie (made with

Red Dog winter greens!) for a nutrient and energy-packed breakfast. I like to use my food processor for these; first I mince the onion with the “s” blade, then I put in the grating disc and grate the vegetables. It only takes a minute or two to do all this. To get the pancakes on the table faster, try cooking them in 2 or 3 skillets at once!  
Makes 5-7 pancakes

- 1 small onion
- 1 small yam, peeled and grated
- 2 medium red potatoes, grated
- 1 parsnip, grated
- 1 medium carrot, grated
- 1/4-1/2 brown rice flour or sorghum flour
- 1 teaspoon dried thyme
- 1/2 teaspoon sea salt
- 1 tablespoon dulse (a type of seaweed) flakes, optional
- extra virgin olive oil for cooking

1. Place the minced onion and the grated vegetables into a large bowl. Add the brown rice flour, dried thyme, salt and dulse flakes; mix well.
2. Heat a medium sized skillet over medium heat. Form the mixture into thin patties with your hands. They will fall apart when raw, but when cooked the starches will be released and they will hold together.
3. Add some olive oil and one or two patties to the heated skillet. Cover the skillet with a lid and cook for approximately 5 minutes, then flip, cover, and cook for another 5 minutes. Place onto a serving platter. Add a little more olive oil to the pan for each batch you cook. You may need to adjust the temperature to prevent any burning.

### **Swedish Cabbage Soup**

Compliments of *The Enchanted Broccoli Forest* cookbook

Preparation Time: 1.25 hours

Serves: 6

- 5 Tbs. sweet butter
- 2 cups chopped onion
- 2 tsp. whole or ground caraway seed
- 2 tsp. salt
- 8 packed cups (approx. 1 medium head) shredded green cabbage
- 6 cups vegetable stock, potato water or water
- lots of freshly ground black pepper

In a large kettle, begin cooking the onions (slowly) in butter.

After a few minutes, add caraway and salt. Cover and let cook over medium-low heat about 10-15 minutes, stirring occasionally.

Add remaining ingredients. Cover and simmer about 30-40 minutes.

### **Green Coconut Curry and Squash Soup**

Compliments of New Seasons Market in Portland, OR

- 2-3 lbs cooked winter squash meat
- 1 cup chopped yellow onion
- 2 pieces of ginger, peeled and grated
- 3 cloves garlic, minced
- 2 Tbls. olive oil
- 4 cups veggie broth
- 1/2 cup cilantro
- 1/2 cup chopped basil (if you can find this time of year!)
- 1 (14 oz) can coconut milk, stirred well
- 1 Tbls. chopped jalapeno
- 1 tsp. green curry paste
- Salt to taste.

In a large saucepan, sauté the onion, ginger and garlic in the olive oil until onions start to soften and turn golden brown. Stir in broth, cilantro, basil, coconut milk, jalapeno and curry paste and continuing to simmer for another 10-15 min. Stir in mashed squash meat and bring back up to temperature. Taste for seasoning and salt to desire. Serve ladled over basmati rice...or just eat as is!

**\*\*Two Tasty Tips\*\***

#### **Use collard leaves like you would a tortilla!**

Slice the tough rib out of the middle then spread on any number of things (hummus, tuna/salmon salad, mustard, hot sauce, bean dip, etc) then layer on veggies, sliced meats and other diced or grated veggies! My family was visiting for a few days over Christmas break and when they got to my cabin after a long drive from Lopez Island, I realized we had run out of propane! Dad helped make a fire in the wood stove, but everyone was too hungry to wait for food to cook on the stove. So I popped open a jar of dilly carrots for an appetizer. Then opened another jar of my dad's smoked salmon, mixed in some mustard and mayo and spread that on a collard leaf, rolled it up, stuck a toothpick in the middle to hold it together and VOILA! Dinner.

#### **Grate parsnips, beets or jerusalem artichokes onto the tops of a salad for a little different, color, texture and added sweetness!**

Joel had a two out-of-town friends visiting a couple weeks back. He stopped by the cabin (where Laura and I live) to introduce them and they ended up cooking us dinner! Lucky us, they were professional chefs (at a B&B in California). They made a delicious salad of which I can't quite recall all the ingredients, but I do know they topped the salad with a light sprinkle of grated sharp cheese as well as diced apples and peelings of a raw jerusalem artichoke. Genius! Had no idea those gnarly beauties were good raw!

# RED DOG FARM Newsletter



*Rupert Dandelion loves a snow day*

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

Winter Squash (Spaghetti or Hubbard)  
Stir Fry Mix  
Beets  
Leeks  
Black and/ or Watermelon Radish  
Garlic  
Carrots  
Jerusalem Artichokes  
Fingerling Potatoes (large share only)

At this point, our intention is to deliver the CSA at the regular time tomorrow. But, of course we may need to change plans based on the weather. PLEASE: Check your email tomorrow morning. We will make an announcement by 11am either way. Please note, that whatever we decide, we are 100% committed to getting you your share this week. If you are unable to retrieve it at either the PT drop or at the farm, please just let

us know and we will be happy to hold onto to your share for you and arrange another time for you to claim it.

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SNOW!! Oh, how excited I was to see those giant flurries flitting down on Sunday afternoon. So beautiful! Frozen hoses and snow covered vegetables are not as exciting, however, from a production perspective. The weather has required our flexibility the last few days as we have had to change what we can offer based on what the frost and snow have left undamaged. But this is all part of farming in January, and I'm impressed we've been able to eat as bountifully as we have this late into the winter months.

This season I will embark on my fourth consecutive season of farming. For the last three seasons it has been my job to witness the [not so] minor miracle of thousands of tiny seeds blossoming into row after row of nutritious, picturesque abundance. February 1st marks the completion of my first season of winter farming, and I must say that the experience has made me not only tougher, but more proud of the work I do. I am helping to feed people even when there's frost and snow on the ground and that just gets me pretty darn stoked! Not that farming in warm weather is any less valiant; it's just the extra struggle to stay warm feels more intense and is a good change of focus and scenery for me. The winter farm season will leave me thankful for the realization that good food really can be enjoyed year round, and not just storage crops! As long as you have a savvy farmer with a good seasonal planting scheme in place, decent weather, more layers of clothes than you ever thought you'd need, neoprene gloves, hot metal water bottles (for warming fingers), warm food for lunch, and good conversation, you're set!

Speaking of good conversations Joel and I have field conversations that truly run the gamut. They help keep our minds focused and attitudes positive as our fingers find rhythm in the tedium of digging fifty pounds of purple carrots from beneath the snow crusted earth. If your vegetables could talk they would relay stories about gene modification, dinosaurs, recipes, Alaska, draft-horses, relationships, factory work conditions, bat mitzvahs, septic tanks, musicals, corporate greed, New Mexico, square dancing, and local farm issues to mention a few. Actually, it might be a good thing your vegetables sit quietly in your basement or crisper drawer!

Transition is in the air at Red Dog. While Karyn works to get organized for her annual trip to warmer climates (this year, Mexico!), Laura continues to take time off from the farm for her basket weaving and wool spinning endeavors. Occasionally our two fearless leaders have been meeting to discuss details for next year, map out seeding plans and complete the interviewing and hiring of this coming season's crew....one of which will be me! I will be taking Feb-March off from the farm and working full-time at the Chimacum Corner Farmstand. I will start back at Red Dog in May. Joel is getting



ready to leave Jefferson County and head east for an internship in Walla Walla where he will have the opportunity to learn how to farm with draft-horses. We shall miss him!  
-Erin

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Storage tips:

**Jerusalem artichokes** do not store as well as potatoes. Place them in a sealed plastic bag and store them in the refrigerator. Long term storage at temperatures near freezing will result in the conversion of starch to sugar which causes them to have an off flavor.

**Stir Fry Mix.** Store in plastic bag removing as much of the air from the bag as possible. Store in the refrigerator where it will keep for approximately 5 days. The longer it is stored the more bitter its flavor becomes.

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A few recipe ideas....

**Black Radishes and Watermelon Radishes** are great winter keepers and offer some fresh crunch in the middle of winter. Unfortunately, we didn't get the floating row cover put on ours in time last fall so they suffered some damage from cabbage root maggot. We have gleaned out the best for you, but please just know that we are aware these aren't perfect. Just cut out any bad spots and try your best to enjoy them. I recommend roasting them along with other roots, or grating raw onto salads. The watermelon radishes can be thinly sliced and you will see where they get their name from!

#### **Winter Greens and Cumin Roast Carrot Salad- Serves 4**

- 1 pound carrots, cut in half
- 2 teaspoons whole cumin seeds
- ½ dried chili or ½ teaspoon red chili flakes
- Kosher salt and freshly ground black pepper to taste
- 2 cloves garlic, crushed
- 1 tablespoon fresh thyme leaves or ½ teaspoon dried thyme
- 5-6 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 orange, cut in half
- 1 lemon, cut in half
- 4 ½-inch-thick slices of ciabatta or other Italian bread
- 4 cups mixed winter greens
- 1/2 cup of sour cream
- 4 tablespoons pumpkin seeds and sunflower seeds, toasted

Preheat the oven to 350°F. Prepare croutons or just use plain toasted ciabatta if you prefer. Toast pumpkin and sunflower seeds: Place seeds in a baking pan, slide into oven and bake for 10 minutes, shaking pan midway so seeds toast evenly. Remove seeds from oven and reserve. Cut carrots into medium-sized lengths...maybe cut in half and in half again. Parboil carrots in boiling, salted water for 10 minutes. In the meantime, prepare spicy herb paste: With a mortar and pestle, pulverize cumin seeds, chilies, salt and pepper. Add garlic, thyme and 2 tablespoons olive oil and continue smashing until a paste forms. Add one tablespoon vinegar. When carrots are done, drain them and toss them into a shallow baking dish. Pour the paste over the carrots and toss to coat. Arrange carrots in a single layer in the center of the pan and add the orange and lemon, cut side down—their juice will be used later in the dressing. Roast carrots for 20-25 minutes, or until golden. Remove carrots from oven. Using tongs, squeeze the roasted orange and lemon juice into a bowl and add the same amount of extra virgin olive oil, the remaining tablespoon of vinegar and salt and pepper to taste. Whisk dressing to emulsify. Pour dressing over greens and toss. Arrange greens in a salad bowl or on individual plates. Place carrots on top of greens, sprinkle with croutons and top with a dollop of sour cream. Scatter toasted seeds over sour cream and serve.

### **Jerusalem Artichoke Chips**

The method/recipe is really simple: In a pan heat up some veggie oil to about medium you'll need it to be about an inch or 2 deep. Wash, peel and slice(or mandolin) some fresh Jerusalem Artichokes, add a few slices to the hot oil, deep fry until they are gold brown, work in batches so you don't over crowd the pan. Remove and dry on a kitchen towel when they turn golden. Dust with sea salt and eat!

### **Roasted Beet and Walnut Feta Salad- Serves 4**

4 large beets, roasted and diced  
1 tbs. olive oil  
1 small red onion, diced and sautéed  
1/3 c. chopped toasted walnuts  
2 c. fresh watercress (alternatively, baby spinach or arugula)  
3/4 c. crumbled feta cheese  
FOR THE DRESSING  
6 tbs. olive oil  
2 tbs. honey  
2 tbs. white wine vinegar  
1 large garlic clove  
2 tbs. fresh basil leaves or 2 tsp. dried basil  
2 tsp. Dijon mustard  
Salt and pepper to taste

Preheat the oven to 400 degrees F. Cut the greens off the beets, leaving 2 inches of the stems. Wrap beets in foil. Roast until tender, about 1 hour (You should be able to poke a knife into the center without resistance.). Cool, peel (making sure to remove stems from beet greens) and dice the beets into ½ inch pieces. While beets are roasting, heat one tablespoon of olive oil in a sauté pan and lightly cook the diced red onion on medium heat, stirring occasionally, until it begins to turn golden in color (about 3 min). Remove pan from heat and let onion cool. Cook walnuts in a dry skillet on medium high heat for 3-5 minutes, stirring frequently.

Remove skillet from heat and let walnuts cool.

Blend oil, honey, vinegar, garlic, basil and mustard in blender until combined and smooth; season with salt and pepper to taste.

Wash and dry salad greens/finely diced stir-fry greens and toss with half of the salad dressing. Toss salad greens with diced beets, red onion, toasted walnuts and the rest of the salad dressing. Arrange mixture on plate and top with crumbled feta cheese. Serve salad with grilled bread or crostini crackers spread with fresh goat cheese.

# RED DOG FARM Newsletter



*Left to Right: Greenhouse full of sprouting spinach, a jeweled leaf of Red Russian Kale, flats of new baby onions!*

## **In your share this Week:**

Russet Potatoes  
Shallots  
Rutabaga  
Celeriac  
Parsnips  
Orange Carrots  
Stir Fry Mix  
Brussels Sprouts  
Cabbage  
Hakurei Turnips (large share only)

Well, here we are – the last CSA share of the season! As I type this Laura is happily seeding onions and lettuces in the green-house, Karyn is enjoying her last day in Mexico, and Joel is preparing his departure from this neck of the woods. It's been a nice change of weather this week. No snow drifts or frozen ground to battle, just a whole lot of mud! As far as harvesting winter vegetables go, I'll take mud over ice any day.

Today – after the CSA boxes were packed and Laura had come to a good stopping point on her seeding – we celebrated the end of the season with a lunch of tasty beans, sautéed greens, quesadillas and brownie sundaes for dessert! Woo-hoo! Nothin' like a good ol' bowl of ice cream in an outdoor kitchen, the last day in January!

For the next 2 months efforts will be focused on seeding, mapping out a production plan for this coming spring, orienting new crew members, and general organizing of fields and farm.

Just as a reminder, our farmstand continues to stay open from 8am-5pm, so even though there aren't any CSA shares available and the farmer's market has yet to start up we have you covered! Stop by anytime! There should also soon be some beautiful hand-woven baskets available for sale at the farmstand made by field crew manager Laura Llewellyn! They would work beautifully as a market or grocery basket and help support the livelihood of one of your very own farmers! The Port Townsend farmer's market opens April 7<sup>th</sup> and the Chimacum market on May 20<sup>th</sup>. Our first spring CSA share will be April 6-May 25<sup>th</sup>. I hope to be writing to all of you again come April. Until then, stay warm and have a great rest of your winter season! ~Erin

*Thanks again for your patience with the weather hang-ups last week. We sure appreciate your flexibility in receiving your boxes a little later than normal.*

A **Hakurei Turnip** tastes much like a radish – a fresh, sweet, crisp, earthy taste when eaten raw. They are a delightful change to the taste buds in mid-winter. Their greens can also be eaten (perhaps add them right in with your other stir-fry greens)...and if you want to try cooking them, I'd suggest this recipe:

### **GLAZED HAKUREI TURNIPS**

- 1 lb bunch of hakurei turnips, trimmed, greens reserved
- 1/4 stick unsalted butter
- 1 Tbs. sugar
- Kosher salt

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes. (If turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.) Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2-3 minutes. Season with salt.

*DO AHEAD: Can be made 4 hours ahead. Let stand at room temperature. Re-warm before continuing.*

### **RAW BRUSSELS SPROUT SLAW WITH GOAT CHEESE AND DRIED CRANBERRIES**

- 1 pound Brussels sprouts (bottoms trimmed), grated or thinly sliced
- 1 cup dried blueberries (or other dried fruit)
- 3 to 5 ounces fresh goat cheese, crumbled

1/4 teaspoon sweet paprika  
1/4 teaspoon kosher salt  
1 tablespoon sherry vinegar  
1/4 cup olive oil  
sea salt to taste

An easy way to slice the Brussels sprouts is to put them through the slicing blade of the food processor, but you can also try to slice them very thinly by hand. Grating the Brussels sprouts is another option, either by hand or in the food processor, but it gives the Brussels sprouts slaw a softer, less crunchy texture.

Once they are sliced or grated, mix together the Brussels sprouts, dried cranberries and goat cheese. Whisk together the paprika, salt, sherry vinegar and olive oil. Drizzle over the Brussels sprouts. For the best flavor and texture, serve within 24 hours

## **RUTABAGA CHEESECAKE**

From *Asparagus to Zucchini*

I know – sounds ridiculous, but it's no joke! I received a CD in the mail from a friend not too long ago by an artist named Daisy May. She sings a song about eating greens and how fabulous they are. Also on that album is a song (by John Latini) about Rutabaga Cheesecake. I quite like the song (and can make you a copy if you'd like). I have a good chuckle whenever I hear it. So, seeing rutabaga on the menu this week, I decided to look up the recipe and see if it was actually a real thing. Turns out it is! Give it a go, if you dare!

3 cups cubed rutabaga  
16 oz. cream cheese, softened  
1 2/3 cup fine graham cracker crumbs  
1/3 cup butter, melted  
2 envelopes unflavored gelatin (optional, adds stiffness—can substitute 1 Tbsp. cornstarch dissolved in 2 Tbsp. water)  
1/2 cup cold water  
3/4 cup sugar, divided  
1/2 tsp. salt  
1/2 cup milk  
3 eggs, separated  
1 cup whipping cream  
2 tsp. vanilla  
1 tsp. grated orange zest

Boil rutabaga in boiling salted water until just tender. Drain and puree in blender or whip by hand; cool and place in large bowl with cream cheese; set aside. Mix graham cracker crumbs and butter. Reserve 1/4 cup and press

remainder on bottom of 9-inch spring form pan. Chill. Soften gelatin or cornstarch in cold water in top pan of small double boiler. Add ½ cup sugar, salt, milk, and slightly beaten rutabaga mixture until smooth and blended. Cool. Beat egg whites until foamy; add remaining ¼ cup sugar and beat until stiff. Whip cream and fold into cheese/rutabaga mixture; fold in whipped egg whites. Fold in vanilla and orange zest. Pour into prepared pan, sprinkle with reserved crumbs and chill until firm. Makes 10-12 servings.

### **PARSNIP BRANDY SOUP WITH ANISE**

From *Kingston Hotel Café Cookbook* by Judith Weinstock

Serves 4-6

1 Tbs. minced garlic  
2 Cups diced onion or shallot  
4 Tbs. butter or canola oil  
5 Cups coarsely chopped parsnips  
3 ½ cups apple juice  
1 Cup water  
1 tsp. whole anise seed  
Zest of lemon  
1/3 Cup fresh lemon juice  
½ Cup brandy  
1 Cup heavy cream or yogurt  
1 ¾ tsp. salt  
1 T. sugar

In a medium-sized, heavy bottom pot sauté the garlic and onion/shallot in butter or oil until the onion is transparent. Add the parsnips and sauté another 3 minutes. Add the apple juice and water, cover, and bring to a boil. Turn down to simmer for 20-25 min or until parsnips fall apart when poked. In a small, dry, skillet on high toast the anise seed, stirring constantly until light brown. Grind with a mortar and pestle or in a small coffee or spice grinder. In a food processor or blender, puree the parsnip and onion mixture until smooth. Add the lemon juice, lemon zest, anise seed, brandy, cream or yogurt, salt, and sugar. Stir. Put back on low heat for 5-10 minutes. Do not boil. Serve immediately, perhaps alongside a plate of sautéed greens sprinkled with freshly grated parmesan.

