

# RED DOG FARM



*Red Dog Lake, Nov. 2009*

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

Salad Mix  
Brussels Sprouts  
Russet Potatoes  
Pie Pumpkin  
Curly Parsley  
Red Onion

Welcome to the first week of Winter CSA! The farm is half underwater from all the rain we've had. Luckily it's mostly the hay half and not the veggie half. We have spent the last couple harvest days mucking about in uncomfortably deep mud, especially in the Brussels sprouts patch, which is significant since today we harvested over 300 Brussels trees! We certainly enjoyed the mild weather today, however. I hope more of that is on the way...

### Some reminders for the beginning of the Winter CSA:

- Please do not take home the black plastic crates. Always bring a bag from home to put your veggies in and stack the crates neatly nearby.
- Let me know if you'd like any other email addresses added to my distribution list. I'd be happy to add family members, joint CSA members, your work email address, etc. to the list.
- You can always "upgrade" to a large share if you find that the small is too small. I'd be happy to pro-rate the amount, based on when you switch over.
- CSA shares can be picked up only during the pick-up time for each location. After that period of time, they will be given away.
- If you will be out of town, find a friend to pick up for you (no need to tell me), or let me know ahead of time that you won't be picking up and request whether you would like to save me the labor of picking, or send your share to the food bank.
- Please share any favorite recipes using winter veggies! I always love to find out about new recipes, and I need to be re-inspired from time to time. I love getting recipes emailed to me!

Thanks for joining the Winter CSA this year. I hope you enjoy your first share and **Have a Wonderful Thanksgiving!**

## **Recipes**

### **To prepare pumpkin:**

Cut in half and scoop out seeds and strings. Place face down in a baking pan with a little water. Bake at 350° until tender (30- 60 minutes depending on size). Let cool, then scoop out flesh with a spoon. Mash by hand or puree with a food processor. Pumpkin is now ready to add to your favorite recipe.

### **Honey Pumpkin Pie**

Crust:

1¼ cup white flour  
½ teaspoon granulated sugar  
½ teaspoon salt  
1 stick cold unsalted butter

Mix flour, sugar and salt in a bowl. Cut in the cold butter until the mixture resembles coarse crumbs with some pea-sized pieces. Drizzle cold water, one tablespoon at a time, over the mixture. Add just enough water for the dough to stick together. Roll out the dough on a floured surface and place in a pie pan.

Filling:

1¾ cups cooked Pie Pumpkin (see above)  
2 eggs  
1½ cups milk  
½ cup honey  
1 teaspoon cinnamon  
½ teaspoon ginger  
teaspoon cloves  
½ teaspoon salt

Preheat the oven to 425°. Lightly beat the eggs. Add the honey and milk. Stir until the honey is dissolved. Add the pumpkin, spices and salt. Pour into an unbaked pie crust. Bake in a preheated oven at 425° for 15 minutes. Then turn down oven temperature to 350° and continue baking for 45- 60 minutes. When pie is done, you should be able to nudge the pan and the center of the filling won't jiggle. Let cool at room temperature before serving. Enjoy!

### **Pumpkin Soup**

2 cups chopped onions  
4 cloves garlic  
2 tablespoons olive oil  
½ cup sliced carrots  
½ cup sliced parsnips  
2 teaspoons salt  
2½ cups stock (vegetable or chicken)  
1¼ cup apple juice  
½ cup tomato juice  
4 teaspoons ground coriander  
1 teaspoon cumin  
½ teaspoon cinnamon  
½ teaspoon paprika  
¼ teaspoon cayenne  
1¾ cups cooked Pumpkin

Sauté onions and garlic in oil over low heat until translucent. Stir in carrots, parsnips and salt and sauté another 5 minutes. Add everything except the pumpkin. Cook until the vegetables are soft. Stir in the cooked pumpkin. Puree it if you desire a smooth soup. Add salt to taste. Enjoy on a cool winter day with a fresh green salad.

### **BRUSSELS SPROUTS-**

If you don't like (or don't think you like Brussels sprouts, it's time to give them another shot. The two ways to have a bad Brussels sprouts experience is either: 1) To eat the sprouts before they have experienced a hard frost; the frost causes them to sweeten up and become mild-flavored, or 2) To eat them overcooked, which results in a mushy,

strong-flavored mess. Try this recipe, and don't overcook them whatever you do! Remember, they can be eaten raw (I usually snack on a couple every day) so don't be afraid to have them undercooked.

### **Easy Brussels Sprouts**

1 lb. Brussels sprouts  
½ Red Onion, sliced  
1 Tbs. olive oil  
Salt and pepper to taste

Sauté the red onion in olive oil until translucent. Add in the sprouts. Stir frequently. Cover with a lid to lightly steam, if desired. Cook no more than five minutes. Serve immediately.

### **Parsley Pesto**

1 bunch Parsley  
2 Tbs. lemon juice  
¼ cup pine nuts, toasted  
1 garlic clove, minced  
1 tsp. olive oil  
¼ tsp. sea salt

Dry toast the pine nuts in a hot skillet until lightly browned. Remove to a bowl to cool. Food process all the ingredients until desired texture is achieved (I like mine to be just lightly chunky). Keep well for a few days, or can be frozen. Delicious spread on toast or crackers, used as a sauce with fish, or swirled into pumpkin soup.

Week 2 Winter CSA Newsletter

December 2, 2009

# RED DOG FARM



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

Gold Beets  
Broccoli  
Garlic  
Sweet Onion  
Parsnips  
Green Mustard  
Sunchokes (large shares only)

Well, from my end of things, the first week of the winter CSA went marvelously. Most of you remembered to pick up your shares, all the last minutes switch-a-roos and sign-ups worked out just fine, and hopefully, the produce from last week is devoured and you're ready for more!

One business item to mention: if the newsletter is coming to you unformatted on your email, try opening the attachment and viewing it that way. I think you will find it easier and more enjoyable to read and you'll also see the pictures, when I put them in.

It has been just a glorious couple of days. As I write this, Wednesday morning, the sun is peaking out over the trees onto frost encrusted ground, all glittering in its coldness. Yesterday had a warmer start, but was just magnificent with clear blue skies and sun! We couldn't have asked for a better harvest day.

Red Dog Lake has shrunk considerably. There are now only patches of water puddles in the field, nothing like the great expanse just last week. Although it was beautiful to enjoy lakeview property, and so much fun to watch all the birds, I am glad for the soil's sake that it is now above the water level.

Since so many of you enjoyed hearing about the bird activity in my first letter, I thought I'd tell you a little more about what we have witnessed.

The most exciting visitors by far were the trumpet swans. A pair visited several times. I loved most when they would fly overhead, true to their name, trumpeting. At first, I thought the noise was from one of those cars with the trumpet-style horn, blasting as it drove by on Center Rd. But it was not an artificial noise, but from the beak of a large white, long-necked bird. Mostly, we observed them just floating gracefully around the lake, probably busily feeding.

Another large graceful bird to make an appearance was the great blue heron. I see the heron almost every day visiting the creek in the morning. While the lake was here, it came by much more frequently. There really is nothing quite like watching a heron swoop down over a body of water, flying seemingly effortlessly just over the surface.

We also saw hawks hunting right near the edge of the lake. Someone speculated that probably the high water was driving out all of the field mice and voles that normally feel right at home in the field and the hawk was taking advantage of their discomfort. Such is nature. Also, there were ducks; mallards and other species I didn't identify. Two hunters have actually stopped by to ask if they could shoot ducks on the farm. I said no, but I can hear that close by there is a lot of hunting happening, leaving my dog cowering in any cave-like place he can find (poor fellow!)

Last but not least, the seagulls were here in large numbers, cawing and creating a happy-sounding ruckus. It was enough to make me feel as though I lived right on the shore! It was really amazing to see how many birds are attracted to water.

Of the non-water loving birds, I am so happy to report that the barn owls are back again this year! I mostly find evidence of them in the form of their pellets and the notable absence of rodents (thankfully!) in and around the barn. I really rely on them for their "cleaning up" ability.

## **Recipes**

*This soup recipe is a reprint from last year as I got so much feedback about how much everyone enjoyed it. Red lentils are available in the bulk section of the Food Co-op in PT.*

### **Red Lentil Soup with Parsnips and Mustard Greens**

2 cups Red Lentils  
2 lbs. Parsnips, cubed  
1 T. turmeric  
4 T. butter  
Salt  
1 large onion, chopped  
2 t. ground cumin  
1 ½ t. mustard seeds  
1 bunch Mustard Greens, chopped  
Juice of 3 limes  
Plain yogurt  
Fresh cilantro (optional)

Put lentils, parsnips, 1 T. butter and 1 T. salt into a soup pot with 2 ½ quarts of water. Bring to the boil, reduce heat, then simmer for 20 minutes, or until lentils are falling apart. Meanwhile, sauté the onion in the remaining butter with the cumin and mustard seeds. Stir occasionally. Add in the mustard greens, and continue cooking until just wilted. Add the onion mixture into the lentil mixture. Add in the juice of 3 limes. When serving, swirl a spoonful of yogurt into each bowl. Garnish with fresh cilantro, if desired.

### **Warm Veggie Salad**

Gold Beets  
Sunchoke (optional, or substitute potatoes)  
Olive oil  
Garlic  
Onion

Salad greens, lettuce or spinach  
Dressing

Slice the beets and sunchokes and boil until tender. Meanwhile, sauté the onion and garlic in olive oil until translucent. Arrange the greens in a salad bowl. Top with the sautéed onions and garlic and sliced boiled roots. Dress and serve immediately.

**Sunchokes** (aka Jerusalem Artichokes) have a taste and texture similar to potatoes. They are delicious pan fried, lightly steamed or raw. Take care not to over-cook them as they become mushy easily. Sunchokes are composed of inulin (not insulin) rather than starch, making them a very low glycemic food and a great choice for those with blood sugar imbalances. The inulin can be hard for some people to digest, so they have a bad reputation as causing flatulence. I've personally never had that reaction with them, but I have heard it commonly. I guess you'll just need to try them to find out!

### **Pan-fried Sunchokes**

1 lb. Sunchokes washed and sliced thin  
2 T. butter or olive oil  
Sea salt to taste

In a heavy-bottom skillet, fry the Sunchokes in butter until just barely tender and slightly browned, stirring often, about 15 minutes. Season with salt.

### **Beef, Broccoli and Wild Mushrooms** [www.mariquita.com](http://www.mariquita.com)

Makes: 4 servings

1 pound beef boneless sirloin steak  
2 garlic cloves, finely chopped  
1/2 pound broccoli, cut into flowerets and stems cut into 1-inch pieces  
3/4 cup beef or chicken broth  
1/3 -1/2 pound fresh shiitake mushrooms, cut into fourths (2-3 cups)  
6 ounces fresh crimini mushrooms, sliced (2 cups)  
2 tablespoons dry sherry or apple juice  
1 tablespoon soy sauce  
1 teaspoon cornstarch  
1 package (10 ounces) curly Chinese or Japanese noodles

1. Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Add beef and garlic; stir-fry 4 to 5 minutes or until beef is brown. Remove from skillet.
2. Add broccoli and 1/2 cup of the broth to skillet. Heat to boiling; reduce heat to medium. Cover and cook about 2 minutes or until broccoli is crisp-tender. Add mushrooms, sherry and soy sauce. Cover and cook 2 to 3 minutes, stirring occasionally, until mushrooms are tender.
3. Stir in beef. Mix cornstarch and remaining 1/4 cup broth; stir into beef mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute.
4. Meanwhile, cook and drain noodles as directed on package. Divide noodles among bowls. Top with beef mixture.

# RED DOG FARM



## In your share this week:

Delicata Squash  
Brussels Sprouts  
Celeriac  
Shallots

BRRRRR! It's cold. Really cold. Last night it got down into the single digits, something I have not seen out here before. It's hard to do much of anything around the farm. The ground is frozen solid and our fingers get numb in minutes. Everything except the Brussels in this week's share came from storage, since we aren't able to get into the frozen ground. Thankfully, we were able to get the pipes to defrost enough to wash off the celeriac. Harvesting the Brussels sprouts was like harvesting ice cubes. Brussels sprouts left on the living plant will come through a hard freeze very well, but since we harvested these in their frozen state, they won't keep well and should be used as soon as possible. The outer layers are a little soft as they defrost, but our taste tests have shown they are amazingly sweet and have a good texture. I considered giving potatoes instead of the sprouts this week, but figured that you would appreciate a little green amongst all the starch.

The winter CSA is always a big challenge for me, as I'm sure at times it is for you as well. During these really cold snaps, I always think: Why do I do this to myself?!? It's stressful dealing with frozen ground, frozen water pipes, fear of scarcity of produce for you and keeping my workers in work. I know for you it can be challenging to make use of the unusual produce and to adjust your eating habits based on what's going on outside. I guess a big part of being in a CSA is that we're all going through this together. We're sharing the hardships as well as the bounty.

I wanted to let you know that someone called the health department concerned that I have been harvesting vegetables from flooded fields. They were concerned about contamination from manure upstream. That is a very valid concern, especially in light of the spinach recall two years ago. Al Latham of the Conservation District, an expert on Chimacum Creek watershed, assured the Health Department that there was no flooding from the creek into the vegetable fields. The overflowed creek water was hundreds of feet from the edge of the vegetable fields. Any standing water in the vegetable fields was from pooled rain or rising water table. I wanted all of you, as my CSA members to hear from me that I do take issues of contamination very seriously. I would never risk anyone's health by distributing potentially dangerous produce.

So, we've had floods, extended freezes, and health scares, what next! I'm hopeful. That's a big part of being a farmer. Thanks for being CSA members and weathering the storms with me.

## RECIPES

### **Delicata Squash Stuffed with Curried Wild Rice**

*Posted by Carole Koch, sent to me by CSA member Craig Wier*

3 Delicata Squash, halved and seeded  
2 Tbs. unsalted butter  
½ cup minced Onion (or substitute Shallots)  
2 tsp. curry powder  
1 tsp. ground cinnamon  
½ tsp. black pepper  
¼ tsp cayenne pepper  
2 Granny Smith apples, peeled, cored and minced  
½ cup raisins

½ cup chopped cashews  
1 cup cooked wild rice (or substitute cooked couscous)  
1/3 cup plain yogurt  
1/3 cup mango chutney

Preheat oven to 350 degrees. Place squash halves, cut sides down, on a baking sheet. Bake for about 20 minutes until the squash is not quite cooked through. Remove from the oven and set aside.

Heat butter in a large saucepan over medium heat, and add the onions or shallots. Sauté for five minutes or until translucent. Add the curry, cinnamon, pepper and cayenne and toss well. Add the apples, raisins and cashews, and continue cooking until the apples are soft. Add the rice, yogurt and chutney, and toss well.

Divide the curried vegetables equally between the squash halves. Bake the squash for 25 minutes, or until they are tender and the stuffing is heated through.

Serves 6

### **Brussels Sprouts with Ginger and Mustard Seeds**

*Alice Waters, New York Times sent to me by CSA member Patti Reynolds*

5 Tbs. olive oil  
1 lb. Brussels Sprouts  
Salt  
2 Tbs. chopped fresh ginger  
2 Tbs. mustard seeds  
1 tsp. hot red pepper  
1 lime

Heat sauté pan over high heat. Add oil and Brussels sprouts, and season with salt. Toss and brown until tender. Add ginger, mustard seeds and hot red pepper. Toss and cook for a minute more. Simmer until completely tender, 1 to 3 minutes. Add juice of half a lime. Taste and adjust salt and lime.

### **Oven Roasted Celeriac with Squash and Shallots**

A variation on a recipe from [Joy of Cooking](#)

1 Celeriac Root, peeled and cubed  
1 Delicata Squash, seeded and cubed  
½ lb. Shallots, peeled and sliced  
3 Tbs. rendered fat from roasted turkey, chicken, pork or beef, or olive or vegetable oil  
1 Tbs. melted butter  
1 Tbs. minced fresh rosemary  
¼ tsp. salt  
Ground black pepper to taste

Preheat the oven to 375 degrees. Place all the ingredients in a 13 x 9-inch baking pan and toss together. Roast, stirring occasionally, until the vegetables are fork tender, about 1 ½ hours.

Week 4 Winter CSA Newsletter

December 16, 2009

# RED DOG FARM



## In your share this week:

Leeks  
Rutabaga  
Russet Potatoes  
Root Parsley  
Collards  
Savoy Cabbage (large shares only)

What a relief to get past last week! The ice is FINALLY defrosting. Although the air temperature has been balmy (for a Northwest winter anyway), the fields are still frozen. Pulling leeks and root parsley was a real chore through a thick 2" layer of ice, but so much more possible than last week! It feels good to be in our wet soggy world again.

Those white carrot-shaped root vegetables in your share this week are root parsley. They look almost identical to parsnips. As celeriac is to celery, so root parsley is to parsley. These roots boast a mild parsley flavor with a creamy texture. They are perfection in roasts and soups. If you're wondering why they are stubby, it's because almost all the tips of the roots rotted due to having their toes in a high water table. We trimmed the inedible part for you so all you are left with is highly delicious roots.

Part of the relief of this week is in watching the fields defrost and seeing what made it and didn't. Luckily for you and me, the carrots, turnips, kales, cabbages, and most of the Brussels sprouts came through just fine. (I was worried about the carrots!) It is just amazing how a vegetable can be frozen solid and yet defrosts to become normal once again. Some of the greens that can make it through a heavy freeze insulated by snow, can not survive the coldness unprotected and did not make it. We lost most of the Asian greens, arugula, Italian parsley, spinach, chard, escarole and pea greens. A lot of these will re-sprout new growth in time. Of course all the stored veggies are just fine.

I will be out of town for the next three weeks, from Wednesday, December 16<sup>th</sup> through Thursday, January 7<sup>th</sup>. I feel very lucky to be able to go to southern Mexico for a vacation. I won't talk about it too much in case I'm making you very, very jealous. Seriously though, I am really looking forward to a much needed break from the farm, and a little tropical weather never hurt either. I hope to return refreshed and inspired to start a new year of farming!

The CSA is continuing on as usual under the careful guidance of Emily, assistant manager here at the farm. Her contact info is: (360)301-3605 or [estruitt@yahoo.com](mailto:estruitt@yahoo.com) Contact her in place of me for any reason.

**I hope you all have a very Happy Holiday and New Year!**

## RECIPES

### **Chicken and Parsley Root Salad**

Parsley root gives a perfect crunch to this recipe. Serve this preparation between slices of hearty French bread for a sandwich or spoon onto Bibb lettuce for a refreshing salad.

2 whole chicken breasts  
2 Parsley Roots, washed and peeled  
1/4 cup parsley leaves, finely chopped (washed well to remove any dirt, and dried)  
1 packed cup watercress leaves, washed and dried  
1/3-1/2 cup mayonnaise  
Salt and freshly ground black pepper

1. Poach chicken breasts in enough simmering salted water to cover for about 25 minutes, until tender but not dry. Remove from water and set aside to cool.

2. Meanwhile, slice parsley roots first into thin rounds and then into a fine julienne. Place in a mixing bowl.



3. Bone and skin the cooled chicken breasts. Cut the meat into large chunks and add it to the parsley root, along with parsley leaves, watercress leaves, and mayonnaise. Season with salt and pepper to taste, and toss to combine.

*This article was first published in Saveur in Issue #4*

**Mashed Parsley Root and Sweet Potato-** *The good news is that the combination has so much flavor that no fat is needed -- it's rich and flavorful even without butter.*

Salted water to cover  
8 ounces sweet potato, peeled and cubed  
8 ounces Parsley Root, peeled and cubed (I never peel, do whatever you prefer)  
Salt & pepper to taste

Bring the water to a boil while prepping the vegetables. Once it boils, add the vegetables, cover and let cook for 15 minutes. When fully cooked, drain and mash. Season to taste.

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**Mushroom and Rice Stuffed Collard Greens-** [www.fortunavirilis.blogspot.com](http://www.fortunavirilis.blogspot.com)

*Filling:*

1 Tbs. olive oil  
1 large onion, chopped and divided  
2 garlic cloves, minced  
8 oz. button mushrooms, diced  
1/4 tsp crushed red pepper  
1/4 tsp dried thyme  
Salt and pepper to taste  
1 1/2 cups cooked brown rice

*Sauce:*

1 tsp olive oil  
2 garlic cloves, minced  
1 1/2 cups crushed tomatoes  
1/2 tsp dried basil  
Salt and pepper to taste

*Wrapping:*

6 large collard green leaves

Heat 1 Tbsp olive oil over medium heat in a medium skillet. Sauté half of onion until tender, and then add garlic and cook another minute. Stir in mushrooms, red pepper, thyme, and salt and pepper and cook until mushrooms are brown and soft. Combine mushrooms with rice and set aside.

Add 1 tsp oil to the same skillet and sauté the remaining half of the onion until tender. Then add garlic, cook an additional minute, and stir in tomatoes, basil, and salt and pepper. Let this simmer for 20 min.

Remove the end of the stem (past the leaf) from each collard green. Then fold each one in half lengthwise so that the tough stem is on the outside. Trim some of the stem off, being careful not to cut leaf. Then plunge the leaves into a large pot of boiling water for 1-2 min, until tender. Remove from water and let cool for a few minutes.

Add about 1/4 cup sauce to the bottom of a medium baking dish. Assemble rolls by placing about 1/2 cup of mushroom and rice mixture at one end of a collard leaf and rolling it, folding ends in as you go. Place each roll in the prepared pan and top with remaining sauce. Bake at 350 for 30 min. Serves 3.

[www.fortunavirilis.blogspot.com](http://www.fortunavirilis.blogspot.com)

## **Mashed Rutabaga and Potatoes with Butter-Smothered Steamed Cabbage**

As straight-forward as it sounds, boil equal amounts of potatoes and peeled rutabagas. Mash with butter, salt and pepper. Steam cabbage until just tender and use a heavy hand with the butter. Any leftovers can be fried pancake-style reminiscent of British "Bubble and Squeak". It's comfort food at its finest.

Week 5 Winter CSA Newsletter

December 23, 2009

# **RED DOG FARM**



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

Pumpkin or Hubbard Squash  
Brussels Sprouts  
Turnips  
Carrots  
Chioggia Beets (large shares only)

Hello! This is Emily, assistant manager and acting Commander-in-Chief of Red Dog Farm while Karyn is on a very important fact-finding mission in southern Mexico, researching the feasibility of mango, papaya, avocado and Mojito production on the farm, as well as a Red Dog Snorkeling Team. We all wish her the best of luck and are hopeful that she returns with some promising information.

Congratulations to you, the few, the proud, the only people who will be eating Red Dog produce this winter! We've completed our market season in both Port Townsend and Port Angeles, and for the most part we're suspending wholesale orders (with the exception of some sales to a food bank) so that we'll have a good variety and high quality of veggies in our CSA shares this winter. It feels nice to be able to focus on one destination for our produce, although it's quiet around here. Ru misses all the bustle of the market season, and of course he misses Karyn, but he's in the good company of Chandra who is farm-sitting along with her no-nonsense black lab, Jolie. We have also been lucky enough to adopt an awesome black barn cat named Woofus! Her name says it all. She's friendly yet independent, competent yet humble. Thanks to Bill Shepard for providing her. I feel that the animal community on the farm has reached a harmonious balance.

On to vegetables: The brussels took a serious hit during those frosty days. They are a tough plant but I think they found their limit. They are still heavenly to eat but you may find some layers of brown on the inside when you slice one open. My advice to you is ignore it, we ate some for lunch today and there is no difference in the taste or texture. Man, are they good! Also, most of you have probably figured this out but the roasted squash and brussels sprout combination is pretty spectacular, either side by side or in a soup or casserole.

I was once told that when you buy canned pumpkin, it's usually hubbard squash; they probably use those enormous Mother Hubbards because they're more efficient for mass processing. Feel free to use a hubbard squash in the same way you would a pumpkin.

Chioggia beets are divine. My favorite way to eat them is to slice or cube them, boil them for about 10 minutes, toss them in olive oil, minced onion or shallots, and cubed cheese, and a splash of vinegar. The pungency of the onion or shallot mellows just enough in the warmth of the beets and the cheese melts slightly. You can do this with any kind of beet.

Turnips, admittedly, are not my most exciting vegetable, but I sure did enjoy them today in the Turnips Au Gratin that I made to accompany our brussels sprouts for lunch. I discovered that they have a sweetness that potatoes may lack and which I really appreciated in that particular dish. Karyn may have already informed you about the nutritive qualities of 'nips, as we lovingly refer to them, but according to the internet, they have a property that "deactivates an estrogen metabolite that promotes tumor growth, particularly in breast cells", as well as

preventing metastasis and helping the liver filter carcinogens. This knowledge helps me to warm up to Turnips. They also have a lot of vitamin C and calcium and other good elements.

## **RECIPES**

First let me say that what I did for lunch was roast thinly sliced turnips and chopped shallots in olive oil and a little bit of milk for about 45 minutes at 400 degrees, stirring occasionally. Then I mixed in some shredded Trailhead cheese and a little bit of romano and broiled it for a few minutes and my, was it tasty. I understand that Irma Rombauer recommends parboiling turnips for Au Gratin, but I'm not afraid to say that I disagree with Irma Rombauer. Turnips soften up fine by just roasting and they appreciate the crisp texture and roasty flavor of being cooked in oil.

This recipe is from the Davis, California Farmer's Market. You'll notice that there is no mention of parboiling turnips.

### **Potato & Turnip Au Gratin with Leeks**

*courtesy of David Cannata, Yolo Catering*

**Serves:** 6

- 1 lb russet **potatoes**, peeled and thinly sliced
- 1 lb **turnips**, peeled and thinly sliced
- 3 **leeks**, white section only, thoroughly washed, thinly sliced
- 1 cup whole milk
- 1 cup heavy cream
- 2 cup shredded Gouda (Trailhead, New Moon)
- 3 large cloves **garlic**, minced (shallots!)
- 2 TBSP **butter**
- Salt & pepper to taste

Preheat oven to 365 degrees.

In saucepan combine milk, cream, garlic and salt and pepper. Do not boil. Reduce heat and simmer for another 5 minutes, then set aside. Don't be shy on the salt, it will help flavor the potatoes and turnips.

In a small pan melt 1 T. of the butter and add leeks. Cook for 7-8 minutes until leeks start to brown, stirring frequently, then set aside.

Spread remaining butter around a 9x12 baking dish, covering all sides. Assemble potatoes and turnips in dish alternating each vegetable. Season each layer with salt and pepper. Add 1 cup of gruyere and cooked leeks on top of first layer.

Pour cream mixture over the top just barely covering. Layer remaining vegetables seasoning with salt and pepper. Top last layer with remaining cheese and cover with cream mixture.

Bake for 40-45 minutes until top is golden brown and potatoes can be pierced easily with a sharp knife.

**Pumpkin and Goat Cheese Lasagna**...[\*from the kitchen of One Perfect Bite\*](#)

*Ingredients:*

1 pound dried lasagna noodles (or fresh, local ones if you can find some)

**Bechamel Sauce:**

1/2 stick (1/4 cup) unsalted butter

1/4 cup flour

3 cups whole milk

2 tablespoons fresh creamy goat cheese or mascarpone

1/2 teaspoon salt

Freshly grated nutmeg

**Filling:**

1 can (29 ounces) pumpkin puree (just use whatever we gave you, cut in half and roasted till soft)

1 tablespoon fresh thyme leaves

1 tablespoon fresh minced sage leaves

1/8 teaspoon freshly grated nutmeg

1/2 cup unseasoned bread crumbs

1/2 cup mascarpone cheese

1/4 cup freshly grated Parmesan cheese

1/4 cup brown sugar (or not)

2 tablespoons creamy goat cheese

1 tablespoon salt

Freshly ground pepper

**For assembly:**

1/2 cup unseasoned bread crumbs

1/2 cup freshly grated Parmesan cheese

*Instructions:*

1) Heat a large stockpot of lightly salted water to a boil; fill a large mixing bowl with ice and water. Boil noodles until al dente, about 8 minutes; drain. Transfer to ice water to stop cooking. Drain noodles; arrange in a single layer on a lightly oiled baking sheet. Set aside.

2) Meanwhile, to prepare sauce, melt butter in a large saucepan over low heat; sprinkle in flour, stirring continuously with a wire whisk. Cook, stirring constantly, for about 5 minutes. Whisk in milk, then goat cheese, salt and pinch of nutmeg. Heat to a simmer; cook, whisking often, until thick and creamy, about 10 minutes. Remove from heat; set aside.

3) To prepare filling, combine pumpkin puree, thyme, sage, nutmeg, bread crumbs, mascarpone, Parmesan, brown sugar, goat cheese, salt and pepper to taste in a large mixing bowl.

4) Heat oven to 400 degrees. To assemble lasagna, spread a third of pumpkin mixture on bottom of a lightly greased 13-by-9-inch baking pan. Cover with a layer of lasagna noodles, placed length-wise side by side, overlapping edges. Spread another third of filling over noodles; top with 3/4 cup of bechamel sauce. Top with another layer of noodles, remaining filling, and another 3/4 cup of bechamel sauce. Cover with a final layer of noodles and remaining bechamel sauce. Sprinkle with bread crumbs and Parmesan. Spray a sheet of aluminum foil with nonstick spray; place it sprayed-side down over lasagna in pan, folding edges over.

5) Bake until heated through and bubbling, about 50 minutes. Remove foil; bake until topping is golden brown, about 15 minutes. Remove pan from oven; cool 10 minutes. Cut into rectangles or squares. Yield: 8 servings

Recipe courtesy of Wolfgang Puck and *The Chicago Tribune*.

Well, that should keep you out of trouble for a while. If anyone has recipes they want to share for leeks, potatoes, celeriac, Italian kale or mache, please email them to me at [estruitt@yahoo.com](mailto:estruitt@yahoo.com).

Merry Christmas, Chanukah, Solstice, Kwanzaa, and New Year!

# RED DOG FARM



## In your share this week:

Blue Potatoes  
Italian or Green Kale  
Celeriac  
Leeks  
Mache (large shares only)

Well, I hope everyone is enjoying the last few days of this decade! I sure appreciated the spectacular weather we had over Christmas, and I'm also glad to hear that it should be raining soon. It gets old to have to wait until noon for the water in the pipes to melt so we can wash the vegetables. These cold, clear, crisp nights are beautiful but I'm ready to wake up to a nice balmy 40 degree drizzly grey morning!

Now that dusk brings the close of our work day at 4:00 we often cross paths with a hawk that lives on the farm. Today we watched it swooping around the grassy kickball field, flying low, looking for rodents, and then swooping off to the parsley. So graceful and majestic!

As you'll find when you eat the kale, this cold weather does good things for the flavor of a lot of veggies, especially greens. To keep from freezing, the plants convert some of their starches to sugars, lowering the freezing point of the water inside and sweetening up our salads! Keep in mind though that veggies that have been through a hard frost sometimes don't keep as long in the refrigerator (they've been through a lot!) so the sooner you eat 'em up the better.

**KALE SALAD OF THE DECADE:** This kale is so sweet people were eating it raw in the field while harvesting it. I've never been a big raw kale eater but I remember a friend of mine making a raw kale salad one January in 2000 and how ravenously I devoured it- both because I was craving raw greens and because it was so surprisingly good! He cut the kale into ordinary salad-sized bits and coated them in olive oil for a little while, say 1/2 an hour. Oil helps break down the cells in hearty kale leaves and makes them easier to chew. Then he tossed in a little vinegar and salt, some raisins and walnuts. You could use any salad dressing, but I really liked how it was simple. And here I am, 10 years later, still remembering that salad and how good it was!

Celeriac, somehow, when eaten raw has a coconut flavor. When cooked it just becomes savory, sweet creamy and delicious, an essential addition to soups, but I recommend trying some of the celeriac raw, either cut it into chunks and eat it plain or grate it and make a salad of it. No, I don't peel it, but many people do.

Blue potatoes are a great all purpose tuber with a flavor similar to russets. I like them fried up with cabbage (or leftover brussels sprouts!) and crushed coriander seed. However if your conservative family is coming over for New Year's brunch, think carefully about how they will react to being served blue potatoes- I've learned that not everyone thinks they are as cool a novelty as I do.

What to say about leeks- you all know them pretty well. Clearly this is the week to make potato leek soup! My father, who was the cook in our house, made a big deal of slicing leeks and then soaking them in vinegar, I think to get the dirt out and probably also to add a zing of flavor to whatever you're cooking them in. If you're really, really tired of eating leeks (which I am not), they make neat stamps. Cut the bottom off and ink up the new end and it makes a neat pattern when printed on paper. Fun homemade thank you notes!

Large shares get mache this week, also known as corn salad or rapunzel. I'm told that Europeans go crazy over this stuff. It's a small, fleshy green leaf that hugs the ground so it grows well in cold weather. It is tender and delicious! Treat it like any salad green.

A note on last weeks' carrots: As we were packing the shares I wondered if the average CSA member

prefers lots of small carrots or 1 or 2 huge carrots. A vote was taken by those present and large carrots won by a margin of 1/3. For me personally, I am unwaveringly in favor of many small carrots. I prefer their crisp texture and the small ones always seem to be sweeter. But I realize that a pile of small carrots may raise the eyebrow of some people. Large carrots are more straightforward to chop and cook with. I hope everyone found virtue in whatever size carrot they ended up with last week.

## RECIPE

### POTATO LEEK SOUP

This recipe is from the Food Network. I don't really know if the "bouquet garni" is necessary, but this might give you some ideas for a super flavorful soup. You could also add any leftover carrots from last week, and certainly this week's kale.

#### Ingredients

- 1 large or 2 small leeks, about 1 pound
- 2 bay leaves
- 20 black peppercorns
- 4 sprigs fresh thyme
- 2 tablespoons butter
- 2 strips bacon, chopped
- 1/2 cup dry white wine
- 5 cups chicken stock
- 1 to 1 1/4 pounds russet potatoes, diced
- 1 1/2 teaspoons salt
- 3/4 teaspoon white pepper
- 1/2 to 3/4 cup creme fraiche or heavy cream
- 2 tablespoons snipped chives
- 1 celeriac

#### Directions

Trim the green portions of the leek and, using 2 of the largest and longest leaves, make a bouquet garni by folding the 2 leaves around the bay leaves, peppercorns and thyme. Tie into a package-shaped bundle with kitchen twine and set aside. (Alternately, tie 2 leek leaves, bay leaves, peppercorns and thyme together in a piece of cheesecloth.)("or just put them in the soup and eat them like normal" says Emily)

Using a sharp knife, halve the white part of the leek lengthwise and rinse well under cold running water to rid the leek of any sand. Slice thinly crosswise and set aside. Chop the celeriac into 1/2 inch chunks.

In a large soup pot over medium heat, melt the butter and add the bacon. Cook for 5 to 6 minutes, stirring occasionally, until the bacon is very soft and has rendered most of its fat. Add the chopped leeks and celeriac and cook until wilted, about 5 minutes. Add the wine and bring to a boil. Add the reserved bouquet garni, chicken stock, potatoes, salt and white pepper, and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes, or until the potatoes are falling apart and the soup is very flavorful.

Remove the bouquet garni and if you wish, blend the soup in a food processor or with an immersion blender. Stir in the creme fraiche and adjust the seasoning, if necessary. Serve immediately, with some of the snipped chives sprinkled over the top of each bowl of soup.



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

Acorn or Sweet Dumpling Squash

Parsnips

Salsify

Kale Mix

Shallots or onions

Welcome to the New Year! I am proud to be able to say that I took part in the annual Mystery Bay Polar Bear Dip on Marrowstone Island, along with Kelly, Red Dog's powerhouse winter volunteer without whom we could not function, and under the non-participatory supervision of Chandra, farm-sitter extraordinaire and dedicated round-the-clock vegetable handler. We jumped in and hauled out of that water faster than you could pick a bean! And of course, it started raining the moment I dried myself off. It was a nice, exhilarating way to start out '10.

Ru, the Red Border Collie who has been visiting with his friends in Port Townsend, missed an opportunity to show off his mad herding skills this morning when a few of the neighbor's cows wandered onto our kickball field. They very enthusiastically chowed down on the grass and moored at us loudly (maybe they were mooing to their friends on the other side of Jefferson county?) and finally allowed themselves to be herded back through the trampled fence from whence they came. Weird way to start out the day! You never know what's going to happen next in this line of work.

Karyn comes home on Thursday! We all can't wait to hear how her trip was, and to have her back on the farm.

This week you all get to try Salsify. It's also called Oyster Plant because apparently people think it tastes like oysters, although I don't think so at all. It's very mild, sweet at first with a slightly bitter aftertaste. Some people compare it to an artichoke heart. General rule of thumb with vegetables: bitter = healthy. Salsify is a good source of Vitamin C, phosphorus, iron and calcium. I do recommend peeling them, or sliding the skins off after they're cooked.

Here's your opportunity to officially decide on your favorite variety of kale! You can do a side by side comparison of the 3 varieties in your mix: Red Russian (red or green, flat), Green Curly (green, curly) and Lacinato/Italian/Dinosaur (dark green, bumpy). Your favorite might change depending on if it's raw or cooked.

These are the last of the alliums for this year. We're still fine-tuning our onion/shallot curing system, so we lost a lot of them to mold. These damp autumns are not favorable for the process of storing alliums, at least that's our excuse.

This is also the last of the acorn squash, though not because we didn't cure them properly, we have just run out. In fact some of you will get sweet dumpling squash, which is comparable in quality.

At lunch today there was a heated discussion about which winter vegetables were good and which ones were not, and the only one that the four of us (farm geeks) could agree was good was the Parsnip. I hope that this feeling is unanimous among the greater Red Dog community.

## **RECIPES**

This looks delicious. Small shares should half the recipe.

### **Buttery Salsify Puree with Horseradish** *serves 2 to 4*

2 tablespoons lemon juice

2 pounds black or white salsify

1 small clove garlic

2 1/2 tablespoons butter

3/4 cup milk

1/2 tablespoon horseradish, or to taste

salt, to taste

Fill a large bowl with cold water, and add the lemon juice to create an acidulated bath. Peel the salsify, and cut it into 2 inch lengths, slipping the pieces into the bath as you work.

Add the drained salsify and the clove of garlic to a saucepan of cool water, and bring to a boil. Cook for 8-10 minutes or until tender. Drain, and puree with remaining ingredients. Garnish with parsley, or other mild herbs. If you like, this recipe can easily become a soup by increasing the amount of milk until the desired texture is reached.

Large shares: still have mache left over from last week? Fine enough excuse to make:

## **Black Salsify with Caramelized Lobster Tails and Mache**

[Recipe courtesy Emeril Lagasse, 2002](#)

### **Ingredients**

- 1 medium onion, coarsely chopped
- 1 medium carrot, coarsely chopped
- 1 celery stalk, coarsely chopped
- 2 bay leaves
- 1 **lemon**, juiced, and rind reserved
- 1 tablespoon whole peppercorns
- 1/4 cup **kosher salt**
- 2 lobster tails
- 7 or 8 medium salsify ( about 1 1/2 pounds)
- 1/2 cup white vinegar
- 3 cups **milk**
- 2 cups **water**
- 2 teaspoons **salt**
- 1 teaspoon freshly ground black pepper
- 1 tablespoon cornstarch
- 2 tablespoons olive oil
- 4 tablespoons butter
- 1 tablespoon chervil leaves
- 1 tablespoon extra-virgin olive oil
- 2 cups mache

### **Directions**

In a large, 2-gallon stockpot filled with 1 1/2 gallons of water, place the onion, carrot, celery, bay leaves, lemon juice and rind, peppercorns, and salt. Bring the pot to a boil and cook for 15 minutes. Place the lobster tails in the water and cook for 3 1/2 to 4 minutes. Remove the lobsters from the boiling water and cool in an ice bath immediately. Once the lobsters are cool enough to handle, remove the tails from the shells and use a chef's knife to cut the tails in half lengthwise.

To prepare the salsify, wear rubber gloves. (Salsify releases a milky sap when peeled.) Using a vegetable peeler, peel the salsify. Use a sharp paring knife to trim the ends. Cut the salsify into 2-inch lengths and place in a non-reactive bowl with 4 cups of cold water and the white vinegar. In a medium saucepan, combine the milk, water, 1 teaspoon of the salt, and 1/2 teaspoon of the black pepper. Place the salsify pieces in the pan and bring to a boil, reduce the heat to a simmer and cook for 15 minutes. Remove from the liquid and set aside to cool. Once cool enough to handle, sprinkle the salsify with the cornstarch. Shake to release any excess cornstarch. Heat a large sauté pan over medium-high heat and add 1 tablespoon of the olive oil to the pan. Once the oil is hot, place the



salsify in the pan and sear for 1 minute. Add 2 tablespoons of the butter to the pan and turn the salsify over on to the other side. Continue to sear the salsify, turning occasionally, until all sides are evenly browned. Add the chervil leaves and toss until coated. Remove the pan from the heat and set aside until ready to serve.

Place a 10-inch sauté pan over medium-high heat and add the remaining tablespoon of olive oil to the pan. Once the oil is hot, place the lobster tails, cut-side down in the pan and sear for 2 minutes. Add the remaining two tablespoons of butter to the pan and continue to sear the lobster for another 2 minutes. Turn the lobsters and cook for 30 seconds on the other side. Remove from the pan and set aside.

Assemble plates by dividing the salsify evenly among 4 plates. Top each portion of salsify with one piece of lobster tail. In a small mixing bowl, gently toss the mache with the extra-virgin olive oil and remaining salt and pepper. Place 1/2 cup of the mache on top of each lobster tail and serve immediately.

## Curried Parsnip Soup with Fromage Blanc toast

### Ingredients

#### For the soup

- 1 tbsp grapeseed oil, or other light flavoured oil
- 2 **Onions**, chopped
- 3 tbsp curry paste
- 1.25kg **Parsnips**, coarsely chopped
- 1.5 litres chicken or vegetable stock, boiling
- 150ml coconut milk, plus extra to drizzle
- 2 tbsp freshly chopped **Coriander**
- 6 long thin slices baguettes
- 100g fromage blanc

### Method

1. **For the soup:** Heat the oil in a large heavy-based pan over a medium heat. Add the onion and cook stirring occasionally for 5-6 minutes or until onion is soft. Add the curry paste and cook stirring constantly for a further 1-2 minutes or until fragrant.
2. Add the parsnips and hot stock and bring to the boil. Reduce the heat to low, cover and simmer for 20 minutes or until parsnips are tender. Remove and set aside to cool slightly.
3. Blend the soup in batches in a food processor or blender until smooth; return to a clean pan with the coconut milk. Place over a low heat, stirring until heated through.
4. Stir through the coriander and season to taste with sea salt and freshly ground black pepper.
5. **For the fromage blanc toasts:** toast the baguette slices and spread with fromage blanc.
6. **To serve:** drizzle the soup with a little extra coconut milk and serve a fromage blanc toast on the side.



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

Carrots

Turnips

Savoy Cabbage

French Fingerling Potatoes

Celeriac

After three weeks in Mexico, it's wonderful to be home again! I did have a good time in the sunny south. I traveled around the Yucatan Peninsula and Chiapas. Highlights were visiting Mayan ruins, snorkeling with turtles, and experiencing the colorful San Cristobal. This was no luxury affair; I lived on a tight budget, taking 13 hour night bus rides on winding mountain roads, sleeping in sometimes less than desirable hostel rooms, and dealing with the unique sanitary issues of Mexico. It was an adventure! By the time I came home, I was so happy to return to the farm and hang out with Rupert and friends. The best part of being away was in the coming home.

I am also excited to be home to get started on this year's farm season! There is already so much to do and I already feel behind (this is a constant in a farmer's life)! Big winter projects include putting up a steel frame greenhouse and building a farm stand. Then there's the routine winter equipment maintenance, field planning, coordinating, seed and supplies ordering, perennial weeding, barn cleaning, and more. It is wonderful to have energy and enthusiasm for all these projects- another benefit of taking a break!

I was so pleased to return to the farm humming along normally under the thoughtful care of Emily and Cha. Besides a few renegade cows, there were no mishaps to speak of. It was such a treat to read Emily's newsletters from Mexico each week. I was so impressed with her light, humorous writing style. I hope you enjoyed her voice in the newsletter as well. Look for more newsletters from Emily in the future.

One of the highlights this week has been watching the winter bird activity. A fat-bellied hawk is a constant guard on the farm, keeping a keen eye out for rodents. I love watching him in flight or resting atop a fence post. Another familiar is the great blue heron. Normally I spot her hanging out near the creek, but lately she seems to be enjoying the marsh area in the corner by the driveway and Center Rd. Her regal stance and suspicious look make me respect her space.

When I left for vacation, everything was still frozen solid, and it is a relief to see the field moist and not rigid anymore. But, it's also hard to take in the aftermath of the freeze. Harvest has been taking considerably longer since we often have to sort through rot in the crops. Whether from the high water table at the tips of their roots or freeze damage near their crowns, the roots left in the field are not as easy to harvest as before. You will notice your carrots and turnips this week have been trimmed to eliminate any damage. If you get substandard turnips or carrots, please let me know and I would be happy to replace them. Although we tried our hardest to eliminate any poor quality, sometimes it was very difficult to tell. If you don't like the more carrotty flavor of the carrots, try cooking them. They are just as sweet as ever!

Another disappointment was realizing the extent of the dings on the stored potatoes. The dings are from the potato digger (a mechanized piece of equipment) not being adjusted properly. Unfortunately I didn't realize my mistake until the potatoes were all dug. The dings have healed really well and don't seem to be causing rot. Simply cut out the dinged spots and use as normal.

The Savoy cabbage has small amounts of frost damage on its leaf edges, but nothing too major.

The celeriac is gorgeous in its white creaminess. Celeriac is all stored in the cooler and keeps well all winter long. This week we have some new celeriac recipes sent in by a CSA member.

I hope you have all had a good holiday and New Year's celebrations. Please feel free to contact me about any observations or suggestions you have about how the CSA has been going over the past three weeks.

## **RECIPES**

### **Celery Root Gratin**

*Sent in by Jill Silver, adapted slightly*

1 lb. French Fingerling Potatoes  
1 Celeriac root  
Salt to taste  
1-3 Tbs. olive oil  
1 medium onion  
2 celery stalks  
1 tsp. pepper  
1 cup dry white wine or stock  
15-ounce can tomatoes, juice reserved  
Thinly shaved parmesan

Put on a pot of water to boil. Peel the celeriac root. Slice the potatoes and celeriac into ¼" slices. Dunk in boiling water for five minutes. Meanwhile, sauté the onion, celery stalks and pepper in olive oil until tender. Salt to taste. Add in the wine or stock and tomatoes. Cook until liquid is reduced by half. In a greased 8"x10" oven proof dish, pour half the tomato- onion mixture, then the potatoes and celeriac, topped with the remaining tomato- onion mixture. Cover and bake at 375 degrees for 45 minutes. Remove from heat and garnish with thin slices of parmesan or other hard cheese. Serve with a salad.

### **Chicken Stir-fry**

2 chicken breasts, cubed  
1 Savoy Cabbage, thinly sliced  
1-2 Carrots, sliced diagonally  
1 medium onion, chopped  
2 cloves garlic, minced  
1 tsp fresh minced ginger  
2 Tbs. toasted sesame oil  
3 Tbs. sesame seeds  
Soy sauce to taste

In a wok or a large skillet, sauté the onion until tender. Add the carrots, minced garlic, ginger and chicken breast. Sauté until chicken is cooked through. Add in the cabbage. Sauté until cabbage is just tender but not overcooked. Garnish with sesame seeds and season with soy sauce. Serve over a bed of rice or noodles.

### **Braised Turnips with Poppy Seed Bread Crumbs**

*Gourmet, February 2008*

#### **For turnips**

- 3 tablespoons unsalted butter
- 2 pounds medium turnips (not Japanese), peeled and cut into 1-inch-thick wedges
- 1 1/2 cups water
- 1 tablespoon fresh lemon juice

#### **For bread crumbs**

- 2 tablespoons extra-virgin olive oil
- 1 garlic clove, minced

- 1 cup fine fresh bread crumbs from a baguette
- 1 tablespoon poppy seeds
- 1 tablespoon chopped flat-leaf parsley

**Braise turnips:**

Melt butter in a 12-inch heavy skillet over medium heat, then add turnips, water, lemon juice, and 1/2 teaspoon salt and bring to a boil. Reduce heat to low and simmer, covered, 30 minutes. Increase heat to medium and stir turnips, then briskly simmer, uncovered, until all of liquid has evaporated and turnips are glazed and just tender, 20 to 35 minutes (they should be cooked through but still retain their shape).

**Make bread crumbs while turnips cook:**

Heat oil in a large heavy skillet over medium heat until it shimmers, then cook garlic, stirring, until pale golden, about 1 minute. Add bread crumbs and poppy seeds and cook, stirring frequently, until golden, 4 to 5 minutes. Stir in parsley and salt to taste. Just before serving, sprinkle bread crumbs over turnips.

Week 9 Winter CSA Newsletter

January 20, 2010

# RED DOG FARM



**In your share this week:**

Winter Squash (Sweet Dumpling or Delicata)  
 Leeks  
 Red Beets  
 Collards (small shares only)  
 Cress (large shares only)

It's starting to feel like spring, already! Several clues are the warm, erratic weather, the emergence of the fresh, tender garlic leaves, and the lengthening days. I can feel my energy level increase with each day and find myself feeling very excited and optimistic about this season. In just a couple weeks we'll start seeding our first crops; onions and leeks.

Between now and then we have the crucial job of putting up the propagation greenhouse. The kit is on its way and we hope to have the structure up by the following weekend. For those of you who have been with me through the greenhouse disaster of 2009, rest assured that these greenhouses will be securely attached to the earth with concrete in many places and have been tested in areas with 165 miles per hour of wind. Luckily, it doesn't get that windy here!

I am so excited to have greenhouses on the farm. The past two years I have been renting a greenhouse a couple miles down the road. While this was very helpful at the time, it quickly became a huge chore to drive back and forth to the greenhouse to open and close doors and water sometimes four times a day. What a relief to have everything on the farm where it won't get neglected or become an onerous chore.

These days I've been inside a lot, working to get taxes together, plan the crop production, having meetings with buyers, and ordering seeds. Although this may sound like drudgery to some, it's actually my favorite time of year, especially for the short period of time it lasts. I find myself having so much hope for the potential of this season. I dream of successful crops, a happy and efficient crew, bumper sales, weeded fields, and general agricultural bliss. It's also just enjoyable to spend time inside and use my brain more than my body.

## **RECIPES**

### **Grapefruit Cress Salad**

½ lb. Cress leaves, chopped in half  
2 grapefruit  
4 Tbs. minced onions or shallots  
1 cup fresh goat cheese or fromage blanc  
5 Tbs. olive oil

Cut the grapefruit in half. Using a small spoon, scoop out the grapefruit segments, leaving the membrane. Squeeze the grapefruit half to get remaining juice. Toss all ingredients together and serve.

### **Collard Salad**

1 bunch Collards  
½ lb. Beets  
1 cup hemp seeds, pine nuts or sunflower seeds

#### **Dressing:**

1/3 cup well-stirred tahini  
1/3 cup water  
1/4 cup plus 1 tablespoon fresh lemon juice  
2 garlic cloves, minced  
3/4 teaspoon salt

Stack the collards on top of each other, and then roll up like a cigar. Slice as thinly as possible. Grate the beets (no need to peel them). Combine collards, beets and seeds. In a small bowl combine all the dressing ingredients. Stir well. Dress the salad and enjoy!

### **Kelley's Quinoa and Beets**

*Kelley, our phenomenal winter volunteer, inspired me with her simple, delicious beet recipe.*

2 cups quinoa  
4 cups water  
as many Beets as you like, chopped, not peeled  
Balsamic vinegar  
Blue cheese (or parmesan is good, too)

In a rice maker, if you have one, put in the quinoa, water and chopped beets. Turn it on and walk away until it's done. When it's all cooked, season with balsamic vinegar and cheese.

### **Leek Tart**

[www.localfoods.about.com](http://www.localfoods.about.com)

- 5 medium Leeks
- 2 Tbsp. butter
- 1/2 tsp. salt plus more to taste
- 1/2 to 3/4 cup half-and-half or cream
- 1/4 tsp. freshly ground black pepper
- 1 tart crust (pie crust works as well)
- 1/2 to 3/4 cup freshly shredded cheese - gruyere, parmesan, or similar

## Preparation:

1. Preheat oven 375. Clean leeks, remove root end and dark green leaves, halve lengthwise, and cut into thin slices.
2. Melt butter in a large frying pan or sauté pan over medium heat. Add leeks and sprinkle with salt. Cook, stirring occasionally, until leeks are very tender, about 10 minutes.
3. Add half-and-half or cream. Reduce heat to low and let cook to blend flavors and reduce liquid, about 5 minutes. Take off heat and stir in pepper. Taste and add more salt and pepper to taste, if you like.
4. Lay crust in a 9-inch round tart pan (or similar). Add leek mixture and spread in an even layer. Sprinkle with cheese. Bake until bubbly and golden, about 35 minutes.
5. Let sit 5 to 10 minutes before cutting. Serve hot, warm, or at room temperature.

Week 10 Winter CSA Newsletter

January 27, 2010

# RED DOG FARM



## In your share this week:

Carrots  
Sunchokes  
Kohlrabi  
Celeriac  
Kale Mix

Last Friday after work, Emily (foreground), Chandra (back) and I (not pictured), went for a paddle on Red Dog Lake. You can see the barn in the background in the picture above. It was such a peaceful way to spend the last hour of daylight.

The mallard ducks have greatly been enjoying the lake as well. There seem to be a hundred or so of them on the lake at a time. When they all take flight at once it creates a loud noise of flapping wings and splashing water, the very sound of excitement.

The hunters in Center Valley seem to greatly enjoy the ducks as well. Rupert Dandelion and I are VERY excited for hunting season to be over as of January 31<sup>st</sup>. Gunshots sound out all day long from first light to dusk, keeping Rupert cowering under the bed for most of the day and me cringing with the loud noise.

I really enjoy the ducks. I especially get a kick out of their nighttime antics. I can often hear them all night quacking to one another in what I imagine to be agreed contentedness.

For those of you who balked at last weeks' giant beet in your share, I forgot to mention that beets store very well. Just throw it in the back of your fridge until you want to use it. I don't put them in plastic. And it doesn't matter if you've cut it in half or grated some of it off. I just keep working off a beet until I'm done with it. One often sits in my fridge for over a month and is still good!

The kohlrabi in this week's share is noticeably sweet, but also disappointingly not crisp-textured. I recommend either cooking it or grating it into salads. This is not the time of year to eat kohlrabi out of hand like an apple, or raw in slices. Save that for the early summer when the funny vegetable is at its finest.

This week in your box you will find the CSA brochure for 2010. I will be emailing out more information about changes in this year's program in the next week, so keep an eye out in your in-boxes.

I have totally revamped the CSA program for 2010. If in the past you've dismissed summer CSA as not for you, take a look at the brochure and maybe you will find the some of what was prohibitive in the past is now more enticing. I also added a new program called Dog Bones. It's basically a farmer's market CSA option.

## **RECIPES**

### **Stir-Fried Kohlrabi from *The Goodness of Potatoes and Root Vegetables***

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

3 kohlrabi, peeled  
3 medium carrots  
4 tablespoons peanut or safflower oil  
3 cloves garlic, peeled and thinly sliced  
1 inch piece gingerroot, peeled and thinly sliced  
3 green onions, sliced  
1-2 fresh chili peppers, sliced, optional  
salt  
4 tablespoons oyster sauce (optional)  
3 teaspoons sesame oil & soy sauce, each

Slice kohlrabi and carrots into thin ovals. Heat oil in large heavy skillet; when it begins to smoke, toss in garlic and ginger. Stir once then add kohlrabi and carrots; toss and cook 2 minutes. Add green onions and chilies; stir-fry 1 minute, then pour in ½ cup water. Cover, reduce heat and cook 5 minutes. Remove cover and toss in a little salt and the sesame and soy, and oyster if using. Serve with rice.

### **Kohlrabi Puree**

[www.foodiefarmgirl.blogspot.com](http://www.foodiefarmgirl.blogspot.com)

4 kohlrabi bulbs, peeled  
2 Tablespoons extra-virgin olive oil  
1 large onion, chopped  
3 cloves garlic, minced  
4 ounces mushrooms quartered  
3 Tablespoons cream (or milk, chicken stock, olive oil, or water)  
salt and pepper to taste

1. Trim the kohlrabi bulbs, peeling them if the skins seem tough. Rinse the leaves (discarding any that are yellow) pat them dry, and coarsely chop. Set aside. But the bulbs into 1-inch chunks.

2. Bring a saucepan of lightly salted water to a boil, and add the kohlrabi chunks. Reduce the heat and simmer until tender, about 15 minutes.
3. Meanwhile, heat the olive oil in a skillet. Add the onion and sauté over medium-low heat until softened, about 5 minutes. Add the garlic and cook, stirring, another 1 to 2 minutes. Do not let garlic brown.
4. Add the mushrooms and the reserved kohlrabi leaves to the skillet. Cover, and cook 5 minutes. Then uncover, and cook, stirring, until all the liquid has evaporated, 3 minutes. Set the skillet aside.
5. Drain the kohlrabi chunks and place them in the bowl of a food processor. Add the mushroom mixture and all the remaining ingredients. Purée until smooth.
6. Transfer the purée to a saucepan and reheat over low heat, stirring, 2 minutes.

### **Potato-Celery Root Cakes**

from Deborah Madison, [www.mariquita.com](http://www.mariquita.com)

- 1 pound potatoes, peeled
- 1 pound celery root, peeled
- 3-4 Tablespoons oil
- Salt & Pepper

Grate the potatoes and celeriac, mix together. In a heavy skillet heat half the oil over med. heat. Add half the potatoes-celery root mixture, making a layer about 1/2 inch thick. Season, then cover with the other half of the mixture. Press down on the cake and neaten the edges. Reduce heat to low and cook until the bottom is golden, about 10-15 minutes. Turn the cake out onto a plate, add the remaining oil, slide the cake back into the pan and cook the other side until golden.

### **Celery Root with Onion and Lemons**

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

- 1 celery root, peeled (approx 2 cups of prepared root)
  - 1 cup onion, chopped
  - 1 tablespoon fresh lemon juice
  - cooking spray
1. Peel the root so you have only the white flesh, cut it into pieces approximately 1/8" thick and bite size.
  2. Immerse prepared celeriac in boiling water and boil 5 minutes, drain (keep the water to use in a soup recipe).
  3. Spray a fry pan (large enough to hold the veggies in a single layer) and heat it, Add celeriac& Onions.



4. Rotate the veggies but allow the onions and celeriac to brown approximately 10 minutes.
5. Sprinkle lemon over the veggies.
6. Serve as a side dish vegetable.

Week 11 Winter CSA Newsletter

February 3, 2010

# RED DOG FARM



## In your share this week:

Russet Potatoes  
Leeks  
Delicata  
Tat Soi/ Mustard Mix  
Rutabaga (large shares only)

This past week has been all about putting up the new greenhouses. As of the end of today, we have one completely up and the groundwork all done for the second house. The plan is to get the second structure completely up by the end of the week. Then this weekend, take a rest already! And next week, finish the doors, put on the film, and move the ground fabric, tables and equipment into the start house. If all goes well, I hope to be seeding our first plants in there the third week of February. Putting up the greenhouses has been a lesson in things always take longer than you think they will, or maybe just longer than you hope they will.

The warm weather has me anxious to be prepared for the momentous day when the soil dries out enough to be worked. Some of the first crops to go directly into the ground outside are peas, spinach and radishes. If I get a window of mild weather long enough to dry out the water-logged fields, I plan to be ready to move into action. Normally, we get such a window sometime in February. Although this year has been so wet, it will take a longer than usual dry spell to let the fields drain enough for intelligent tractor use. Keep your fingers crossed for me!

I still haven't gotten around to writing that 2010 CSA email I mentioned. It's on its way just as soon as I get the chance. In the meantime, if you have questions about the program for this season, give me a call or send an email and I'd be happy to help you make sense of it.

Hope you are enjoying the warm beginning to February as much as I am!

## RECIPES

### **Twice Baked Potatoes**

*As a child I thought these were just magic!*

1 large Russet Potato per person

Butter

Salt and pepper

Milk (optional)

Grated cheddar cheese

Bake the potatoes until tender (about 1 hour). Slice in half length-wise. Scoop out the white potato inside. Mash with butter, salt, pepper and optional milk to taste. Spoon back into the potato skins. Top with shredded cheese. Return to oven and continue baking for another 10 minutes to melt the cheese.

### **Rutabaga Potato Mash**

Boil and mash equal parts rutabaga and potatoes. Mash with butter, sour cream, milk, salt and pepper.

### **Frizzled Leeks**

Slice leeks in half length-wise. Clean out any dirt. Cut cross-wise into half moon shapes. Sauté in a combination of olive oil and butter until crispy. A delicious topping for mashed potatoes, salads, or anything else!

**Tat Soi** is a delicious mild green, similar in taste and texture to spinach. It looks like a small cluster of dark green leaves. It is delicious raw in salads.

**Mustards** are spicy, tender greens. They are either a purplish-red color, or lime green with frilly edges. I enjoy them raw, but they are too spicy for some to fully enjoy raw. They cook down like butter; they become so smooth and creamy.

Week 12 Winter CSA Newsletter

February 10, 2010

# RED DOG FARM



**In your share this week:**

Carrots

Beets (red or chioggia)  
Parsnips  
Green Curly Kale

The greenhouses are up – YAY! It was a lot of work, but thankfully they are up and they aren't going anywhere anytime soon. With almost five tons of concrete in each one, plus super thick metal structures and hefty bracing, these babies are looking forward to a long life at Red Dog Farm!

It has been fun watching all of the migratory bird activity lately. On Saturday as Jay and I were working on the one of the greenhouse gable ends, I looked up to a faint honk and saw eight Trumpet Swans flying high overhead in a perfect V-formation. It was a beautiful sight as they crossed in front of the sun. I've also been noticing many flocks of Canadian Geese moving around, calling to each other, groups forming and splitting as they move across the sky over the wide open valley. I don't know enough about migratory birds to know what they're up to, but it seems that I have witnessed more flight activity lately normal

Another fun wildlife surprise was the tree frog that popped out from some chickweed as we were harvesting carrots today. I just love the vibrant green of the frogs, and their small, inquisitive stature.

The soil is finally beginning to dry out. There is terra firma were there wasn't before, making the parsnip harvest seem less like fishing and more like farming, as it should. It was a nice way to end the parsnip season, as we dug the last of the white roots today.

Any day now the driest part of my field will be ready to be field prepped for the first plantings of peas, spinach and radishes. Spring seems to be well on its way, although I don't trust its consistency yet.

Just a reminder, there are three more weeks, after today, left in the winter CSA. The last pick-up is on Wednesday, March 3<sup>rd</sup>. If you want to continue on with the CSA after that date, you will need to sign up for the 2010 sessions. The first session begins April 7<sup>th</sup>. If you didn't get a brochure or misplaced it, you can either download one from my website: [www.reddogfarm.net](http://www.reddogfarm.net) You can also call or email and I will send you one.

Next week there will be an evaluation form for you to give me feedback about how the winter CSA was for you. Start thinking about what worked for you and what didn't. I always appreciate new suggestions.

## **RECIPES**

### **Roasted Roots**

*If I were you, I'd make roasted roots out of all the roots this week and just eat off of it until it's all gone, which might not be long as it's so tasty. It's also delicious reheated for breakfast.*

Any combination of roots, such as Carrots, Beets, Parsnips, Celeriac, Leeks, Potatoes

Liberal amount of olive oil

Salt and pepper

Cut the roots into 1-2" chunks. Toss in olive oil and season with salt and pepper. Place in a baking dish, no more than two layers deep. Bake at 375 degrees for 1 ½ hours, stirring once to prevent sticking. Serve as a main dish (with ketchup is my favorite), as a side for any entrée, or for breakfast. Makes great leftovers.

### **Parsnip Fries**

Parsnips

Olive oil

Salt and pepper

Cut the parsnips like carrot sticks. Toss in olive oil to evenly coat. Spread onto a baking sheet in one layer. Sprinkle with salt and pepper. Bake at 375 degrees for 20 minutes, or until the fries are cooked through and slightly browned.

### **Kale Chips**

Green Curly Kale  
Tamari  
Olive oil

Preheat an oven to 350 degrees. Wash kale well and separate the leaves from the stem and tear or cut into bite size pieces. In a large bowl, toss the kale with a small amount of tamari (or soy sauce) and olive oil. Spread out onto a greased baking tray in a single layer. Bake for 10 minutes. Remove from oven and get ready to snack!

Week 13 Winter CSA Newsletter

February 17, 2010

# RED DOG FARM



## In your share this week:

Leeks  
Turnips  
Celeriac  
Mustards  
Mache (large shares only)

Time is just flying past. It feels like Spring is coming much earlier this year. And I am running much later. I know it is just the illusion of feeling like I am behind, because really, farming is all about accepting the fact that everything on my to-do list would take several years to accomplish. I am forever optimistic...

This week, I've been going to a lot of meetings; Port Townsend Farmers Market, Chimacum Farmers Market, Olympic Peninsula Culinary Tourism are the three groups who have been keeping me away from the farm, but also infusing me with new marketing ideas. I've also spent a lot of time in front of my computer working on my crop plan for the year. It's really rewarding to have a couple years of info at this site to work from. I feel like I have all this perspective that I struggled to have in the past two years. It's a fun time of year, when all the plans get made and my cooped-up self believing that I'll really be able to make some big improvements this season!

Speaking of improvements, I need to hear from you so I can continue to improve the winter CSA. Attached is a survey, or pick up a paper copy at the pick-up site Wednesday. I would really love to hear from you, especially if this is your first time doing the winter CSA with Red Dog. Fill out a survey especially if you've had an idea on how the winter CSA program could be better. Thanks for taking the time to let me know what you think. It's anonymous so it's a really good time to tell me what you really think!

Update from the farm: The farm is wet. Again. The driveway is a mess. My apologies for those of you who pick up at the farm. We have to wait until it dries out a little, then I can get it re-graded and graveled. We're making some minor electrical improvements on the barn, and laying wire for the greenhouse and farm stand. We're keeping our fingers crossed for no wind on Friday so we can plastic the greenhouses. Then, next week, we will begin seeding. Spinach, tat soi, scallions and radishes for the one soil greenhouse so we have something to harvest for the first couple weeks of the April CSA. And in the start house, we'll seed onions, leeks (even if you think you'll never want to see another leek again right now, just wait until next October when these are ready and you're dying for a bowl of potato leek soup!), flowers, tomatoes, greens, lettuces, and a whole lot more. I'm itching to see the little greenlings start to grow!

## **RECIPES**

**Turnips.** What do you do with them? How do you make them taste not so turnipy? My favorite is to put them in a beef stew. The rich, thick broth nicely covers their sometimes intense flavor. So you still get all the health benefits with only the mild, pleasant turnip flavor. I figured you all might need some turnip inspiration, so I included four turnip recipes. The first three are from [www.mariquita.com](http://www.mariquita.com). A wonderful site for how to use almost every kind of vegetable or herb you've ever heard of. The pear turnip soup sounds intriguing. If you try it, let me know how you like it.

### **Pioneer Beef Stew** from the Craddocks

carrots, potatoes, onions, turnips, parsnips, from the farm  
plus a scant pound of lean beef, browned in olive oil with garlic and a chili pepper  
(from the store) all went together to blend a beautiful aroma floating thru the house.  
S& P and  
a handful of chopped flat parsley added at serving time was all the seasoning needed

### **Pear and Turnip Soup**

*Sundays at Moosewood Restaurant*

1 medium onion, chopped  
1 T butter  
3 medium-large turnips, peeled and chopped (about 3 cups)  
3 large pears, peeled, cored, and chopped (about 3 cups)  
1t dried thyme  
1/2t salt  
1 1/4C veggie stock or water  
1/4t nutmeg  
1 1/2-2C pear or apple juice  
freshly ground pepper  
shredded daikon radish (optional)  
a few raspberries (optional)

In a large saucepan, sauté the onion in butter for about 5 minutes, until translucent but not browned. Add the chopped turnips and pears along with the salt and herbs. Sauté for another 10 minutes or so, stirring occasionally.

Add the stock or water and cook, covered, on low heat for 20-30 minutes, until the turnips are soft and tender. Add the spices. In a blender or food processor, puree the soup with the juice, until smooth and thick. Season with pepper to taste. Serve with optional garnishes, if desired. [r](#)

### **Roasted Turnips in Wine**

adapted from Peggy's Biodynamic Garden

1 bunch turnips, peeled and cubed, greens reserved for another use  
1 cup red wine  
1/4 cup honey  
2 Tablespoons butter

Place turnips in saucepan; add remaining ingredients and enough water to barely cover. (You may also add other root vegetables: carrots, parsnips, etc.) Simmer until tender. Pour into baking dish and bake at 350 degrees 1/2 hour. Serve with rice or chicken. 2-3 servings.

### **Roasted Celeriac, Turnips and Leeks**

Dice them up. Toss in olive oil, salt and pepper. Roast at 350 degrees until tender. Easy. Yum.

My favorite way to use **Mustards** is in quesadillas. I love how they cook down and are only mildly spicy. Be sure to sauté them first, preferably with onions or leeks, then add them in before melting the cheese. Also good raw (spicy), steamed, juiced, or in soups. They, along with turnip greens, have the highest vitamin C content of any vegetable. Great for fighting off the cold you're worried about getting.

**Mache** is a gourmet European green. It's also known as Rapunzel in Germany and is the namesake of the famous fairy tale. In the story, Rapunzel's mother craved mache and had her husband climb into their neighbor's, the witch's, garden to steal some for her. The baby, named Rapunzel, was given to the witch at birth as punishment for stealing from her garden. I think the real moral of the story is that we all really need to eat greens, especially in the winter. So eat up, and unfortunately, you might have to steal some from your neighbor since your share of mache is so tiny this week! If I had realized how little there was, we wouldn't have harvested it. But, we did and it was so time consuming that I decided to just give it to you anyway and urge you to make a very small salad in honor of winter greenery.

### **Mache Salad**

Mache leaves, cut off the stem

1 Pear, diced

Cotija cheese crumbles (or feta or gorgonzola)

Olive oil

Red wine vinegar

Salt and pepper to taste

Week 14 Winter CSA Newsletter

February 24, 2010

# RED DOG FARM



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

Spinach

Collards

Carrots

Delicata Squash

Kohlrabi

Italian Kale Raab (large shares only)

## **Next Wednesday, March 3<sup>rd</sup> is THE LAST Winter CSA pick-up for this season!**

Thanks to all of you who have filled out surveys and returned them to me. I have already gotten some really helpful feedback. I need to hear your suggestions; what worked and what didn't. The survey is attached to this email, or a paper version is available on the clipboards at all of the pick-up sites.

The plastic is finally on the greenhouses! We have just one more end wall to complete, which we hope to do tomorrow after CSA packing. Then we will be ready to put down black plastic on the floor, and move in tables and all the seeding equipment. We plan to seed our first crop, spinach, on Friday!

Speaking of spinach, you'll find this hardy green in your box this week. This spinach was seeded last October and has grown through the bitter cold winter unprotected. Greens this time of year take about four times as long to harvest as they do in the spring, summer or fall. It really is not economical to produce greens in the winter, but we are committed to providing our CSA members with some greenery to go along with the starchy roots, potatoes and squash. I hope you enjoy these delicious emerald leaves!

Kale Raab is the flowering top of the kale plant. Its flower bud and top of stem tastes a lot like broccoli. The length of the edible, tender upper stalk varies from plant to plant, but is generally the top 4- 6 inches. Below that, the stem is inedible. All of the leaves are delicious and can be used as you would any kale.

## **RECIPES**

### **Creamy Kohlrabi and Apple Salad**

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

- 1/4 cup plain Greek yogurt
- 1 tablespoon fresh lemon juice
- 1/2 tablespoon coarse-grained mustard
- 1 heaping tablespoon finely chopped fresh parsley leaves
- a pinch of sugar
- 1 large Kohlrabi, bulb peeled and cut into julienne strips, stems and leaves discarded
- 1 small apple, peeled, cored and diced

In a bowl mix the yogurt until it is free of lumps, then mix in the lemon juice, mustard, parsley, sugar, and salt and pepper to taste. Stir in the kohlrabi strips and the apple, and combine the salad well.

### **Roasted Carrot Soup**

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

A tablespoon of ginger gives a nice, throat-warming heat to this soup, which tastes best if it sits in the fridge several hours or overnight.

- 1 pound Carrots, peeled and cut into 3 inch lengths.
- 1 TBSP olive oil
- 1 TBSP unsalted butter
- 1/2 medium onion, cut into a medium dice to yield about 3/4 cup
- 1 large rib celery, cut into medium dice to yield about 1/2 cup
- 1 TBSP minced fresh ginger (from about 1/2 inch piece, peeled)
- 2 cups broth (chicken or vegetable)
- 1 tsp kosher salt
- 1/8 tsp ground white pepper
- Chopped fresh chives for garnish (optional)

Heat oven to 375 degrees. Put carrots in a medium baking dish (11x7 inch is a good size, or any dish that will hold the carrots in a single layer without touching) and drizzle them with the olive oil. Toss to coat well and roast, stirring once halfway through roasting, until they are tender, blistered, and lightly browned in a few places, about 1 hour.

Melt butter in a medium (at least 3-quart) heavy saucepan set over medium heat. Add the onion and cook until it's translucent and fragrant, 2-3 minutes. Stir in celery and ginger and cook until celery softens a bit and the onions start to brown, 4-5 minutes. Add the roasted carrots, broth, salt, pepper, and 2 cups of water. Bring to a boil, reduce heat to medium low, and cover. Cook at a lively simmer until the carrots are very tender, about 45 minutes. Turn off heat and let liquid cool somewhat.

Purée soup in blender in batches, never filling the blender more than a third full and bearing down firmly on the lid so the soup doesn't come flying out. If serving immediately, return the soup to the pot and reheat; garnish if desired. Otherwise, refrigerate up to five days; reheat gently and taste for salt before serving.

### **A Perfect Dinner:**

Steamed or baked Delicata Squash

Sautéed Collards / Kale Raab with garlic

Spinach Salad with red bell pepper, feta, red onion, and simple balsamic vinaigrette

Week 15 Winter CSA Newsletter

March 3, 2010

# RED DOG FARM



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

Leeks  
Red Kale



Blue Potatoes  
Cilantro  
Beets (large shares only)

Today is the last Winter CSA of this season! This has been a challenging winter, but I honestly have to say that after completing my third winter CSA now, every winter is challenging in its own way! This winter's extreme moments were the December hard freeze and the excessive rain of January. I was really pleased to be able to offer you the variety I did even after losing so many crops earlier than expected. And I was happy to have more variety of greens these last two weeks as the weather warmed and leaves began to grow back. All in all, this winter was a success. I look forward to more winter growing and continuing to improve winter produce offerings through being better prepared, expanding variety selection, and increasing physical crop protection.

Congratulations to all of you for making the choice to eat locally this winter! In the past fifteen weeks, you have consumed (if you ate everything!) 32 different types of vegetables, including 41 different varieties! That's pretty good for winter eating. I know you all had some things you loved (hopefully!) and others that were a challenge to eat. Good job on facing those scary new vegetables. I hope you tried something new and found out that you actually liked it, or at least that it wasn't that bad. I know winter produce can be challenging to eat, and you deserve to be commended for your effort!

If you really want me to know how much you didn't like the salsify and how much you did like the spinach, fill out a survey! I need to know not only what vegetables you enjoyed and didn't but what worked with the CSA, what didn't and what I could do to improve it. Surveys are anonymous and are hugely helpful in crafting next year's program.

Once again I have attached it to this email. Paper versions of the survey are available at the pick up under the name list on the clip board. Thanks for taking a moment to give your feedback.

**Session One of the 2010 CSA Programs beings in just five weeks!** There's still plenty of room for you and your friends. I will accept sign-ups up until April 5<sup>th</sup>. Four more sessions follow the first session, and they can be signed up for anytime before they start. Visit [www.reddogfarm.net](http://www.reddogfarm.net) for more info, or give me a call if you have questions.

For those who prefer shopping at the market or the farm stand, consider signing up for the new Dog Bones Program. It's fully endorsed by Rupert and is sure to please even the pickiest veggie eater. Prepay by June 1<sup>st</sup> to save 10% off market prices. Redeem your Dog Bones certificates when you want for whatever you want. Dog Bones Program combines the idea of committing to support the farm up-front with the flexibility to choose what you want to eat.

It's been an exciting time on the farm lately. Today, I tilled up the first beds of the season. The first beds are for planting peas, which will get planted tomorrow. Tonight, they are soaking to aide their germination in the still cold soil. It is very exciting to be putting crops in the ground and to see the neat, freshly tilled beds erase the chaos of winter in just one tractor pass.

The garlic and tulips are growing like crazy. The tulips especially respond to the warm night temperatures and I expect a record early tulip harvest.

We are breaking ground on the farm stand! Jay, having his first experience on the tractor today, is clearing the grass off the site of the future farm stand. The plan is to lay the cement pad next week and frame the following week. It's exciting to be able to move forward on this project. My goal is to have the farm stand open in mid-April, with tulips as the first offering.

Thanks for all your support this winter! I am so grateful to live in a community that values eating healthfully, vibrant local economy, creative living and viable farms. **Thanks for all that you do!**

## **RECIPES**

### **CARROT SALAD WITH LIME AND CILANTRO-** *www. mariquita.com*

4 med. carrots  
1 tbsp. fresh lime juice  
1/8 tsp. finely grated fresh lime zest  
2 tbsp. finely chopped fresh cilantro leaves  
1 tsp. vegetable oil  
fresh cilantro sprigs

Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro

### **INDIA JOZE CILANTRO DRESSING-** Uncommon Fruits & Vegetables, Elizabeth Schneider

1/3-1/2 cup coarsely chopped cilantro leaves, not packed  
3 tbsp. lemon juice  
3 tbsp. corn oil  
2 tbsp. peanut oil  
1 tbsp. honey  
1/4-1/2 tsp. salt  
1 very sm. ice cube  
1 tiny chili-pepper, e.g., Serrano, seeded and minced

Combine cilantro, lemon juice, corn and peanut oils, honey, salt, and ice in processor; whirl to puree. Add minced hot pepper, adjusting to heat you prefer. Pour over salad. (Use any greens, can include avocado & grapefruit for a luxurious twist.)

#### **Red Kale Salad**

Red Kale leaves, finely sliced  
Crated carrots and/or beets  
Hemp seeds or pine nuts  
India Joze Cilantro Dressing (see above)

#### **Country Oven Omelet**

1 lb. Blue Potatoes, cubed  
2 Leeks, sliced  
Olive oil or butter  
1/2 Red bell pepper (optional)  
Couple handfuls of Red Kale leaves  
6 strips Bacon (optional), cooked and crumbled  
4 eggs, beaten  
Any kind of cheese (optional)

Boil the potatoes in salted water for five minutes, remove and drain. Sauté the leeks and optional red pepper in olive oil or butter until tender. Add in the kale leaves and cook until wilted. Season with salt and pepper. Pour the leek mixture, potatoes and crumbled bacon into a 9" square greased baking dish. Pour the beaten eggs in and sprinkle cheese on top. Bake at 375 degrees for 30 minutes, or until eggs are cooked through. Serve for breakfast, lunch or dinner.

