

SUMMER 2008 CSA NEWSLETTERS

Week 1 CSA Newsletter June 18, 2009

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In your share this week

1/2 lb. baby Spinach

1 bunch Mizuna

1 bunch Collards

1/2 lb. Broccoli

1 bunch red Radishes

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Welcome returning CSA members and new members alike. This is the first ever Red Dog Farm CSA program. It's going to be a great season!

Some reminders for the beginning of the CSA program:

- ≈ Please bring back your empty box next week. I need to reuse them each week.
- ≈ Port Townsend pick-up will regularly be at 1206 Clay St. on Wed. from 3-8pm. Shares remaining after 8pm will be given away.
- ≈ Please make arrangements to pick up your box each week. If no one is coming to collect it, please let me know.
- ≈ CSA lasts for 20 weeks. The last pick-up is on October 29, 2008.
- ≈ Please don't hesitate to contact me if you have any questions or suggestions!

This is shaping up to be a wonderful year! This is a year of beginnings for me and the farm. It is so fulfilling to be back farming again. And I feel so honored to be working with such fertile soil and among gifted and thoughtful community. I am especially blessed by my fantastic farm crew this year. The crew this year consists of me, my three full-time interns (Justin, Ash and Jacob), a handful of volunteers (Nick, Yvonne, Pete, and Libby) and one part-time Field Hand (Erin). I'll tell you more about this gifted crew in upcoming newsletters.

Greens Season

For your first couple of boxes, you will find an abundance of leafy greens. Never fear that there are more crops coming in the shade of red, purple, white and yellow on their way, but for now, "Quit your gritchin' and eat your greens!" This has been an unusually cool and drawn-out spring. As I write this, the wind is howling and it's raining. This is the weather that greens love. Even radishes just tend to get fatter

and fatter without getting too spicy in this cool weather. Enjoy these tasty tender greens while they last!

Mizuna– mild Asian green

Mizuna, with its vibrant spring green color, frilly leaves and mild mustard flavor is a favorite salad green in the spring time. Mizuna can be eaten raw or cooked. Try mixing it into salads, stir-frying it, adding it to soups, or sautéing with your morning eggs. Below is a simple raw recipe idea.

Mizuna Salad

1 bunch Mizuna, chopped
3 radishes, thinly sliced
2 T. sliced scallions or onions
2 T. toasted sesame seeds
Dressing:
4 T. Sesame oil
1 T. rice or apple cider vinegar
1 t. minced fresh ginger
1/2 t. soy sauce

Arrange the first three ingredients on a platter. Mix the dressing ingredients together then drizzle over the vegetables. Top with the sesame seeds. Enjoy as a simple snack or as a side dish to grilled fish for a quick easy meal.

Collard Greens

My friend from South Carolina tells me collards are thought to bring good luck: Just one more reason to eat these tasty greens! In addition to mystical powers, collards are also packed with calcium and other minerals. I recommend steaming them for about ten minutes. Then liberally add butter and salt and get eating! They make a great side dish with any meal and are especially good with fresh corn bread. The best way to cut Collards is to stack the flat leaves, roll them up, and slice horizontally across the leaf into 1/2" strips.

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Week 2 CSA Newsletter June 25, 2008

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In your share this week

1/2 lb. Salad Mix

1 bunch Arugula
1 bunch Hakurei Turnips
1 bunch French Breakfast Radish
1/2 lb. Broccoli
1 bunch baby Pac Choi
1 bunch Kohlrabi
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As I write this, I'm overlooking my lush hay field, watching the swallows soar over the waving grasses, the grass golden-green and the sky baby blue in the late afternoon sun, I wonder to myself: can this really be it? Is it truly summer now? I sure hope so! It's been a long cold winter- spring and the sun and its warmth is a welcome change.

Walking through the fields, I notice the beginning of the fruit season. The pea vines are loaded with small peas, sure to make it into your boxes for next week's delivery, the strawberries are studded with tight green fruits which promise to turn red and sweet with a little more of the sun's caresses. This is the time of year when some of the early hard work is beginning to pay off, and there is still so much promise for the rest of the summer month's harvest as well. It is a beautiful season.

Just a few reminders about CSA pick-up details:

Please, please cross your name off the list on the clipboard as you pick up your box. It really helps to prevent confusion. Thank you!

Return empty cardboard boxes on Wednesdays only. Return them to your pick-up site. I have enough boxes to get through a couple weeks if you forget one week, but it is most helpful to get the boxes back. Please don't bring them to the market and please don't bring them to the pick-up site on any day other than Wednesdays 3-8pm. Thank you!

I've had lots of great feedback about the first CSA. Overall, it seems to have gone very well. Everyone picked up their boxes- that always makes me happy! Hope you enjoy this week's box as well!

What is Kohlrabi???

That flying saucer-shaped vegetable, bunched by its large green leaves, is called kohlrabi. A member of the brassica family, kohlrabi is grown for its large bulbous stem. Kohlrabi is delicious raw. Simply peel the thick outer skin to get to the crunchy delicious center. I like to slice it and eat it like finger food with some kind of yummy dip. Or you can grate it over salad.

What makes the holes in some of the leaves?

Flea beetle, so called because of its tiny size and jumping ability, thoroughly enjoys munching on fresh leaves, particularly those in the mustard family. Some of its favorites are arugula, mizuna, turnips, radishes and pac choi. The flea beetles are no

longer in the plant at harvest so you will not find any bugs in your produce. What you will find is what one customer calls, "Lacy arugula". Although it's not cosmetically ideal, the produce is perfectly fine to eat. Thanks for your understanding!

A note on green leaves:

All of the leaves attached to the recognizable vegetables in your boxes this week are also edible, delicious and good for you. Radish tops, kohlrabi greens, turnips greens and broccoli leaves are all packed with vitamins and flavor. I recommend cooking these greens, as the texture of some of them can be unpalatable raw. Try steaming them, chopping up and adding to soup, or sautéing with your morning eggs. It is particularly interesting that turnips greens have the most vitamin C of any fruit or vegetable. In addition, they are delicious! My favorite is to make turnip greens quesadillas. Recipe follows.

Turnip Greens Quesadillas— serves two

Tops from 1 bunch of turnips, chopped

1/2 onion, chopped

2 large flour tortillas

1/2 cup grated cheddar cheese

butter or oil

salsa and plain yogurt as condiments

Heat a skillet over medium heat. Sauté the chopped onion in butter or oil until translucent. Add in the turnips greens, sauté for a minute or so until they're wilted and tender. Remove from the heat and spread over one of the tortillas. Sprinkle the grated cheese over the vegetables. Place the second tortilla on top to make a sandwich. Add more butter or oil to the skillet and fry the quesadilla on both sides until the tortilla is golden brown and the cheese is melted. Slice into 6 pieces and dip in salsa and plain yogurt. Yum!

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Week 3 CSA Newsletter July 2, 2008

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In your share this week

1 lb. Salad Mix

1 bunch Beet Greens

1 lb. Sugar Snap Peas

1 bunch Scallions

1 lb. Broccoli

1 bunch Kohlrabi

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Well, summer truly is here in all its fiery glory. The crops have simply exploded in growth with all the heat. It has been really fun to watch. There are tons of peas coming your way. The sugar snaps in your box this week are a delicious on-the-go snack. I didn't have quite enough strawberries to give to CSA this week, but expect to start seeing them next week. On Monday, I savored the first tomato of the season, drizzled with olive oil and fresh basil. This yearly experience is one of the true joys of being a farmer.

The downside of being a farmer was the stressful week I've had dealing with the news that my well's production has dropped by almost half, from 40 gallons per minute to 25. What this means on a practical level is that instead of running 18 sprinklers at a time, which I had been doing, I now can run only nine simultaneously. This means that I can only water half as much of the field. To offset this, I will be putting down some drip tape, but the timing is not ideal as crops are big, I have equipment for overhead not drip tape, and I didn't set up my field in separate zones for overhead and drip tape. Without going into more details, suffice it to say that this is a very trying unforeseen development. But, welcome to farming, I must go on!

Never fear that your produce will keep coming your way. The crops look gorgeous in the field and are soaking up the sun, as well as the now precious water they receive. This is a good reminder for me to appreciate the water I have and how tenuously all life clings to water, especially in the driest time of the year. As you eat your produce this week, give thanks for the gift of water in your lives!

Pasta Primavera- serves two

A savory, comforting dish that incorporates fresh spring vegetables.

Olive oil

1 large carrot, thinly sliced

2 cloves garlic, minced

1/4 lb. Broccoli, cut into florets

Handful of Sugar Snap Peas, trimmed

Pasta

Parmesan cheese, grated

Prepare pasta according to package. Heat skillet over medium heat. Saute carrots in olive oil for a couple minutes. Add the garlic and broccoli. Saute several minutes more. Add the peas for a couple minutes, then remove from heat. Toss the vegetables into the pasta and top with parmesan cheese. Enjoy with a fresh salad. Bon Appetit!

Beet Greens- a prelude to beets

Beet greens are loaded with iron and other minerals, just like beets and are a great way to enjoy the classic beet flavor in anticipation of the earthy red roots soon to come. I love pairing beets with feta cheese and lemon juice. The sweetness of the beets contrasts nicely with the salty cheese and sour lemon.

Beet Green ala Red Dog Farm

1 bunch Beet Greens

4 oz. Feta cheese

1/2 lemon

Olive oil

Sea salt and pepper

Chop the beet greens and steam until just barely tender. Arrange on a plate. Crumble feta over the greens, squeeze lemon juice and drizzle olive oil to compliment. Sprinkle on salt and pepper to taste. This is delicious hot, warm or cold. Serve with boiled potatoes or some crusty bread for a simple and filling meal.

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Week 4 CSA Newsletter July 9, 2008

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In your share this week

1 Red Butterhead Lettuce

1 bunch Swiss Chard

1 bunch Italian Kale

1 lb. Sugar Snap Peas

1 head Cauliflower

1 pint Strawberries

1 bunch Sweet Peas

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This week, as I was moving irrigation up and down the rows of crops, I noticed a vibrancy coming from them, especially the heat-lovers like sunflowers, squashes, basil and beans. Suddenly they looked happy! The heat from the week before, as well as the continual bathing in sunlight, has finally made these plants look thrivingly well. What a joy it is to see healthy plants!

So many of you have asked about my well issue; thank you. Things are going well (no pun intended!). For the short term I have put down about an acre and a half in drip tape and for the long term I am researching putting in a new well. I really

appreciate the many ways I receive support in this community and especially from all of you CSA members!

If you have not yet checked out the Chimacum Farmer's Market on Sundays 11 to 3pm at the Chimacum Grange (across from the high school) I highly encourage you to do so. This is the first year, and the diversity at the market will amaze you! There are veggies, fruits, raw goat milk and cheese, seafood, wool, plant starts, lavender, and baked goods. To eat at the market, Rosa's Taco cart is on-site and the grange grills up hamburgers. This Sunday a marimba band will be playing, and it is Hadlock Days so I expect there to be a particularly festive air about the market. One of the great things about this market is that it feels like a small town market. It is very focused on growers and food producers. It is definitely worth a visit! Stop by the Red Dog Farm booth and say hi to Kiva, who runs the booth for me on Sundays. For more information, visit www.chimacum.org

Great job on bringing your boxes back last week and on crossing your names off the list!

Roasted Cauliflower

1 head Cauliflower, cut into florets

Olive oil

Sea salt

Preheat the oven to 375 degrees. Place the cauliflower florets on an oiled tray. Roast uncovered for 15 minutes. Lightly salt while still hot. Serve warm or cold. For a variation, try mashing the cauliflower with more oil or butter and minced fresh herbs. This is delicious as a side dish in place of mashed potatoes.

Road Trip Greens Turnovers

One CSA member told me she made these for a recent road trip and I thought: what a great idea! I forgot to get her recipe, but here's one to try:

2 bunches of any kinds of greens or edible tops

Olive oil

1 large onion, sliced

1 clove garlic, minced

Salt and pepper to taste

Grated cheese (cheddar, gorgonzola or feta)

Prepared turnover or pie crust

Chop the greens finely. In a skillet over medium heat, sauté the onion until translucent and soft, add in the garlic for a minute then add the greens. Stir and cook until the greens are tender to your taste. Remove from heat.

Cut the pie crust into 5" squares. Drop a spoonful of vegetables and a small amount of grated cheese into the center of each square. Fold square diagonally to form triangle shape. Use a fork to seal the edges. Continue until all the dough and filling is used up. Preheat the oven to 375 degrees. Bake for 15 minutes, or until crust is golden brown on top. Place on a rack to cool. Enjoy these veggie-packed treats on the road or simple for a fun utensil-free meal.

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Week 5 CSA Newsletter July 16, 2008

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In your share this week

1/2 lb. Salad Mix

1 lb. Broccoli

1 bunch Cilantro

1 lb. Fava Beans

1 head Green Leaf

1 bunch Scallions

10 stems Zulu Prince Daisy

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What can I say: It's the middle of summer and the farm is in full swing! Crops are bursting forth into ripeness at an accelerated speed. The flowers are really starting to come on this week. I've been watching as the first statice, asters, snapdragons and godetia open their bright-colored faces. The squash plants have baby squashes on them, the tomatoes' ripening is really picking up so that one day soon we may not be able to keep up with eating them ourselves at lunches! It is particularly nice to have the sustained warm days, good for farmers' and plants' souls alike.

It was fun to watch my ten acre pasture be mowed and hayed this week. My neighbor down the road, Gerald Bishop, from Bishop Dairy worked out an arrangement with me so that he gets hay and I get manure. The hay he takes off the land goes to his dairy herd, certified organic and suppliers to Organic Valley. In exchange, I get three huge loads of dairy manure to put on my soil to feed my crops. I love the cycle that is being completed here, within a short distance. And, it was really beautiful to see the hay bales dotted across the field, waiting to be picked up and taken to the cows.

I feel disappointed that I don't have enough strawberries to give them to CSA members this week. The strawberries are not as productive as I had hoped and we only harvested two flats today. My hope and expectation is that they will have another flush towards the end of August and that I can shower you with berries at that time.

The Fava Bean

Favas are much revered by cooks worldwide. When cooked, they have a creamy texture and interesting, flavorful taste. Originally from the middle east, favas were the original bean used to make falafel. Nowadays, the more common chick pea takes its place.

Favas need to be shelled and cooked before eating. Simply pop the beans out of their thick padded shell. Beans can be steamed, boiled, or sautéed. A simple preparation is to steam or boil until just tender, then sauté them in oil with onions for just a few minutes. Toss with minced fresh herbs and prepare to be wowed. There are more fava beans coming your way so you will have more chances to experiment.

Fava Cilantro Soup

This recipe is adapted from a soup that calls for frozen lima beans, but fresh favas are a far superior choice, while they are available.

2 T. coconut oil or butter
1 lb. shelled fava beans
1 large onion, minced
3 cloves garlic, minced
2 carrots, peeled and cut in half
3 cups water
1 t. sea salt, or to taste
1 t. ground coriander
pinch red pepper flakes (optional)
1 bunch Cilantro, coarsely chopped
Scallions, chopped for garnish

Saute onion and garlic in oil for several minutes. Add water, carrots, favas and sea salt. Simmer until vegetables are tender. Remove carrots, cool, and slice into 1/4" or thin rounds. Puree approximately 3/4 of soup and return to pot with carrots. Adjust seasonings. Add cilantro and simmer for two minutes. Sprinkle scallions onto soup before serving.

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In your share this week

1/2 lb. Salad Mix

1 head Romaine

2 lbs. Fava Beans

1 bunch Red Dandelion

1 lb. New Potatoes

1 bunch Italian Parsley

1 Savoy Cabbage

2 Salad Tomatoes

1 bunch Sweet Peas

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It's possible that I have misnamed my farm. Don't worry, nothing has happened to Rupert Dandelion, my red border collie and the farm's namesake. It's just that there has been a much stronger canine presence around the place this past week. Also reddish, equally wily, and almost as cute, coyote has been revealing itself frequently.

Daily my crew and I watch as one, two or three coyotes cross through our fields. Sometimes they seem to be playing, and other times on serious business. Just next door is a herd of beef cattle and I've seen coyotes wandering through the herd, mere feet away from cows. But today, one cow decided she'd had enough as she literally chased a coyote out of the field at a gallop!

I hear coyotes yipping and howling all night as they speak to one another across the valley. And in the morning, I find evidence of their passage through in the form of evidently excessive enjoyment of strawberries. I'm hoping the coyotes' stomachs are meant to digest strawberries on occasion only, and that they won't make a regular habit of it!

All in all, I really enjoy the coyotes' presence on and around the farm. And I do feel thankful I don't have chickens!

Thanks to all of you who have asked, my water situation has been resolved and I am able to irrigate once again, much to the plants' delight.

Give Fava Beans One More Chance

I'm sorry for neglecting to tell you how to properly prepare fava beans in last week's newsletter. After doing some experimenting with them this week, and some online research, I discovered that they really don't taste that good unless you slip their skins off. The skins are a little too tough and bitter for my taste anyway. So, please, give them one more try this week and I think you'll be pleasantly surprised.

To prepare the beans, pull on the stem of the pod and unzip them, on both sides. Now take the shelled beans and drop them in boiling water for 30 seconds.

Remove and plunge into ice water, and peel off the beans' waxy outer covering. Drain. Now, they are ready for use in recipes.

Shrimp and Fava Beans with Thyme

1 T. olive oil

1 T. butter

About 2 oz. firm, salty ham such as prosciutto, cut into tiny dice (about 1/3 cup)

1/4 t. minced garlic

3/4 lb. shrimp, shelled (or 10 oz. shelled shrimp)

1 lb. fava beans, prepared according to directions above

1 t. minced fresh thyme

salt and pepper, to taste

Boil shucked and shelled fava beans for 10 minutes. Drain and reserve.

Heat oil and butter in skillet over moderate heat. Add ham and garlic and toss for a minute. Add shrimp, favas and thyme, and toss just until shrimp become pink.

Sprinkle with pepper and salt. Cover pan and cook on lowest heat possible for 1 to 2 minutes, or until shrimp are just cooked through and juices exude slightly. Serve immediately.

Red Dandelion, actually a true chicory and not the standard garden weed, is an excellent liver stimulant and blood cleanser and is delicious to boot. Its bitter flavor is best complimented with a sweet dressing, or with a fat and/or protein combination, such as grilled lamb or fish. Try it raw or lightly cooked and for those unsure about the bitter taste, a little goes a long way!

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Week 8 CSA Newsletter August 6, 2008

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In your share this week

1/2 lb. Salad Mix

1/4 lb. baby Arugula

1 ounce Basil

1 lb. Snow Peas

1 bunch Walla Walla onions
1/2 lb. Tomatoes
2 lbs. New Potatoes
10 stems Flowers
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Sorry about the missing newsletter last week. I hope that you all navigated the CSA box just fine and figured out some creative recipes on your own.

The farm is really blossoming into summer now. The late spring crops, like peas and fava beans have finally given up the ghost. This week is the very last of the snow peas for the season.

Walking through the fields this time of year is such a treat. The onions seem to increase in size as I pass by, the tomatoes are turning red at a faster rate than ever, and the real heat lovers like squash, basil and beans are finally pumping out the goodies.

We harvested beans for the first time today, during the beautiful 90 degree afternoon weather. That is a strong summer memory for me, hunched over the bush beans, the crew and I shuffling down the aisle, picking on a sweaty, sunny August afternoon. Good times!

I expect that by next week there will be enough beans to include in the CSA boxes, as well as ample squash, and one of these days, enough basil for you to make up a batch of pesto!

I've been working hard to get all the winter crops in the ground, in preparation for this year's winter CSA. We've been frantically planting the last succession of Brussels sprouts, cabbages, kale and cauliflower, and seeding some of the latest root crops like turnips and rutabagas. Already in the ground and growing strong are various other root crops like carrots, beets, parsnips and more. Stay tuned for more info about the Winter CSA- I expect to have more details available by late September.

Rosemary Potatoes

Potatoes
Olive oil
Fresh Rosemary
Sea Salt

Preheat the oven to 350 degrees. Cube the potatoes. Mince the fresh rosemary. Toss the potatoes in olive oil, rosemary and sea salt to taste. Transfer to a baking dish and bake for 30 minutes, or until tender. Delicious served with seafood or as a side dish to any entrée.

Summer Basil Salsa

1/2 lb. Tomatoes, diced

1/2 Walla Walla onion, diced
4-5 Basil leaves, minced
Juice of 1/2 lime
1/2 Jalapeno pepper, minced
1/4 cup fresh fruit (mango, berries, apples) (optional)

Combine all ingredients well and enjoy! Serve with tortilla chips for a festive appetizer, or with fresh baked salmon or atop a baked sweet potato. Yum!

Arugula Salad

1/4 lb. Arugula
1/2 pear, diced
1/4 cup Candied Nuts (see recipe)
1/4 cup Gorgonzola
Olive oil
Balsamic vinegar

On a serving platter or individual plates, spread out the baby arugula leaves; sprinkle on the cheese, nuts and pear. Drizzle with oil and vinegar to taste.

Candied Nuts

1 cup Pecans (or nut of choice)
2 T. butter
1/4 cup brown sugar

Preheat oven to 350 degrees. Melt the butter over medium heat in a saucepan. Turn to low heat, stir in sugar. Add nuts. Stir until all are well coated. Remove from heat and spread on baking sheet. Bake for 6-8 minutes, making sure not burn. Let cool, then store in an airtight container for future use. Great topping, especially when paired with cheese and fruits on salads that might otherwise not seem too exciting. Great way to get kids to eat fresh salads!

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Week 9 CSA Newsletter August 13, 2008

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In your share this week

1/2 lb. Salad Mix
1 head Radicchio
.8 lb. Beans

1 lb. Summer Squash
1 bunch Walla Walla onions
3 Squash Blossoms
1 bunch Carrots (purple and orange)
10 stems Flowers
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It's the height of harvest season at the farm. This is truly the most abundant time of the year. The strawberries have started producing once again. We harvested them today for the first time in almost a month. I hope that next week there will be enough to give them to CSA. They will actually taste better next week, as well. It seems to be a natural law that the first harvest of the season is not as good as when the produce is in its full swing. If you just can not wait until next week for strawberries, stop by our Farmer's Market booth to pick up some.

The purple carrots in your box this week are a variety called Purple Haze. They are sweet, crunchy and beautiful, especially when you slice them in half lengthwise, like carrot sticks.

The tri-colored beans this week are green, wax and purple beans. They are all similar in taste, texture and can be prepared identically. The purple beans are especially tender. Purple beans do not retain their color during cooking; they turn green. To help them keep their purple hue, try adding vinegar to the water. Otherwise, enjoy them raw or marvel in their color transformation during cooking. They taste equally good cooked or raw.

It's not yet quite half way through the CSA, but I am already preparing my brochure for next year's CSA and I need your input about your experience so far this year. Included in your box this week is a brief survey. Please take the time to fill it out and return to me. You can put it on the CSA clipboard, underneath where you cross off your name; bring it to the Farmer's Market; or mail to P.O. Box 402, Chimacum, WA 98325. My goal is to improve the CSA from year-to-year so I need your feedback. Thank you!

Beans Almondine

.8 lb. Beans, trimmed and halved
1 Walla Walla onion, chopped
Olive oil
Soy sauce to taste
1/2 cup Almonds, roughly chopped (cashews are also good)

Steam the beans for five minutes. Meanwhile in a saucepan over medium heat sauté the onions in the oil until tender. Add almonds and lightly sauté for 30 seconds. Add the steamed beans and season with soy sauce to taste. Stir well. Remove from heat and

cover to let flavors mingle for a minute, then serve. Delicious for any meal of the day, breakfast included!

Radicchio Salad

1 head Radicchio, roughly chopped
1/2 cup dried cranberries
1/2 cup Gorgonzola cheese, crumbled
1 small orange, peeled and sliced
1 Walla Walla onion, sliced into slivers
1/2 cup candied or raw nuts
Olive oil
Balsamic vinegar

Combine the first five ingredients in a salad bowl. Drizzle with oil and vinegar. Serve immediately. Delicious sweet and bitter flavor is a great appetizer to stimulate the digestive juices!

Stuffed Squash Blossoms

Squash blossoms are extremely delicate, so plan to eat them within a couple days. This delicious recipe makes a great appetizer for three.

3 Squash Blossoms
1 Carrot, grated
1 small Summer Squash, grated
1 Walla Walla onion, diced
1/2 cup grated cheese (any kind is good)
Salt to taste
1 egg, beaten
Flour
Oil
Couple leaves fresh Basil or Parsley, minced

Sauté grated carrot, squash and onion over medium heat in a little olive oil. Remove from heat, salt to taste and add in grated cheese. Stuff mixture into squash blossoms until completely full. Dip stuffed blossoms into egg, then roll in flour. Pan fry in 1/4 inch of oil for a couple minutes each side. Serve immediately with a sprinkle of fresh herbs.

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In your share this week

1/2 lb. Salad Mix

1/4 lb. Basil

1 bunch Scallions

1 lb. Beans

1 lb. Summer Squash

1 lb. Tomatoes

2 pints Strawberries

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Even though it's gray and rainy, the plants still think its summer, thankfully! Strawberries are finally plentiful once again! I hope you enjoy these delicious ruby jewels and hopefully there will be more to come in the next couple weeks.

Many of you have been asking about tomatoes. They are just now starting to really pump out the fruits. I only have two small hoop-houses of tomatoes this year, so there are not tons and tons, but I promise that you are the top priority for tomatoes, as well as all the other crops.

Thanks to those of you who have turned in your surveys! Please try to get them into me in the next week. I am working on the 2009 CSA brochure. My goal is to have it printed for distribution before the Farm Tour. I really rely on your feedback to make the CSA even better from year-to year. Thank you!

Save the Date! Farm Tour is Sunday, September 21st from 10 'til 4. Red Dog Farm is pleased to be participating in the Farm Tour this year. This is the one day of the year when the farm is open to the public. Please stop by to say hi to me and the farm crew and see where your food is grown!

I will be giving farm tours all day. There will also be live music by local musicians Dave Sheehan, Meredith, and Bill Shepherd. Arran Stark of Cultivated Palette Catering will be on-site with his self-built, sustainable, mobile kitchen cart. He'll be serving up locally-inspired delicacies to fill your bellies. There will also be a farm stand open for the day.

Come walk the fields, see the soil where your food is grown, gaze down beautiful Center Valley, amble down to the creek, and listen to some mellow live music while enjoying deliciously prepared local food. What could make for a better day?

Farm Tour this year is the biggest yet with around 15 farms participating. Look for the insert in the Leader on September 17th for more information about the Farm Tour. Hope to see you there!

Summer Squash Risotto— recipe from www.digginfood.com, recommended by Katy Gilmore

4 6-inch long summer squash (a mix of yellow and green squash looks very pretty)
1 medium yellow onion, minced
4 tablespoons of butter
2 cups Arborio rice
¼ cup dry white wine
4 cups of water
4 cups of vegetable broth
2 large garlic cloves, slivered
¼ cup of basil leaves lightly packed
½ tsp lemon zest
½ cup finely grated Parmesan, plus more for serving
Salt and pepper

1. In a heavy bottomed pan (I use an enameled Dutch oven), melt 2 tablespoons of the butter over medium heat. When the butter foams, add in the onions, give them a good stir, and cook until they are very soft and translucent. In a medium saucepan, combine the water and the vegetable broth and bring to a gentle boil, then lower the heat so the broth mixture stays at a low simmer.

2. Meanwhile, wash the zucchinis and trim off their stem and flower ends. Cut the zucchinis in half lengthwise and then slice each half into thin half moons (about ½ inch thick). You should end up with about 2 cups of sliced zucchini. To slice the basil into ribbons, stack 3 or 4 similar sized leaves on top of each other. Roll the leaves up into a tube shape and then slice the tube into thin pieces.

3. Add the rice to the softened onions and stir to coat the grains with butter. Cook, stirring constantly, until a white oval is visible at the center of each grain. Pour in the white wine and stir until it is completely absorbed.

4. Then, begin adding one cup of the broth to the rice at a time. After each addition of broth give the rice a good stir to keep it from sticking and wait until all the liquid is absorbed by the grains before pouring in the next cup.

5. Add the zucchini and garlic to the rice after the 6th cup of broth has been added to the risotto and absorbed.

6. Then, continue adding the broth to the risotto ½ cup at a time until the rice is cooked and the zucchini is just barely tender. In her excellent cookbook *The Splendid Table*, Lynne Rosetto Kasper offers this advice for determining when risotto is

perfectly cooked: "A good risotto is tender, but still a little firm to the bite—never mushy. Some prefer risotto creamier than other, but it is never soupy or dry."

7. Once your risotto reaches your preferred texture and consistency, remove it from the heat. Stir in the lemon zest, Parmesan cheese, 2 remaining tablespoons of butter, and the basil. Adjust the seasonings to taste with salt and pepper. Let the risotto set aside for a few minutes. If you want the zucchini to soften up just a bit more, cover the pan. Serve the risotto in warmed bowls and pass extra cheese at the table.

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Week 11 CSA Newsletter August 27, 2008

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In your share this week

1/2 lb. Salad Mix

1 bunch Spinach

1 lb. Yukon Gold Potatoes

1 lb. Beefsteak Tomatoes

1 bunch Baby Dill

1 bunch Red and Gold Beets

1 lb. Broccoli

2 Red Onions

1 pint Strawberries

10 stems Flowers

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Red Dog Farm Crew 2008 posing in style on the Farm All Cub tractor.

Now, finally, we are in the peak harvest time. We have the summer fruits in high production, the long-days-to-maturity crops start coming in, and the increasingly cooler weather, allowing some of our leafy favorites to show up again. You will be noticing that your boxes are slightly heftier from now through the end of the CSA. Meet the farm crew! That's me (Karyn) on the left. Rupert Dandelion is the handsome fellow sitting on my lap.

In the red checked shirt is Justin. He's one of my awesome interns. He's been on board since February and has put in lots of hours of hard labor.

Next to him is Ash. Ash and Justin are partners and are expecting a new baby in January! Ash has been working as an intern at the farm since January 2008. Her attention to detail has been a real asset.

Above her is Tyler. Tyler lives in PT and is an Evergreen grad. Tyler is my hired field hand. He spends 20 hours a week harvesting the more tedious crops like strawberries, peas and beans!

On the far right is Jacob. Jacob moved up here from Corvallis, OR to apprentice on the farm. He has degrees in Soil Science and Horticulture. Jacob has been a huge help this year and is planning to stay on into the fall.

The cute fuzzy guy on the ground is Justin and Ash's dog, Bill. Him and Rupert love to chase birds and coyotes and to sleep in the shade. They're great pals.

Spinach Strawberry Salad

This salad will wow you and your friends!

Spinach leaves, torn into bite-sized pieces
Strawberries, sliced thin
Red Onion, sliced thin
Feta cheese, crumbled
1/2 cup Olive oil
3 T. Red wine vinegar
1 T. Dijon mustard

Toss the spinach, strawberries, onion and cheese together in a salad bowl. Into a small bowl, pour the oil and vinegar. With a fork, mix in the mustard. Drizzle the dressing over the salad and serve immediately.

Beet and Potato Salad

This is adapted from a recipe given to me by Sue Maxwell.

1 bunch Beets
1 lb. Potatoes

2 T. cider vinegar
2 T. fresh lemon juice
1 garlic clove, minced
salt and pepper to taste
1 T. olive oil
1/2 cup yogurt
1 bunch Dill, finely chopped (use less, if you like)

Steam the beets and potatoes until they are both tender. Beets of the same size will take about twice as long as potatoes.

Meanwhile, mix together the vinegar, lemon juice, salt and pepper to taste, olive oil, yogurt, and dill in a salad bowl.

When the potatoes are cooked, refresh under cold water, drain, slice thin, and toss with the dressing. When the beets are tender, dunk into cold water for a few minutes and slip off their skins. Then dice and gently toss with potatoes. Eat warm or cold. Salad kept in the fridge for a couple days turns increasingly pink!

Beet Green Sauté

Don't forget to eat your beet greens! This simple recipe is delicious and quick in a pinch, and can be used for any green.

Sauté some chopped onion in a pan with olive oil, butter or coconut oil. Wash the beet greens and chop. Add the greens to the sautéed onion. Continue stirring until greens are completely wilted. Cover and let cook for a couple minutes over low heat. Serve warm with fresh lemon juice and sea salt.

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Week 12 CSA Newsletter September 3, 2008

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In your share this week

1 lb. Broccoli
2 lbs. Russet Potatoes
1 head Celery
2 lbs. Tomatoes
2 Yellow Onions
1 bunch Cilantro
1 bunch Carrots
5 Squash Blossoms

1 pint Strawberries

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The weeks just keep flying by. It's hard to believe it is September already. It seems like just yesterday I was gazing out over my fields of baby spring plants, today's abundance just a twinkle in my eye. And now, here I am. It's almost fall, the fields are an explosion. The season has been good to me, and in some ways extremely challenging. I am amazed that I have survived (almost) my first year in this new operation. I think of all of my CSA members on almost a daily basis and feel so grateful for your support and belief in me in my first year. Thank you all! I look forward to many more years to come and for the bounty and diversity of the CSA shares to keep improving.

In my eagerness to help out my community, last fall I joined the Port Townsend Farmers' market board. At that time I had a plethora of energy and enthusiasm. Now, unfortunately, I can do little but run the farm and nurture my own needs. But, part of my responsibility as a board member is to recruit five table captains for our upcoming Harvest Dinner fundraiser on October 26th. I'm putting out a call for anyone who would like to be a table captain. An ideal table captain is passionate about the Farmers' Market and local farms and food, and is able to recruit eight people to join them for the Harvest Dinner. If you are interested in learning more about being a table captain, or know anyone who might want to be a table captain, please let me know!

Celery, carrots and potatoes always makes me think of chicken soup- that soothing soul warmer we all need on these recent nippy, chilly days. Speaking of chilly days, I've had to start closing the tomato hoop houses for the first time in months to keep the tomatoes snug in their soil beds for as long as possible. When I step out in the morning, there is a chill in the air. And people are starting to talk about first frosts. As this is my first fall in my new location, I'm curious about the frost timing in relation to other spots I know well. Valleys are known to get the early frosts, but I'm prepared to baby the summer crops for as long as possible!

So far the colder weather doesn't seem to slow down the fruiting crops, if anything they seem more anxious than ever to reproduce and get their seeds dispersed. The leafy crops have definitely slowed their growth. Unfortunately basil is one of those heat-loving leafy crops that we all hate to see slow down. I'm hoping for one last larger basil harvest this summer so you all can make another batch of pesto (and this time I'll include a recipe!).

Saffron Scalloped Potatoes

This recipe was given to me by local saffron growers, Nick Hill and Barabara Arnn. If you don't have the delicious, pricy spice on hand, just make the recipe without it. It's almost as good!

1 pinch (.125 g) saffron threads
1 1/4 cups half & half
3 Tbsp. butter
1 Tbsp. olive oil
2 large Yellow Onions, sliced thin
2 garlic cloves, minced
4 large White Potatoes, sliced thin

Heat half & half, remove from heat and steep saffron for 20 min. Sauté onions and garlic until limp in olive oil and butter. Do not brown. Butter a large pie plate and layer with potato and onion slices. Pour half & half over the top and bake at 350°, covered with tin foil, for an hour. Remove foil and bake an additional 15 min. or until top is browned. Serve in wedges. Serves 4.

www.farsieats.com

Squash Blossom Quesadillas

Last week at the market a Mexican guy came up right at the end, ecstatic to find large supply of squash blossoms. He told me the best way to prepare them is in quesadillas! I tried it today and he's right- they're delicious!

2 tortillas (if you haven't tried the rice tortillas in the freezer section at the Co-op you are really missing out! They have a great texture and are a superb wheat-free option.)

Grated cheese

5 Squash Blossoms

Butter

Heat butter in a skillet. Grate cheese and arrange on an open tortilla. With your hand, smash each squash blossom, then place on top of the cheese. Put the other tortilla on top. Fry in the skillet, flipping after each side is brown. Slice into wedges and serve with fresh salsa. Buen provecho!

Fresh Salsa

What better way to celebrate fresh tomatoes than with this recipe.

1 1/2 cups Tomatoes
2 jalapeño peppers
1/2 cup chopped onions
2 Tbsp. chopped fresh Cilantro
Salt to taste
1 Tbsp. olive oil

Juice of half a lime

Throw it all in a food processor, or for a chunkier texture, chop and mince by hand. Serve immediately. Great with the above quesadillas, served over baked potatoes, or, of course, with chips.

City Gardener's Cookbook, 1994.

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Week 13 CSA Newsletter September 10, 2008

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In your share this week

1/2 lb. Salad Mix

2 lbs. Tomatoes

2 Walla Walla Onions

1 lb. Summer Squash

1 oz. Basil

1 bunch Mizuna

2 pints Strawberries

10 stems Flowers

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I'm surprised to still have so many strawberries and tomatoes to include in your box this week! Hope you are still enjoying the bounty of these! This week is probably the last week of basil, unfortunately. Its starting to get hard to find leaves without black spots, indicating the plants got a little colder than desired. A familiar cooler-weather green, Mizuna, is making another appearance this week. Look for recipes on the back.

Also in your box you will notice the brochure for the Winter CSA, fresh off the press! You are the first folks to see this, as I will not be distributing it to the public at large until Saturday. I wanted to give my current CSA members the first opportunity to sign up. I expect to fill up so if you are interested sign up soon. Any questions, please give me a call.

I feel so lucky that I get to take a vacation next week! I'm going sailing around the San Juan Islands. My boyfriend, EJ, is currently up there and I will catch the ferry to meet him and have four days of sailing adventure, far away from the earthly realm of Red Dog Farm! I feel so fortunate that I have such a stellar farm crew to run the farm while I am away. My interns are in charge for the week and they will be deciding what goes in your CSA boxes, harvesting, putting together the boxes, and writing the

newsletter. I feel confident that you are in good hands and the experience will be good for them as well.

Summer Sauté

This is my favorite summer flavor combination. Serve as a side dish, over pasta, or atop a salad.

Olive oil

1 Walla Walla Onion, chopped

1 lb. Summer Squash, sliced thin

1 medium Tomato, diced

Couple sprigs Basil, chopped

Salt to taste

In a skillet, heat the oil over medium-high heat. Add the onions and squash together and sauté, stirring frequently until onions are limp. Add in the tomato and basil, stir in then remove from heat. Season with salt and serve.

Wilted Mizuna Salad

Wash and chop mizuna. Add in any other salad ingredients, such as grated carrots, diced onions, grated beets, chopped peppers, tomatoes, peas, etc. Dress with a light dressing then top with something warm, such as the above sauté, grilled fish, broiled steak. The idea of the wilted salad is that the greens are warm and slightly wilted, but not cooked. Wilted salads are great to think of when looking for a salad as a meal.

Mizuna Sauté

1 bunch Mizuna, chopped

1 Walla Walla Onion, chopped

Sesame oil

Fresh Ginger, minced

Soy Sauce

Rice Vinegar

Heat the sesame oil over medium-high heat. Add the onions and ginger and sauté until the onions are limp. Add in the mizuna, stir in until completely wilted then reduce the heat, cover and steam for a couple minutes. Remove from heat. Add soy sauce and vinegar to taste. Then serve. Delicious served with fresh grilled fish, such as black cod or halibut. Also good served as a side dish or a snack.

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Week 15 CSA Newsletter September 24, 2008

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In your share this week:

1/2 lb. Salad Mix
1 bunch Green Kale
1 lb. Leeks
1 pint Strawberries
1 lb. Purple and Wax Beans
2 lbs. Tomatoes
1 bunch French Breakfast Radishes
10 stems Flowers (Sunflowers, Dahlias and Zinnias)

I just have so much to say and share this week, I couldn't be limited to a measly half page. Hope you'll have time to read it all!

First off, I had a WONDERFUL vacation last week. We had spectacular weather as we sailed from Vancouver Island south through the San Juans and on home to Port Townsend. During the four days I was away I completely forgot the farm, all my worries and stress of the farming life and just gazed out at the beautiful environment we all live in. I saw porpoises, seals and sea lions. And mostly I saw water, lots of water. After spending 12 plus hours a day staring at the earth, filling my eyes with so much water truly made my heart sing! I think every farmer needs to spend a certain amount of time on the water to achieve the harmonious balance I now feel.

A big thanks to my interns who really pulled off the week without me. They reported that last week was the most important part of their internship yet! They got to manage themselves and the other workers, write up the harvest lists, and get off to market and CSA deliveries on time, all while keeping the irrigation going. They did a wonderful job and they got the opportunity to take on the responsibility of being "the farmer" for the week. Bravo Jacob and Justin!

I heard that there was a strawberry mishap last week for the Port Townsend CSA members. Apparently on the way to town, a turn was taken a little too fast and some of the boxes tipped over, resulting in squashed berries. If yours was one of the ones which had squashed berries, please accept my deepest apology and please stop by my market booth for some replacement strawberries, or something else if you prefer. Thanks for your understanding.

Last Sunday was the annual Jefferson County Farm Tour and, was it ever a success! I saw many of you out for the day and I'm so happy you took the opportunity to come visit the farm. We had close to 600 visitors! The weather was delightful. Arran Stark

and Michaela cooked up some delicious soups. Meredith, Dave Sheehan and Bill Shepherd came out to serenade us in many different styles of music. My mom, sister and two of her friends from Seattle came out to help staff the event. And of course, Rupert Dandelion was in high spirits, escorting visitors around the farm. All in all, it was a wonderful day. Can't wait 'til next year!

Don't miss the Port Townsend Farmers Market's annual fundraising harvest dinner, *Feast of Farms* at the Bishop Hotel's garden courtyard on Sunday, October 26th from 5 to 8 p.m. Inspired market chef, Arran Stark, will create a bountiful three-course meal sourced from market growers and paired with local wines. Celebrated farmer and author, Michael Ableman, will be the key note speaker. The dinner is a fundraiser to benefit the Port Townsend Farmers Market. Tickets are \$75 per person with a direct appeal at the event. Purchase your ticket at the Market Information Booth every market day or online at www.ptFarmersMarket.org.

Celery Soup

If you haven't yet used up all that celery from last week, I found this delicious-sounding recipe on the web. Sounds like just the thing to celebrate the first days of fall! Source: www.recipeland.com

2 Onions
2 Carrots
3 Tbs. olive oil
2 small heads Celery
2 Potatoes
2 1/2 pints water or stock
Sea Salt
Black peppercorns
Fresh Parsley

Sauté onions and carrots in olive oil until tender. Stir in celery and leave to steam-cook for 20- 30 minutes over a low heat to bring out flavor. Add washed and diced potatoes, cover with water, and season with a little salt and a few black peppercorns. Bring to the boil and simmer for 20 minutes. Add chopped parsley and liquidize.

Note about the Kale

The kale this time of year is beautiful, just getting the beginnings of the sweetness from the cool nights; all except the fact the aphids also live on the kale this time of year. Once we get a hard frost, the aphids will die. I've tried my best to pick leaves without aphids on them, but I know there are some of the little gray bugs left. They're easy to remove, simply wipe off with your fingers, or soak leaves in cold water with some salt added. You could also simply cut off the buggy areas of the leaves. I'm sorry

that you have to take this extra step, but be assured that the kale is well worth the effort!

Kale "Chips"

Green Curly Kale

Olive Oil

Balsamic Vinegar

Preheat the oven to 400°. Clean the kale and remove the center stem. Cut kale leaves into about four sections. Toss lightly with oil and vinegar. Spread on baking sheet sparsely. Bake until crispy.

To prepare Leeks:

Slice in half length-wise. Cut off root end and greens. Rinse the white stalk under running water to remove any dirt hidden inside the layers of the leek. Cut into slices to make half-moon pieces.

Mediterranean Vegetable Casserole

I once had this dish at a restaurant along the southern coast of Spain and was blown away by the delicious simplicity of the flavor of fresh vegetables. The trick to this dish is to use a high quality olive oil. The Spaniards also pour on more olive oil just before serving. Substitute or add in almost any vegetable you have on hand.

1/2 lb. Beans, chopped into 2" pieces

1 lb. Leeks, cleaned and sliced

1 lb. Tomatoes, diced

1 Onion, chopped

3 cloves garlic, diced

1 carrot, chopped

8 ounces olives

1/4 cup Olive oil

Sea Salt

Toss all the chopped vegetables in a mixing bowl with the oil and salt. Pour into a roasting pan and roast in the oven covered at 300° for one hour.

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Week 16 CSA Newsletter October 1, 2008

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In your share this week

1 bunch Carrots
1 pint Strawberries
1 lb. Broccoli
1/2 lb. Sweet Peppers
5 ears Sweet Corn
1 head Lettuce
1 lb. Walla Walla Onions
1 lb. Tomatoes
2 lbs. Summer Squash
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There have been lots of seasonal changes taking place these last couple weeks: Wednesday Farmers' Market is over for the season and two of my interns, Justin and Ash, ended their commitments and moved on to new projects. We've had some big harvests, notably the onions and potatoes. Onions got pulled into the barn two weeks ago and are almost done drying, soon to be moved to long-term storage.

We dug (mechanically) and stored over 3000 lbs. of potatoes today (Tuesday)! It was quite a team effort and it sure feels good to have all those precious potatoes stored away for the winter.

The days are just generally feeling a little less stressful and more low-key. We switched to a 8am start, which is delightful! And it gets pretty dark by 7pm, so my days are by necessity shorter.

Lately I've been noticing the abundance of yellow jackets buzzing around, drunkenly looking for warm places to sleep and last minute tastes of over-ripe berries and meats at lunchtime. They remind me that this is the time of year when our energy wanes; time to prepare ourselves for winter by finding a warm place to be and having good food to eat. Mostly they remind me that now is a time to wrap things up and to enjoy the wind-down, all while still doing those last few things that still need to be done.

Hope that you all are enjoying the sunny early Fall days as much as I am!

Summer Squash Pizza

Delicious alternative to using a traditional flour base for pizza!

3 cups grated Summer Squash
3 eggs, well beaten
1/2 cup flour
Salt to taste
Grated cheese
Toppings such as: onions, peppers, tomatoes, olives, pepperoni, mushrooms, sausage, pineapple, artichoke hearts

Generously butter a 9"x 13" baking pan. Preheat oven to 450°. Put grated squash in a colander and press out excess liquid. Move to mixing bowl and add eggs, flour and salt. Mix well and spread in baking pan. Bake 8 minutes at 450°. Remove from heat and reduce heat to 350°. Top with grated cheese and other toppings. Return to oven and bake uncovered for 25 minutes.

Sweet Corn!

If you love this raw as much as I do, make sure you nibble an ear or two in its unrefined state- Delish!

Sweet Corn Sauté

1 Sweet Walla Walla Onion, chopped
1 Sweet Pepper, chopped
2 ears Sweet Corn kernels
Butter
Salt to taste

Melt butter in a skillet over medium heat. Add the onions and peppers and sauté until tender. Add the corn kernels and salt to taste. Cover and cook only a minute, stirring a few times. Tastiest and sweetest vegetable medley around!

Broccoli Almondine

Recipe from www.epicurious.com

1 lb. Broccoli, cut into florets
2 tbsp. unsalted butter
1/4 cup sliced almonds
1 tbsp. fresh lemon juice
1/4 tsp. Salt

Steam broccoli until tender, about 8 to 12 minutes. Meanwhile, heat butter in pot over medium heat until foam subsides, then cook almonds, stirring, until butter and nuts are golden and have a nutty aroma, 2 to 3 minutes. Stir in lemon juice and salt. Add broccoli and toss.
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Week 17 CSA Newsletter October 8, 2008

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In your share this week

1 bunch Beets
1 pint Strawberries
1 lb. Shallots
1 bunch Swiss Chard
1/2 lb. Pea Tendrils
2 lbs. Potatoes
1 head Celery
3 ears Sweet Corn
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I know it was a tease last week to tell you about all the potatoes we harvested and then not include any in last week's share. Sorry about that! It's just that I had so many other great crops to put in that potatoes didn't make the cut. This week there are two pounds of potatoes, Red La Soda and All Blue varieties.

Last weekend after market, we had a cider pressing party. Friends came out and helped press cider with apples gathered from abandoned trees in the area. It was a great event. All in all, we pressed around 30 gallons. I like to make hard cider, so ten gallons of my juice will soon become the hard stuff. It sure felt good to have a celebration of such sweet abundance in this time of year.

Now that the rains have come we are officially done irrigating the fields- Woohoo! I'm looking forward to hauling the pipe in for the year, the last time I'll be handling it for several months.

It has been a fairly stormy week, with a ton of rain, some gusty winds and the general feeling of fall in the air. Luckily it was sunny and dry for the Saturday market last week. I hope that if nothing else, the weekends continue to be mild.

Hope everyone is enjoying the transition into fall!

Roasted Beets and Blue Potatoes

1 bunch Beets, roots only, cut into cubes
1 lb. Blue Potatoes, cubed
1/2 lb. Shallots, sliced
Olive oil
Sea Salt
Black Pepper

Preheat oven to 375°. Put beets in an oven-proof dish. Toss with olive oil, salt and pepper. Cover and bake for 20 minutes. Then add potatoes and shallots and continue to bake until tender, 20 to 40 minutes, depending on the size of your cubes. Serve with fresh goat cheese for a real treat!

Fall Inspiration Soup

1 lb. Red Potatoes
1/2 lb. Shallots or Onions
5 stalks Celery
1/2 bunch Swiss Chard, or tops from 1 bunch Beets
1 can crushed tomatoes
1 can pinto beans
1 pint chicken or vegetable stock
1/2 tsp. Thyme
1/2 tsp. Rosemary
Black Pepper
Sea salt

Chop all the vegetables and put in a large pot. Add the remaining ingredients. Bring to the boil, reduce the heat, then simmer for 1 hour. Even better the next day!

Pea Tendrils Sauté

These tasty tops have a mild flavor of fresh peas and a tender, succulent texture. They are delicious raw in salads, or lightly cooked and are only available when peas are young and tender in the spring and late fall. This unusual green is exceptionally high in Vitamin E and many other nutrients.

1 Tbsp. olive oil
1 clove garlic, smashed
1/2 lb. Pea Tendrils
1/3 cup chicken stock
Sea salt and black pepper to taste

Sauté garlic in oil over medium heat for about two minutes, stirring frequently to keep from burning. Add the pea tendrils, salt, pepper and chicken stock and sauté the tendrils until evenly wilted, stirring frequently, about 2 minutes. Serve immediately.

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Week 18 CSA Newsletter October 15, 2008

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In your share this week

1/2 lb. Salad Mix
2 lbs. Leeks

1 bunch Purple Carrots
1 head Broccoli
2 lbs. Yellow Potatoes
2 lbs. Delicata Squash
1 lb. Tomatoes
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The big news this week is that we had a hard frost Saturday morning, which wiped out some of the most tender summer crops. We said goodbye to squash, peppers (outdoors), beans, dahlias, zinnias, sunflowers, and lots of the tomatoes (indoors). I really love this time of year; looking out into the fields and seeing the visible death of the blackened plants still in their life-like forms. It is exciting to eliminate some of the crops from the harvest list. Now we are able to do all our harvesting for Saturday market in one day, leaving more time to finish up some other fall tasks.

This week I am able to include salad mix in your shares this week. The past couple of weeks, I had to let the lettuce rest, as the cold had really slowed down its growth.

The broccoli in your share this week is from plants that are a little more mature than ideal. They still taste delicious and are full of nutrients. When they are past mature, they start to open up and move towards making flowers. Another result of this process is that they don't shed water as well, thus tend to rot in the middle. If you get one of the (large!) heads that has a dark spot in the center, just cut it out and use the rest of the head as usual. The reason you are getting the broccoli in this stage is that my large fall/winter planting of broccoli is maturing earlier than I had planned. Thanks for being willing to take up the abundance of the farm!

Just a reminder that there is only two weeks left in the Summer/Fall CSA. The last pick-up is on October 31st.

The Winter CSA starts on November 5th. As of today, I have 51 winter members who are all paid up, leaving 49 spaces open. If you have been putting off signing up, or know someone else who is, please, consider signing up today. I rely on your support to keep farming and there are lots of sumptuous winter crops in my fields just waiting to be enjoyed! I encourage you to contact me with any questions or concerns about the Winter CSA.

Potato Leek Soup

2 lbs. Potatoes
2 lbs. Leeks
1/2 stick butter
salt and pepper to taste
1 quart chicken or vegetable stock

bacon (optional)

Slice leeks in half length-wise, rinse out any dirt, then slice into half-moon shapes about 1/4 " thick. Melt butter in a 2-quart pan over medium heat. Add in leeks and sauté until tender, stirring frequently, for about 10 minutes. Add salt, pepper, cubed potatoes and stock. Bring to the boil, then reduce to a simmer and cook for 1 hour. Take out half of the soup and puree it in a food processor or with a hand blender, then mix the pureed and non-pureed parts together. Optional: cook bacon, cut into small pieces and mix into soup.

Baked Squash

For those new to the fabulous world of winter squash, the most simple and delicious way to prepare a squash is to bake it, then top with butter and salt and eat! The skin of the delicata is quite tender (hence the name) and can be eaten. Other squashes have thicker skins and the flesh is scraped out of the squash as it is eaten.

Remove the stem and slice the squash in half. Scrape out seeds and stringy pulp. Place cut side down on a baking dish. Add 1/2 " water, then bake at 375° until squash is tender. For delicatas, this is generally 30-40 minutes.

Tomato Sauce

These are the last tomatoes of the year so use them wisely. Since they are not the prettiest tomatoes ever (they don't like the cold!) I suggest turning them into this warming, fragrant sauce.

1 lb Tomatoes, chopped
1 small onion, chopped
1 clove garlic, minced
olive oil
pinch cinnamon
pinch cloves

Sauté onions and garlic in oil until tender. Add in tomatoes, spices and water. Simmer, covered, for 20 minutes. Season with salt and pepper to taste. Delicious over steamed broccoli, baked potato fries, or squash.

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Week 19 CSA Newsletter October 22, 2008

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In your share this week

1 lb. Hakurei Turnips
1 bunch Italian Kale
1 lb. Red Onions
1 lb. Sweet Peppers
1 head Green Cabbage
1 bulb Fennel
1 bunch Carrots
1 bunch Cilantro
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This week at the farm we planted tulip bulbs in the ground- over 12,000 of them! Look for these beauties next April at the Food Co-op. Next week we will be planting garlic, the last crop to be put in the ground before the winter. I like the feeling of having bulbs doing their alchemic work under the soil all winter long. While it looks from the surface that the fields are sleeping, there really is a lot going on underground!

Just a reminder: **Next week is the last week of the Spring/ Summer CSA!** If you have wax boxes to return after next week, just drop them buy your regular pick-up site at your convenience. For those of you who want to continue on through the winter, I still have 30 spots open in my Winter CSA.- Sign up now!

I will be putting together the brochure for next year's Spring/ Summer CSA in the next couple months. I will be sure to get that out to all of you before the end of the year. I am still figuring out a lot of the details, but there are sure to be some changes for next year.

From the survey that you all filled out, there were two major divisions in the desired size of the share- half said just right or just a little too big, and the other half said too small. I am considering having two sizes of shares next year so that more people can be happy with the amount of produce they are receiving. My thoughts right now are to have the small be only slightly smaller than this year's share, and the large to be quite a bit bigger.

Other changes include adding more of some crops like head lettuce, especially romaine and red butter, cabbage, garlic, and cucumbers. I plan to have carrots and beets earlier in the season, and salad mix later into the season. The boxes will be more equal in size throughout the whole season (rather than smaller in spring and larger in summer). And just generally, I will be adding this past year of experience to running the CSA so of course, next year will be better! I welcome your feedback and suggestions for more ideas.

While I was putting together the box this week, a lot of the vegetables (inspired by the cabbage) were screaming out to me: COLESLAW! This coleslaw recipe is not your traditional mayonnaise-drenched version. It is light, fragrant and the perfect raw salad to accompany a fall meal.

Karyn's Coleslaw

2 cups shredded Green Cabbage
1/2 cup grated Carrots
1/2 cup minced Sweet Peppers
1/4 cup minced Onion
1 bunch Cilantro, leaves only, chopped
1/2 cup tahini
1 Tbs. prepared mustard
2 Tbs. honey
2 Tbs. cider vinegar
Water
Salt and pepper to taste

Mix the vegetables in a salad bowl. In a separate bowl, add the tahini, mustard, honey, and vinegar. Add water one tablespoon at a time, while mixing into the other ingredients. Continue adding water and mixing until the ideal dressing consistency is attained. Add salt and pepper to taste. Dress the vegetables and toss lightly. Serve immediately.

Fennel Bulb is delicious both raw and cooked. The stalks and leaves have a strong anise flavor, so only use if you love that flavor. The bulbs are much milder and pair beautifully with the Hakurei Turnips either as a raw salad or cooked.

Roasted Turnips and Fennel Bulb

1 lb. Turnips, cut into 1" pieces
1 Fennel bulb, washed and sliced (bulb only)
Olive oil
Salt and pepper

Mix all the ingredients together and lay on a baking tray in a single layer. Roast at 375° for about 20 minutes, or until slightly crispy and just tender.

Kale Quesadillas— one of my all-time favorites!

1 bunch of Kale, stem removed and chopped
1/2 Onion, chopped
4 tortillas
Grated cheese

Sauté the onion in oil, add the kale and sauté until wilted, then cover and leave to steam over low heat for 5 minutes. Add to your quesadilla when you add the cheese.

You know the rest! Delicious served with a dip of equal parts salsa and whole plain yogurt.

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Red Dog Farm CSA Week 20 October 29, 2008

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In your share this week:

1 bunch Spinach

1 bunch Beets

2 lbs. Leeks

1 head Celery

1 lb. Parsnips

1 Pie Pumpkin

1 1/2 lb. Quinces

Bravo! Congratulations on making it through 20 weeks of eating locally-produced veggies and berries, for trying some new foods and recipes, and for graciously accepting the bounty of Red Dog Farm fields for the past two seasons! You and your family have consumed (hopefully!) 43 different types of produce over the course of the CSA. Some were new and maybe a little weird, like pea tendrils and radicchio, and others, like tomatoes and broccoli, were already old familiars. You also received weeks of cut flowers, which by their mere presence on the farm, helped with pollination, insect control, soil enhancement, and of course, beauty! Over the course of the CSA, you received a total of \$495 in produce and flowers, meaning that you all received a 10% discount on top of your original price of \$450 at the beginning of the season. Many of you also took advantage of the 10% discount I offered at the Farmer's Market to further your commitment to Red Dog Farm and save yourself some additional money.

I am so pleased with my accomplishments this year at Red Dog Farm. I started the year with bare ground, albeit with very productive soil, and ended up with a functioning farm! I installed a barn, electricity, septic, driveway, phone, and irrigation system. I procured an assortment of essential farm equipment and supplies. I managed to end up with one of the most devoted and fun farm crews ever. I grew five acres of organic vegetables, berries and flowers and successfully marketed them. I ran the 20 week CSA program and was even able to give a 10% discount in my first year. I established my farm business in this community. All of this, and, most importantly, I am still healthy and happy and looking forward to many more years of farming at Red Dog Farm!

I could not have accomplished all of the above without the support of my CSA members. I offer you all a heartfelt THANK YOU for your belief in me at the beginning of the season, for being open to trying new foods, for sticking with the CSA program, for offering me helpful and constructive feedback on how I am doing, for thanking me for growing your food, and for participating in the local food system. You all are wonderful!

For those who are interested in continuing with my CSA programs, I will be sending out information about next year's Spring/ Summer CSA before the end of 2008. Expect to see a brochure in your mailbox or email inbox. I still have room in the Winter CSA for those who wish to continue seamlessly. Any empty wax boxes can be returned to your regular pick-up site for re-use.

This week on the farm we planted garlic! I chose the variety Siberian, a reliable hard-neck type, which produces large, easy to peel cloves, with a robust garlic flavor. My mouth waters just thinking about the roasted garlic and garlic scape pesto of next year's harvest!

This past week has been exceptionally glorious; as I'm sure you all are exaltedly aware. The brisk fall mornings have been quite cool as every morning for over a week we have had hard frosts at Red Dog Farm. What a gift to be able to look down the valley and see crisp blue skies, picturesque high fog, golden yellow maple leaves dotting the ridges, and crystal clear Olympic Mountains- what a place to call home!

Pie pumpkins: Delicious in pies or soups. To prepare: 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

Prepared pie crust

1 ³/₄ cups cooked pumpkin

2 eggs

1 ¹/₂ cups milk

¹/₂ cup honey (you may need to warm slightly for ease of incorporation with the milk and eggs)

1 teaspoon cinnamon

¹/₂ teaspoon ginger

¹/₈ teaspoon cloves

¹/₂ 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. Serve with whip cream, of course!

Pumpkin Soup

2 cups pureed Pumpkin

1 cup water or stock

1 lb. Leeks, sliced into half moons

5 stalks Celery, chopped (use outer stalks and reserve tender, non-frost damaged inner stalks for fresh eating)

1 bunch Spinach, or tops from 1 bunch Beets, chopped

Butter or olive oil

Salt and pepper to taste

3 bay leaves

¼ tsp each of powdered coriander and cumin

Sauté the leeks and celery in butter until tender. Add in the remaining ingredients and cook for 30 minutes. Serve with a dollop of yogurt or sour cream.

Quince: What is this?!? This fuzzy, knobby fruit is an English favorite and came not from my farm, but from my kind neighbors, Leon and David Smith, who many of you may know as the dahlia growers who used to regularly attend the Wednesday market. I love quince simply baked, and for a special treat, top with vanilla ice cream.

Baked Quince

Peel, quarter and core 1 ½ lbs. quince. Slice thinly and place in an oven-proof dish.

Drizzle with ¼ cup honey. Add about an inch of water to the bottom of the pan.

Cover and bake for one hour at 350°. The quince should be tender, but not mushy.

Serve warm or cold, as a dessert or an accompaniment to cheeses or meats. I love it warm with a little vanilla ice cream.

Parsnip Fries– *delicious snack or vegetable side dish*

Preheat oven to 450°. Cut parsnips like carrot sticks (no need to peel), toss in olive oil, sprinkle with salt, and spread out in one layer on a baking tray. Bake for 20 minutes, stirring once half-way through.