

# WINTER CSA 2008-2009 NEWSLETTERS

Week 1 CSA Newsletter    November 5, 2008

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## In your share this week

1/2 lb. Spinach

1 bunch Green Kale

1 bunch French Breakfast Radishes

1 bunch Carrots

1 lb. Red Onions

1 bulb young Fennel

1 medium Spaghetti Squash

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Welcome Winter CSA members (all 92 of you)! I am so pleased to remain self-employed through the winter and to be feeding all you fine folks delicious winter crops.

The rain this week has really brought the feeling of fall home. The long drawn-out clear crisp days are now officially over as we are all quickly reminded that we do in fact live in the Pacific Northwest and are entering into the rainy season.

The rain coming down last night (Monday) was incredible. If the dog dish I left out last night is a true indication, it rained over an inch at Red Dog Farm! I could feel the saturated soil squish between my knees (protected by rain pants of course!) as I knelt down to harvest spinach and radishes today. I like the familiar feeling of mucky wet soil, one that I had forgotten due to the dryness of the soil lately.

This week on the farm we are wrapping up more of the final fall projects. As the frost has killed the above ground growth of the dahlias and forced them underground for the winter, we are able to dig up their tubers, divide them and store them in a frost-free location until spring, when they will be planted again.

My dog, Rupert, has enjoyed the latest bird visitors to the farm, a pair of Ring-Neck Pheasants. They seem to enjoy hanging out in the tall weeds of the strawberries and in the un-mowed edge of the hay field. Today, I watched as a hawk flushed the rooster from its hiding spot in the tall grass. The gorgeous bird rose in a burst of feathers, cackling in complaint and wings flapping. Rupert went tearing after him with wild abandon, completely missing him as he settled into a new spot a couple hundred feet away. It was quite the spectacle!

**Fennel bulb-** With its delicate anise-flavor and crisp texture, fennel is a delicious addition to fall salads. The white part only is eaten in any quantity, as the flavor of the

leaves is very strong. Use the leaves as an herb or a garnish. Fennel bulbs can be eaten raw or cooked. For a simple cooked recipe, cut it into slices, toss in olive oil, salt and pepper, and put it under the broiler for 5 minutes. Delicious as a pizza topping or served with other vegetables and fish.

### **Week One Salad**

Spinach leaves, torn into bite-size pieces  
Radishes, sliced thinly  
Red Onion, minced  
Fennel bulb, white part only chopped  
Carrots, grated  
Something crunchy (for example: peanuts, toasted pumpkin seeds, or wasabi peas)

#### **Dressing:**

¼ cup toasted sesame oil  
2 tbs. seasoned rice vinegar  
1 tbs. soy sauce  
½ tsp. fresh minced fennel leaves  
½ tsp. fresh minced ginger root

Toss the vegetables together in salad bowl. Mix the dressing in a separate bowl. Whisk all ingredients well. Dress the salad and sprinkle on your crunchy topping.

### **Green Kale with Pine Nuts**

1 bunch green Kale  
1 small red onion, chopped  
¼ cup pine nuts  
Butter or olive oil  
Sea salt to taste

Wash the kale then strip the leaves from the stems of the kale. Chop the kale leaves into fine strips. Sauté the onion in oil or butter until translucent. Add the kale and stir until it is completely wilted. Turn down the heat, cover and continue cooking for a couple minutes until it is tender, but not mushy. The trick is that the kale leaves should look vibrant green and still be a little springy. Remove from heat and stir in the pine nuts. Serve immediately.

#### **Spaghetti Squash preparation:**

Wash outside of squash and cut in half length-wise. Scoop out seeds and pulp. Place cut side down on a baking pan. Add about half an inch of water to the pan. Bake at 375° until tender (about 30- 45 minutes depending on size and shape). When tender,

remove from oven, flip upside down and let cool for a minute. Take a fork and scrape out the "spaghetti" strands. Top with a tomato sauce or melted butter with dried sage. Sprinkle with parmesan cheese and enjoy!

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## Week 2 CSA Newsletter    November 12, 2008

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

1/2 lb. Mache

1 Cauliflower

2 lbs. Leeks

2 lbs. Blue Potatoes

3/4 lb. Hakurei Turnips

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The first winter pick-up went smoothly last week, with only a few hitches. I think that everyone should be fully on track from now on. Well done!

### **A few reminders:**

I need to re-use the boxes, so please bring them back the following week. No need to bring them back before Wednesday: I have enough to go a couple weeks.

The Winter CSA will run as normal the week of Thanksgiving. I know many of you will be out of town, but the vast majority wanted to pick up as normal.

If you are going to be gone (Thanksgiving week or any other week) please try to arrange for a friend or neighbor to pick-up your share for you. It makes a great present and it's much easier for me to not have to adjust numbers every week. If you absolutely have no one to give your CSA to, then please let me know (preferably by email) and I won't harvest yours that week.

**Apologies:** I've heard one report of rotten red onions in last week's box and if that was the case for anyone else, I do apologize. I think I figured out what the problem was so I am sure it will not happen again. If you got rotten onions, please let me know and I would love to replace them for you. Thanks for your understanding!

This week, harvesting took up a lot of time since two of my field helpers were gone. We had a little non-harvest time in which to measure out the fields in preparation for burying some irrigation pipe this winter- a project which I am so excited about since it will make moving irrigation next summer A LOT easier! We also finished up dividing and storing the dahlia tubers for the winter. Next big clean-up project is to take down the hoop houses. I hope this Thursday is calm so we have a chance to get the plastic off without parasailing up Center Valley!

**Mache**, also known as Corn Salad and Rapunzel, is a mild winter green. Delicious served in a salad in place of lettuce, it has recently become a gourmand specialty crop. If the name Rapunzel sounds familiar, this German word for mache is the veggie in the self-named fairytale which Rapunzel's mother was craving while she was pregnant with her during the cold winter. Most people don't remember this part of the story, but it's interesting since mache is one of the only non-mustard greens that grow through the coldest part of the winter.

**Mache Salad**– Combine all ingredients & enjoy!

Mache leaves, trimmed off cluster and rinsed

Sliced apple

Sliced red onion

Feta cheese

Sliced red pepper

Olive oil

Red wine vinegar

**Leeks!** The flavorful, mild member of the onion family contributes graciously to any recipe. Try using them cooked or raw in place of onions in any recipe.

To prepare leeks trim off the root end and green tops. Slice in half length wise. Rinse under running water making sure to remove any dirt tucked between the layers. Slice into 1/4" half moon shapes.

### **Frizzled Leeks**

*Delicious as a topping for soups, veggies, meat, salad or as a snack.*

4 Leeks, prepared as above except sliced paper thin

1 Tbs. olive oil

Dry sliced leeks on paper towels. Preheat oven to 400°. Sauté leeks in oil over medium-high heat for 5 minutes, stirring frequently. Transfer leeks directly to a foil-lined baking tray. Bake 15 minutes stirring every 5 minutes. Cool frizzled leeks in a single layer on paper towels. Sprinkle lightly with salt. Store refrigerated in an air-tight container.

**Hakurei Turnips**, although tender and crunchy in the spring and early fall, are best enjoyed cooked this time of year.

To prepare the turnips, scrub skins (no need to peel) and slice, removing any damaged sections. Hollow sponginess is just fine when cooking turnips.

### **Braised Turnips**

1 lb. Leeks, washed and sliced  
2 Tbs. butter or olive oil  
¾ lb. Turnips, washed and sliced  
Balsamic vinegar

In a saucepan, sauté leeks in butter or oil until tender. Add in the turnips. Stir for a minute, then cover, reduce heat and leave to “braise” for about five minutes. Remove from heat, drizzle with balsamic vinegar.

**Blue Potatoes** with their striking color, flavorful flesh and moist texture are an extraordinary potato! They hold their shape after cooking, thus are perfect for potato salad and also are a fun alternative for mashed potatoes.  
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## Week 3 CSA Newsletter    November 19, 2008

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

½ lb. Stir-fry Mix  
1 lb. Carrots  
1 lb. Beets  
1 bunch Dill  
1 Celeriac  
1 Pie Pumpkin or Hubbard Squash  
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A couple of times this past week we’ve seen an elegant pair of Trumpet Swans circling overhead. Rupert thinks they’re calling out their bugle-sounding squawk to incite him to chase after them. I think they’re looking for flooded ground on which to set up home for the winter. They’re not in luck yet, as the ground is still reliably dry. Down by the creek, in the farthest southwest corner, the wettest on the farm, there are a few spots of soggy ground. It’s not unusual for the lower field to turn into a gigantic 10-acre pond for much of the winter. That’s when the trumpet swans really think it looks like a good place to settle in.

I’ve been sick much of this week, unfortunately, and it’s been hard to keep myself inside and not out working. But today (Tuesday) I had to be realistic and start taking better care of myself. My friend, Emily, who many of you know as my business partner at Old Tarboo Farm, stepped in to help the CSA harvest this week come together without my help. Thanks Emily!

Other harvest crew still around includes Jacob, Tyler and David. Jacob has been my intern all season long and this is his last week! He has been an enormous help. He has helped me at the Saturday Farmers Market almost every week in addition to working long hours in the field. I will miss him a lot! Tyler's last week will be next week. He has been one of the solid harvest crew most of the season, harvesting some of the more tedious crops like beans and strawberries. He is off to travel south for the winter. David, who many of you may know from the Chimacum Sunday Farmers Market, has been a reliable helper this season. He will be staying on and helping me to harvest the winter CSA crops through the winter. I am so thankful to have his help.

I included a pie pumpkin (or Hubbard squash, which can be used interchangeably) in your box this week thinking that you might like to bake and puree it ahead of time for your Thanksgiving pie. Some of the pumpkins have small rot spots from frost damage. Simply cut this spot out as you're preparing the pumpkin.

Speaking of Thanksgiving, there will in fact be a pick-up next week, the day before Thanksgiving. I thought I would figure out what would be in next week's share and let you know ahead of time so you would be able to plan ahead for your shopping in preparation for the big meal! Expect Brussels sprouts, spinach, cooking celery, russet potatoes and cilantro.

### **Roasted Roots with Dill**

Beets

Carrots

Celeriac

Couple sprigs of fresh Dill

Salt and pepper

Olive oil

Wash and chop beets, carrots and celeriac into 1" chunks (No need to peel). Put in a glass baking dish. Mince the fresh dill and add in. Season with salt and pepper. Add a liberal amount of olive oil. With your hands, toss the mixture until everything is well coated in oil. Bake at 400° for about 40 minutes, or until the roots are tender and a little brown on the outside. Delicious served with ketchup!

### **Dill Marinade- *delicious on salmon!***

1 bunch fresh Dill, minced

3 cloves garlic, minced

4 Tbs. olive oil

2 Tbs. lemon juice

Salt and pepper to taste

**Stir-Fry Mix** is made up of various kales, chards, beet greens, mustards, chicories, pea tendrils and more. It varies seasonally, just like a salad mix. It is already washed and can be eaten raw or cooked. Just dump into your stir-fry pan or add to soups. You'll be seeing a lot of this mix through the winter! One of my favorite ways to turn it into a delicious salad is to slice the leaves really thin, then add on grated carrots, beets and onions. I often will make a warm dressing. Lately I've really been into a warm miso dressing made with miso, warm water and coconut oil. Delish!

**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 <sup>3</sup>/<sub>4</sub> cups cooked pumpkin

2 eggs

1 <sup>1</sup>/<sub>2</sub> cups milk

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

1 teaspoon cinnamon

<sup>1</sup>/<sub>2</sub> teaspoon ginger

<sup>1</sup>/<sub>8</sub> teaspoon cloves

<sup>1</sup>/<sub>2</sub> 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!

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## **Week 4 CSA Newsletter    November 26, 2008**

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**In your share this week**

<sup>1</sup>/<sub>2</sub> lb. Spinach

1 <sup>1</sup>/<sub>2</sub> lb. Brussels Sprouts

1 bunch Cilantro  
1 head Cooking Celery  
2 lb. Russet Potatoes  
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**HAPPY THANKSGIVING!** I feel like I have so much to be thankful for this year! I'm thankful for my wonderful CSA members. I'm thankful for a productive farm season. I'm thankful that the farmer's market is over for the year (I need a break!). I'm thankful for my closest friends and family who add so much joy and meaning to my life. I'm thankful to spend my time in such a beautiful, alive place doing what I love to do. I am so thankful. I hope that all of you have much to be thankful for as well!

I am heading down to California to spend Thanksgiving with my boyfriend's family and will be gone most of the week. If you try to get a hold of me, I probably won't return your call or email until next week.

Starting at next week's pick-up on December 3<sup>rd</sup>, there will be a few changes. I am doing away with using wax cardboard boxes and instead will be packing the CSA shares in black plastic crates. I had some bags printed up with the Red Dog Farm logo, which will be a gift to you. There will be one bag per CSA share. When you get to the pick-up site, you will load the contents of one black crate into your bag to take home with you. Hopefully you will remember to bring your bag each week. Otherwise, I will have plastic bags available for you to use, if necessary. We all know that plastic bags are bad news, so please do your best to remember to bring your bag with you each week. Try keeping it in your car when not in use. Most importantly: **DO NOT BRING THE BLACK PLASTIC CRATE HOME WITH YOU!**

I am hopeful that this will be a better distribution system. The wax boxes take a lot of my time to procure, transport, put together, and reinforce slack bottoms. I've had trouble getting the right sizes; therefore they have a tendency to tip in truck ride to town. And oftentimes there are perfect beet- or potato-size holes in their bottoms or sides, which makes keeping your produce collected a challenge! I am confident that the crates and bags combo will be a success. Thanks for trying something new with me!

### **Dina's Brussels Sprouts**

Brussels Sprouts  
Minced garlic  
Olive oil  
Pine nuts

To prepare Brussels Sprouts, remove outer layer of leaves. Trim off excess stem. Cut each sprout in half. Wash well, drain and set aside.

In a heavy skillet, dry roast the pine nuts over medium heat until lightly toasted and fragrant. Pour into a bowl and set aside. Heat the olive oil in the skillet over medium heat and sauté the garlic for about 30 seconds. Add the Brussels Sprouts and sauté until just tender and slightly browned. Remove from heat, add in the toasted pine nuts and serve immediately. Also good cold the next day!

**Cooking Celery** is so-called because the frost has touched the plant and turned its usual crispness to pithiness. Although this is unfortunate, the frost also leaves the gift of remarkably sweet flavor. This is the last celery of the year, so be sure to enjoy it cooked in any recipe. It's delicious in stuffing, turkey soup or a mixed veggie sauté. When you cut into the stalks, expect to see some brown on the interior. This is normal for this time of year! Just cut it up and put it in your dish! You'll be glad you did.

### **Cilantro = Fresh!**

As I was harvesting the cilantro this morning it smelled like just about the freshest thing I could imagine! Its aroma and taste is so inspiring to enjoy in its raw state. Delicious sprinkled on top of salads or soups, or incorporated into fresh salsa, cilantro is one of my favorite herbs!

**Mango Salsa** - *OK, so mangos aren't local but they sure are good! Whip up this recipe with some local cilantro, onions and garlic and serve with tortilla chips for a tasty appetizer this Holiday!*

2 ripe mangos, peeled and sliced  
1/2 small onion (red or sweet is good), minced  
1/2 sweet red pepper, minced  
1 clove garlic, pressed  
1 bunch Cilantro, washed, leaves only  
Juice of one lime  
Jalapeño, minced, to taste  
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## **Week 5 CSA Newsletter    December 3, 2008**

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**In your share this week**  
1/2 lb. Stir-fry Mix  
2 lbs. Carrots  
2 lbs. Leeks

1 medium Savoy Cabbage

1 bunch Root Parsley

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I hope you all had a wonderful Thanksgiving! I had a fantastic trip to California. The weather was warm and sunny (in the 60's) and the break from the farm was a welcome change of pace. I am really excited to be back now and am pumped for all the winter projects I have lined up! It feels good to have officially arrived in the off-season.

Starting this week, I have just one helper, David. We harvest the CSA shares Monday and Tuesday and I pack them up on Wednesday. Then I have the deliciously long rest of the week to do other farm projects and occasionally, do something just for myself!

It has been unusually mild for this time of year. I was remembering that the past two years it has snowed on November 30<sup>th</sup>. It's a treat to have such balmy late fall weather.

This week you will notice that the pick-up system is a little different. From now on, I will be distributing the shares in black plastic crates. Most importantly: **DO NOT TAKE THE BLACK PLASTIC CRATES HOME WITH YOU!** In your crate this week is a black reusable Red Dog Farm bag. This is yours to keep! It is made out of 100% recycled plastic. Transfer the contents of your share from the black plastic crate into your black reusable bag and take the bag with you. Every week, bring your bag, or another bag, and fill up your bag with your goodies, leaving the black plastic crates at the pick-up site.

In case you forget your bag one week, I will have plastic bags available for your use. But please, try to bring a reusable bag so we can cut down on the use of one-use plastic bags.

Please continue to cross your name off the clipboard list each week- you've all been really great about remembering to do this!

**Root Parsley** is a variety of parsley specifically grown for its sweet, creamy root. Tasting of mild parsley, and similar to parsnips in texture, it is delicious roasted, in soups, or grated raw into salads. The tops are also edible and delicious. They taste like a combination of parsley and celery and are more strongly flavored than parsley. The leaves do take a little work to clean, but are well-worth it for the flavor and nutrients they impart to soups.

### **Dark Days Veggie Soup-**

*Try this soup to ease the transition into the darkest time of the year!*

1 bunch Root Parsley

1 lb. Carrots

2 lbs. Leeks

4 Tbs. olive oil  
1- 2 cups shredded Cabbage  
1 can diced tomatoes  
1 quart water or stock  
1 tsp. fennel seed  
1 tsp. dried thyme  
¼ tsp. dried chili flakes (cayenne)  
sea salt to taste

Clean and slice the leeks into 1/2" half moon shapes. Sauté in olive oil until tender. Chop the parsley root and carrots. Add to the sautéed leeks and continue cooking for a couple minutes. Then add in the tomatoes, cabbage and herbs. Bring to the boil, then reduce heat and simmer for 20 minutes. Meanwhile, clean the root parsley tops. Use all green parts, chopping finely. Add to the soup about five minutes before it's done. Serve with warm bread.

**Stir-fry Mix** this week includes red kale, lacinato kale, collards, curly kale, red mustard, tat soi, bull's blood beet greens, and radicchio.

I recommend sautéing this dynamic mix. For variation, try one of following:

- \* Use a different kind of oil than you normally use. Options include: sesame, peanut, olive or butter. Or for a fat free option, use chicken stock instead of oil.
- \* Add minced garlic or ginger into the hot oil for a few seconds before adding the greens.
- \* Top your stir-fry with something crunchy. Nuts and seeds are delicious. Try sesame seeds, pumpkin seeds, pine nuts or peanuts. Or try, crumbled rice crackers or corn chips.
- \* If you like a little sour, dress your stir-fry with a little vinegar. Try umeboshi, apple cider or balsamic.

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## Week 6 CSA Newsletter    December 10, 2008

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

½ lb. Arugula  
1 bunch Red Mustard Greens  
1 bunch French Breakfast Radishes  
2 lb. Parsnips  
1 lb. Jerusalem Artichokes

## 2 Delicata Squash

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The new distribution system with the black plastic crates and bags went without a hitch! I was able to pack the shares in almost two hours less time than usual due to not having to deal with the cardboard boxes. Please remember to bring your bag each week. Extra plastic bags are available for you to use if you forget. Whatever you do, just don't take home the plastic crates!

This week's harvest felt like the first taste of real winter harvest, especially Tuesday morning. It was cold, windy and rainy. My hands were painfully stiff with cold, but I realized that I kind of like the temporary discomfort of working outdoors in the winter. Although I like to be toasty warm, I also enjoy pushing myself a little and the hard-core feeling of spending long days outdoors in inclement weather. I guess that's a good thing since I'm doing the Winter CSA, huh?

This week we started a construction project on the farm. We are building a bathroom/ laundry room in the barn. This week, we framed the room. The electrical (courtesy of my dad) will go in next week, and the plumbing and appliances to follow. I'm excited about this room because it will allow me to eliminate the costly portable toilet rental, as well as provide a weather- and frost- protected space. Little by little, the farm infrastructure continues to come together...

Please note that the last two CSA pick-ups in December, on the 24<sup>th</sup> and 31<sup>st</sup>, will continue as usual. I realize that many of you may be out of town or busy with company in town. Just do your best to remember to pick up your share, or find a friend to pick-up for you.

**Jerusalem Artichokes** have a taste and texture similar to potatoes. They are delicious pan fried, lightly steamed or raw. Do not boil them or over-steam them as they become mushy easily. Jerusalem Artichokes 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 Jerusalem Artichokes (J. Arts)**

1 lb. J. Arts washed and sliced thin

2 T. butter or olive oil

Sea salt to taste

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

### **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.

### **Nut-stuffed Delicata Squash– *Sunset Magazine, October 2008***

3 T. butter  
2 medium yellow onions, finely chopped  
3 garlic cloves, minced  
¾ t. salt  
1 T. chopped fresh sage  
1 1/3 cups chopped nuts (walnuts, almonds, pistachios, pinenuts, or a mixture)  
1/3 cup plain yogurt  
2 eggs, lightly beaten  
1 cup parmesan cheese, grated  
2 Delicata Squash, halved lengthwise and seeded

Preheat oven to 350°. Sauté garlic, onion and salt in the butter for about 3 minutes, or until tender. Stir in the sage and cook until fragrant, about 1 minute. Stir in nuts and set aside. In a large bowl, combine yogurt, eggs and ½ cup parmesan. Stir in nut mixture. Divide stuffing among squash halves. Sprinkle more parmesan on top and

bake until tender. They're done when pierced easily with a fork and tops are browned, about 45 minutes.

### **Arugula Salad**

Arugula leaves  
Red Bartlet pear slices  
Fresh goat cheese (try Whiskey Hill's local version)  
1 T. red wine vinegar  
¼ cup olive oil  
1 t. prepared mustard

Arrange arugula leaves, pear slices and crumbled cheese on salad plates. In a small bowl, add oil and vinegar. With a fork, whisk in the mustard. Drizzle over the salad and serve immediately.

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## **Week 7 CSA Newsletter    December 17, 2008**

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

1 lb. Carrots  
2 lbs. Beets  
3 lbs. Red Potatoes  
1 Yellow Onion  
1 Rutabaga

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Brrrr!!! Snow, hard frozen ground, dry crisp air; winter is here! We spent all of last week preparing for this cold blast. We frantically pulled up and stored in the cooler the more tender root crops like celeriac, beets and rutabaga. We mulched the carrots, and we said "Good Luck!" to some of our other winter favorites that may or may not survive the multiple days of frozen weather. Luckily the snow will have an insulating effect on many of the crops, protecting them from the below 20°F temperatures.

Last week, I also spent frantic time finalizing pipe insulation in the barn, pump house and in my trailer. This is the first freeze that the farm and its brand new infrastructure have been through. Naturally, I left more than a few things to the last minute so had to scramble to protect the pipes! So far so good- no pipe breaks yet.

The CSA this week is comprised of vegetables that were already harvested and stored in the cooler. In this case, the cooler insulates from the cold. Walking in the cooler feels like a cozy place to be at around 40° F!

There are no leafy greens in your shares this week because they are frozen solid! Never fear, most of the winter greens will come back to life if left to thaw on their own. After listening to the weather report through next week, it may be two weeks until I am able to include greens again.

Many of the root vegetables are dirty this week because the hoses are frozen solid so I am unable to wash them for you. Most roots that get stored in the cooler go in dirty. They tend to keep better that way, and I just wash them as I pull them out. I hope you won't mind cleaning some roots at home this week!

I have had a very challenging onion year. The onions grew beautifully and had sized up nicely by harvest time. But they simply would not dry well. I had significant loss at the time when I sorted through the onions and prepared them for winter storage in the fall. Now, pulling them out of storage, I am finding I have about 85% loss! This is a hard loss to accept, but it happens. Talking to other growers in the area, many had similar problems this year. We can't figure out what exactly was different this year, it could have been any number of things. I'm pretty frustrated with onions right now. I've been sorting through them again and doing my best to make sure I only give you good ones. On many of them, you will have to cut off more of the top than usual.

Hope you all are keeping warm in the chilly weather!

### **Mashed Rutabaga and Potatoes**

1 Rutabaga, peeled and cubed  
2 lbs. Potatoes, peeled and cubed  
Milk  
Butter  
Salt and pepper  
Nutmeg

Boil rutabaga and potatoes in water until just tender. Don't overcook! Strain and mash. Stir in the remaining ingredients. Delicious! Beats ordinary mashed potatoes any day!

### **Chocolate Beet Cake** (*City Gardener's Cook Book*)

1 ½ cups cooked and pureed beets  
3 ounces unsweetened chocolate  
3 eggs  
1 ½ cups sugar  
1 cup oil

1 teaspoon vanilla  
1 3/4 cups flour  
1 1/2 teaspoons baking soda  
1/4 teaspoon salt

Preheat oven to 350°. Melt the chocolate in a double boiler; remove from heat and cool slightly. In a large bowl, lightly beat the eggs. Add the sugar, oil, vanilla, melted chocolate and pureed beets, stirring well after each addition. In a separate bowl, sift together the flour, baking soda, and salt and set aside. Combine the dry ingredients with the chocolate mixture and beat until just blended. Pour into a greased and floured 9" x 13" cake pan for about 35 minutes. Remove from oven and cool before frosting.

**Beet Burgers** (*Rose Valley Farm Food Book*)

2 cups grated Beets  
2 cups grated Carrots  
1/2 cup grated Onions  
1 cup cooked rice  
1 cup toasted sunflower seeds  
1/2 cup toasted sesame seeds  
2 eggs, beaten  
2 Tbs. soy sauce  
1 cup grated cheddar cheese  
3 Tbs. flour  
1/4 cup oil  
Minced fresh or dried garlic, cayenne, and fresh or dried parsley to taste

*Toast sunflower and sesame seeds in a dry skillet or hot oven several minutes, tossing often. Mix ingredients, form into patties, and bake at 350°F. Unless patties are very large, it should not be necessary to turn them. Makes 6-8 burgers.*

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**Week 8 CSA Newsletter    December 24, 2008**

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**In your share this week**

2 Celery Roots  
2 Delicata/ Acorn Squash  
3/4 lb. Turnips  
4 lbs. Russet Potatoes

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Never before have I been as excited about a weather forecast of rain as I currently am. I can not wait for the snow to melt so I can get on with some normalcy around Red Dog Farm! Some of the issues I am facing is increasing rodent pressure (I guess they are as hungry and cold as we are!), frozen pipes (luckily none have broken yet, just currently unusable), and of course the compromised travel-ability and harvest-ability.

This week your share is once more comprised of vegetables, mostly roots, from storage. Thanks for being willing to eat truly locally, even through the worst snow storm of the last 20 years! With the forthcoming above mentioned rain, I expect that things will be back to normal, meaning greens along with your roots, in next week's share.

You may be wondering how the outdoor crops fair in this harsh weather. I never really know until the snow melts and I can go out and check on them. I walked around the fields today and things look good! The kales and Brussels sprouts look like they're wearing little white knit caps, protecting their tender growing points from the cold temperatures. A little digging proved that the ground really isn't that frozen under all that snow, leading me to believe that the carrots and other roots are just fine under their blanket of snow and straw mulch. I'll be sure to give a full report on the survivals and deaths as soon as I know.

Today we worked on taking down the summer hoop houses. It felt great to get out in the deep snow (about 12"! ). We pulled out buried rebar stakes, stacked PVC hoops and metal T-posts. We cut twine and un-trellised the tomatoes, and pulled out drip tape. It sure was fun putting in a full day of outdoor labor.

Happy Holidays! Remember the CSA distribution continues on as normal through the weather and holidays. If for some reason I need to miss a week, I will let you know through this newsletter, or if it is late notice, I will personally contact you.

### **Twice-Baked Potatoes**

2 Russet Potatoes  
2 slices bacon  
1/4 cup sour cream  
2 Tbs. milk  
Salt and pepper to taste  
1/4 cup cheddar cheese, grated  
2 scallions, sliced

Preheat oven to 350°. Bake potatoes in preheated oven for one hour. Meanwhile, cook bacon until crispy; drain, crumble and set aside. When potatoes are done, remove from oven and let sit for 10 minutes. Then slice in half and carefully scoop

out the flesh, reserving the skins. Mash the potato centers with the sour cream, milk, salt, pepper, half the cheese and half the scallions. Spoon the potato mash back into the skins. Top with the bacon and remainder of cheese and scallions. Return to the oven for 15 minutes more.

### **Root Vegetable Anna**

6 Tbs. butter, melted  
2 medium Russet Potatoes, thinly sliced  
1 Celeriac, thinly sliced  
½ lb. Turnips, thinly sliced  
1 tsp. rosemary, minced

In a cast iron skillet, add 2 Tbs. melted butter. Arrange half of potato rounds. Sprinkle with salt and pepper. Next, layer the celeriac and turnips slices. Sprinkle with rosemary, then lightly with salt and pepper. Drizzle with 2 Tbs. melted butter. Top with remaining potato slices. Sprinkle with salt and pepper. Press down lightly to compact.

Preheat oven to 400°. Cook vegetables over medium heat for 5 minutes. Reduce heat to medium-low; cover and cook about 25 minutes more. Uncover and drizzle with 2 Tbs. melted butter. Transfer to oven. Bake uncovered until vegetables are very tender and golden, about 20- 25 minutes. Run small knife around vegetables to loosen from skillet. Place large platter atop skillet and invert vegetables onto platter. Cut into wedges and serve.

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## **Week 9 Winter CSA Newsletter December 31, 2008**

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

3 lbs. Carrots  
1 lb. Root Parsley  
1 lb. Leeks  
1 lb. mixed Kales

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### **HAPPY NEW YEAR!**

Thankfully there are more vegetable survivors than victims from the cold blast! Carrots came through beautifully, as well as all the other roots still in the ground like Jerusalem artichokes, scorzonera, salsify, and parsnips. The winter leeks pulled through, but I lost the fall variety.

The leafy greens and above ground crops fared less well. The kales and Brussels sprouts took a hit, but are still alive. The arugula, mizuna, cabbage, mustards, and others were wiped out. There are some crops like spinach, tat soi, mache and chard that look worse for the weather, but are definitely still alive and probably will grow new good leaves. Whether or not that will be in time for the winter CSA is unknown.

And of course, I have tons of potatoes, rutabagas, beets and celeriac stored in the cooler.

It has been some hard weather to deal with this winter, but that's how it goes. Never fear! I still have plenty of crops for the Winter CSA to continue on. Expect abundance of root vegetables for the remaining six weeks, and less of the greens.

We have a new resident taking up house in the barn: a beautiful barn owl. He or she moved in several weeks ago, but I wasn't sure what kind of bird it was. All I knew was that I was finding large droppings! The other night I finally spotted the unidentified bird and it was beautiful. I saw it at night, white-bodied, flitting past in a rush. I have high hopes that it will make lunch of the rodents in the barn.

You may remember in the Winter CSA brochure that I wrote I would be taking three weeks off sometime in January. I am no longer going to take my vacation at this time. Instead, I plan to take time off in March.

The CSA will continue straight through the end with no breaks. I apologize if this is an inconvenience for any of you who planned otherwise. There are six weeks remaining in the Winter CSA. The last pick up will be on February 11<sup>th</sup>.

A former CSA member is giving up their share and asked me to offer it to someone who might otherwise not be able to afford it. I have one small CSA share to offer for the remainder of the program. If you know of someone who might be interested please let me know.

### **Roasted Roots**

1 lb. Root Parsley, chopped

1 lb. Carrots, chopped

1 lb. Leeks, chopped

Olive oil

Dash of nutmeg

Salt

In a baking dish, combine all the ingredients. Mix well. Bake uncovered in a 400° oven for 40 minutes, or until tender.

**Kale and Banana Smoothie-** *a great way to incorporate more raw greens into your diet, at breakfast or as pick-me-up anytime of day*

1 banana

2 cups, finely chopped kale

1/2 cup soy, rice or nut milk  
1 Tbs. flax seeds  
1 tsp. maple syrup

Blend all ingredients in a blender until smooth.

### **Toscana Soup**

1 lb. spicy pork sausage  
1 Tbs. olive oil  
1 medium onion or leeks, diced  
2 cloves garlic, minced  
1 quart chicken stock  
2 potatoes, halved and sliced  
1 large carrot, sliced  
2 cups sliced kale  
1/3 cup heavy cream  
Salt and pepper to taste

Preheat oven to 300°. Place sausage links on a baking sheet and bake for 25 minutes, or until heated through. Slice into 1/2" pieces. Heat oil over medium heat in a large saucepan. Sauté onions until translucent. Add garlic and sauté one minute more. Add stock, potatoes and carrots. Simmer 15 minutes. Reduce heat to low and add sausage, kale and cream. Season to taste. Simmer until heated through and serve.

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## **Week 10 CSA Newsletter January 7, 2009**

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

1 bunch Collards  
2 lbs. Parsnips  
2 lbs. Purple Carrots  
2 lbs. Blue Potatoes

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Just when I think there's nothing to write about, the most magnificent thing happens! This afternoon, just before the day broke into rain, a huge gorgeous bald eagle was spotted hunting in the tall grass near towards the back of Red Dog Farm. It swooped and dove many times, then rose up, triumphant, and rested in my neighbor's

Doug Fir before flying off again. What a good sign to have such a powerful bird visit the farm!

This week was fairly uneventful, which honestly, is a very good thing! I've finally been able to get to some much needed organizing and sorting in the barn. The barn bathroom project, after being put off by bad weather and holidays is once again moving forward. And I've had time to follow up on sourcing some new equipment and supplies for next year.

We harvested and packed the CSA in record time this week. Maybe it was the lack of snow and frigid weather, or that the crops in the share this week are easier to harvest. I don't know. My hunch is that it just feels like there is more time in the day. I have already been noticing the lengthening days. Although it is barely perceptible, my body can tell that we are moving in the direction of more light instead of less. I'm gearing up for the adventure the longer days are sure to bring.

For those of you wondering about the 2009 Summer CSA program, the brochures are in process of being printed. I expected to have them by now, but Star Printery all but closed down with the holidays and bad weather and has been unable to get to them. Look for them next week or the week after. I'm getting really excited for next year as I have all these dark winter hours to dream away!

### **Collards: Green and good for you!**

My friend, Sam, from North Carolina, says that eating collard greens on New Year's Day (or as near to it as you can get!) is thought to bring a person wealth in the New Year. My guess is that collards, packed with nutrients as they are, enable a person to be that much more productive. Either way, collard greens are a good way to go whether you're looking for the easy luck or more energy to do what you do best.

The collards in this week's share have seen snow and low-teens weather for weeks on end, so cut them a little slack before you dismiss them for a perfect California-grown cousin! My advice is to cut them up and throw them in your pot. Those minor blemishes and frosted areas will taste just fine when cooked. No need to be nit picky. Just remember, you need every pinch of wealth these babies have to offer!

### **Southern Collards**

6 pieces bacon

1 bunch Collard greens

Fry the bacon and set aside. Wash the collards. Roll up the leaves and slice thinly. Cook in hot bacon grease until wilted, then reduce heat, cover and cook for 10 minutes more. Add in bacon, cut into small pieces. Serve with southern corn bread.

### **Purple Mash**

1 lb. Blue Potatoes, chopped  
1 lb. Purple Carrots, chopped  
Butter  
Sour cream  
Salt and pepper

Boil the potatoes and carrots until just tender. Note the carrots will need to cook longer than the potatoes, so put them in 5-10 minutes earlier. Drain, mash and doctor with butter, sour cream, salt and pepper. For a creative meal, try to have something of every color on the plate. I think of it as nutrients for the eyes as well as the body!

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## Week 11 CSA Newsletter January 14, 2009

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

.4 lb. Tat Soi  
1 lb. Leeks  
2 lb. Beets  
1 lb. Jerusalem Artichokes  
2 lbs. Red Potatoes  
1 Red Cabbage

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This week I had time to do lots of organizing of "stuff" in the barn. Boy, does it ever feel good to assess what I have, what I need and to put it all in sensible order!

It has been a real challenge to figure out how I'm going to include something "green" in each week's share from here on out. I think I will have enough green items to cover the remaining four weeks of the CSA. I'm sorry that I can't provide more greens in your shares, but please know that I am working real hard to put what I can in there!

The 2009 CSA brochures are in! Thanks to the Printery for putting a rush order on them after all the delays. I've included one in every share this week. I have plenty more which I am happy to distribute as needed. Please let me know if you need additional brochures for yourself or friends, or if you have any ideas of where I could display brochures. I also have an email-able PDF version.

I'm really excited about how the farm plans are shaping up for 2009: it's going to be a fabulous year! For 2008 Summer CSA members, check your email and/or

mail for information regarding changes from last year's program. In the meantime, if you have any questions, don't hesitate to call or email me.

If anyone who lives in the Grant St. School/ Hospital neighborhood would be interested in coordinating share pick-ups with another member, consider calling Lauren Brown at: 385-1062. For the 2009 CSA program, I will work on a method for connecting members from similar neighborhoods to help make the pick-up easier for everyone.

Note about the Red Cabbage: I was on the fence about including it in your CSA share since there it has some considerable frost damage. But I have been eating it and enjoying it so thoroughly that I thought you all might be able to look past the less-than crispy texture and enjoy it as well. I like it both raw and cooked and don't mind the texture at all. The main obstacle is in not being to picky when prepping it for cooking. If you are the type to pick off anything less than perfect, try minimizing your efforts and use it cooked. I recommend adding it to the Beet Borscht recipe below. You won't regret it!

### **Beet Borscht**

2 lbs. Beets, chopped  
1 lb. Leeks, chopped  
1 head cabbage, shredded  
2 cans diced tomatoes  
1 quart stock or water  
4 Tbs. fresh or 2 tsp. dried dill  
2 Tbs. mustard seeds  
1/2 tsp. black pepper  
Sea salt to taste

Combine all ingredients in a large stock pot and bring to the boil. Reduce heat and simmer for one hour. Serve with yogurt and minced fresh dill. To "beef" it up a little bit, cooked ground beef is a great addition either as a topping, or mixed into the soup. This is one of those soups that tastes even better a couple days later.

### **Potato Pancakes- Joy of Cooking**

2 cups peeled, grated Potatoes  
3 eggs, lightly beaten  
1 1/2 Tbs. flour  
1 Tbs. grated onion  
1 tsp. salt

Squeeze excess moisture out of grated potato by wringing out in a clean dish towel. Mix all the ingredients together. Fry in butter or vegetable oil until brown on both sides. Serve immediately with apple sauce and sour cream.

### Jerusalem Artichoke and Tat Soi Scramble

- 1 lb. Jerusalem Artichokes, washed and sliced
- 1 Leek or small onion, chopped
- 1/4 lb. Tat Soi, chopped (stems and all!)
- 1 tsp. powdered rosemary
- Salt and pepper to taste

In a heavy skillet (cast iron is best) heat some oil or butter and sauté the sliced Jerusalem Artichokes and leeks or onions for about 10 minutes, stirring often. Add in the chopped Tat Soi, rosemary, salt and pepper. Continue stirring for a minute more, then reduce heat and cover and let the greens "steam" for 5 minutes. Delicious served for breakfast or as a dinner side dish.

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## Week 12 CSA Newsletter January 21, 2009

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### In your share this week

- 2 Celeriac
  - 2 lbs. Rutabaga
  - 1 lb. Yellow Potatoes
  - 1 1/2 lbs. Carrots
  - 3/4 lb. Brussels Sprouts
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Another week has already gone by- wow! The winter is not feeling so long now. Already next season is creeping up on me. In only two more weeks we'll be planting onions, leeks and shallots.

I've been starting to line up some of my crew for next season. David, who has been an awesome employee for the past year, has agreed to stay on and do both field work and some markets.

Emily Truitt, my dear friend and former business partner from Old Tarboo Farm will be working for me this season. I couldn't be more thrilled! Emily has tons of farming experience, plus a stellar personality. She will be helping me out with some managerial skills, as well as Leader of the Weed Crew. Lucky for me, her passion is weeding!

I also spent four days this past week in Oregon. Partly it was a fun trip visiting some old friends, but I also bought some much-needed cultivator parts for my 1955 Farm-All Cub. These parts are old and not easy to find! I luckily was able to connect with a guy who restores old tractors and equipment. I'm now poised to be able to do a lot more weeding mechanically rather than by hand for the coming season. Anything to save back-bending time is a real blessing.

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If you are interested in obtaining more of your food from local organic sources, consider Finnriver Farm's "Sustainable Staples" CSA. Finnriver is an organic farm located a few miles down the road from me and they have designed a CSA that complements my Red Dog offerings by providing free-range chicken, eggs, milled and whole grains, fresh and frozen berries, blueberry u-pick, hard cider and more. Between these two CSAs you could be receiving a substantial amount of your organic food from right here in Center Valley. Contact Crystie and Keith at [info@finnriverfarm.com](mailto:info@finnriverfarm.com) or [www.finnriverfarm.com](http://www.finnriverfarm.com) for more information. Tell them you are a Red Dog customer and they will customize your CSA to dove-tail with mine. They are also offering Red Dog members a 5% discount!

**Scrubbing Roots Tip:** To get your roots clean with little effort, a CSA member suggests using one of those body-scrubber type gloves. I believe they are for sale at the Co-op in the Wellness section. It's really easy, just put on your "gloves" and scrub away!

*Mashed Roots- These 3 roots are my favorite mashed root combo, but feel free to experiment with any other root combinations. You really can't go wrong.*

2 Celeriac

2 lbs. Rutabaga

1-2 lbs. Potatoes

Butter

Milk (optional)

Salt and pepper to taste

Scrub and peel the roots. Chop into large chunks. Boil for 15 minutes, or until tender. Strain, mash and add butter, milk, salt and pepper. If you have any leftovers, fry them like pancakes and serve for breakfast the next morning. Yum!

**Brussels Sprouts Note:** Not the prettiest sprouts you've ever seen, but (you've heard this before) it's wintertime! You'll need to spend a little more time than normal trimming these guys. A tip I learned recently to speed things up is to cut off the bottom and let the outer leaves fall off, rather than picking off the outer leaves layer

by layer. If you take a few leaves off the outside, the Brussels sprouts start to look pretty good. They may still have a few black spots, but they taste delicious!

### Golden Fried Brussels Sprouts

Brussels Sprouts  
Olive oil  
Salt and pepper  
Parmesan cheese

Trim and wash the Brussels sprouts, then slice in half. Toss in olive oil to coat. In a sauce pan heat the olive oil; then add the Brussels sprouts cut side down in a single layer. Sprinkle with salt and pepper and allow them to cook for about five minutes. Then turn them onto their round side and let cook a few minutes more. Move to a serving plate, sprinkle with cheese and serve.

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## Week 13 CSA Newsletter January 28, 2009

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### In your share this week

1/2 lb. Salsify

1/3 lb. Scorzonera

1 lb. Leeks

1 lb. Parsnips

2 lbs. Beets

1 lb. Kohlrabi

1 very small Radicchio

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### Weird Vegetable Week

If you hadn't yet heard, this is officially weird vegetable week (according to Karyn at Red Dog Farm). With names like Scorzonera and Salsify, shapes like flying saucer-esque Kohlrabi, and bite-sized Radicchio, you know your expectations of what a vegetable should be are being pushed to the edge. Fear not! These weirdos are delicious and well-worth the effort to forge into new territory.

This week at the farm we FINALLY poured the cement slab in the new bathroom. It came out looking good and I'm looking forward to waiting for it to finish curing so I can paint it and install the appliances.

The weather has been exceptionally cold, especially Sunday night. I noticed that crops, like the collards, that had made it through all the snow previously, finely

succumbed to the cold on Sunday, probably because they didn't have any snow insulation to protect them. Although the gorgeous sunny day on Monday was worth it!

We've been watching a lot of Trumpeter Swans flying overhead, usually in pairs. They tend to travel in the morning and make at least a few passes over Red Dog Farm. Monday morning, in its cold crispness, allowed me to not only see the swans, but actually hear the wind brushing through their wings as they passed over. It was such a cold, sharp sound such as is only heard on winter mornings.

This week you will notice a survey in your boxes. Please take a moment to fill this out and return to me. I really value your feedback and need to hear about your experience so I can continue to improve the Winter CSA program from year to year. This is an anonymous survey so no need to include your name. You can leave it on the clipboard under the name list when you pick up your share, or you can mail it to me at: PO Box 402, Chimacum, WA 98325. Thanks!

**Reminder:** Two weeks left in the Winter CSA Program! Wednesday, February 11<sup>th</sup> is the last pick-up.

**Kohlrabi**, a close relative of broccoli, is mild and crisp. The vegetable is actually an enlarged stem that forms a "bulb". I only like it raw, but many people also enjoy it cooked. My favorite is to grate it and put in salad or tacos, or to slice into chips and eat with a yummy dip.

### "Great"ed Salad

Kohlrabi

Radicchio

Beets

Lemon juice

Olive oil

Grate kohlrabi and beets and thinly slice radicchio. Mix together. Dress with lemon juice and olive oil. Serve immediately. Great tonic for your liver!

**Salsify** and **Scorzonera**, aka black salsify, are sought-after European winter roots. Salsify is the buff colored root and scorzonera is the black one. I just tried them for the first time today and they are supremely mild and delicious. They both have a delicious, yet hard to describe flavor. If you have a moment to look on the web, you can read lots of opinions to describe the flavor. Both are also very nutritionally dense foods. They can be used interchangeably in cooking. I tried them roasted and raw and quite liked both methods.

### Roasted Roots, Week 13 Version

Salsify  
Scorzoneria  
Pasnips  
Leeks  
Olive oil  
Salt and pepper

To prepare salsify and scorzonera, scrape each root lightly with a knife to remove most of the root skin. They do not need to be well-peeled. Cube the parsnips and cut leeks into half-moons. Toss all the veggies in olive oil, salt and pepper. Roast in a shallow layer at 400°F for about 30 minutes, or until tender.

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## Week 14 CSA Newsletter February 4, 2009

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

1 lb. Mixed Greens  
.16 lb. Mâche  
2 lbs. Carrots  
3 lbs. Yukon Gold Potatoes  
¾ lb. Celeriac

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Wow! What an amazingly beautiful couple of days it has been. I am really enjoying working outside under the sunny, blue skies!

This past week has truly felt like the beginning of spring. The weather no doubt helped, but also because I've been able to get out to do tractor work in my fields. Since it has not rained in awhile, the soil is dry enough that I've been able to disc and till in preparation for this growing season. Yesterday, we spent the day in the greenhouse seeding onions, leeks and shallots. I've also been putting together my seed and amendment orders and just generally getting ready for the explosion that is spring. I have noticed that my mind has started racing with all the things I have to do— a sure sign that busyness is on the rise!

Next week is the last Winter CSA pick-up! I have truly enjoyed growing winter goodies for you all and getting to hear about your experiences. I am also thankful that the winter CSA is coming to a close for the year. I am looking forward to taking a break from harvesting and being able to put more of my energy into field preparation, seeding and organizing for this coming growing season.

This winter CSA has been a really challenging one with the inclement weather and my still adjusting to the new location with all its peculiarities. I have learned so much! It is ending at just the right time as I really would be hard pressed to have enough diverse veggies for an extra week's distribution. Amazing how perfectly things work out sometimes!

I am really looking forward to next year's Winter CSA program; what crops to grow more and less of, improving storage and mulching techniques and adjusting planting times.

Speaking of making improvements, Please return your surveys to me ASAP. If you didn't bring it this week, try to remember for next week, or drop it in the mail. My address is: P.O. Box 402, Chimacum, WA 98325. Thanks for taking the time to fill out the survey!

### **Mixed Greens Hunt**

To harvest your bag of mixed greens this week, David, two interns from Finn River Farm Andy and Sean, and I scoured the fields for any remaining edible green survivors. It was a fun though tedious job. Plants we found were kales, collards, kohlrabi leaves, chard, radicchio, mizuna, arugula, mustards, spinach and parsley. These survivors all mixed together provide a broad range of highly nutritious greenstuffs.

### **Chicken Soup**

- 1 whole chicken
- 2 gallons water
- 2 Tbs. vinegar
- 2 medium onion or leek, chopped
- 2 lbs. Carrots, chopped
- 3 lbs. Potatoes, chopped
- $\frac{3}{4}$  lb. Celeriac, chopped
- 1 lb. Mixed Greens, chopped
- 1 Tbs. turmeric
- 2 Tbs. sea salt
- 2 tsp. black pepper

In a large stock pot, combine chicken, water and vinegar. Bring to the boil, reduce heat and simmer covered for 2- 4 hours. Strain out chicken, returning the broth to the pot. Set aside the chicken to cool. To the broth add the onion or leek, carrots, potatoes, celeriac, turmeric and pepper. Return to the boil and simmer for about 50 minutes. Meanwhile, pick through the chicken, removing all the cooked meat. Return meat to the soup. Add in the mixed greens and salt. Continue simmering until greens are tender, about 5 minutes. Keeps refrigerated for a week and improves with age!

### **Celeriac Salad**

¾ lb. Celeriac  
1 Tbs. lemon juice  
¼ cup mayonnaise  
Black pepper

Boil a saucepan of water with the lemon juice and little salt. Cut the celeriac into julienne strips either by hand or with a food processor. When the water starts to boil add the celeriac. When the water returns to a boil, remove the celeriac. Rinse and drain well. Mix celeriac into mayonnaise. Serve well chilled, sprinkled with black pepper.

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## Week 15 CSA Newsletter February 11, 2009

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

½ lb. Leeks  
1 lb. Carrots  
1 lb. Red Potatoes  
1 lb. Parsnips  
1 ½ lb. Brussels Sprouts  
1/3 lb. Spinach  
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Well this is it: the last winter CSA of the 2008-09 season. Although it hasn't been without difficulties, I'd say overall it went pretty well. And from the surveys I've had returned to me, it sounds like you all agree! I got lots of good new ideas from reading your surveys- like growing sprouts, sending out a weekly email reminder and that I really need to put some more gravel on my driveway to name a few! I also got lots of information about crops you'd like to see more and less of. Unanimously, you all want more greens! Well, me too! Next year, I will be making some big changes to ensure that there are greens in the Winter CSA throughout the program. Thanks for all of you who have returned your surveys so far. For those who haven't, you can mail it to me at: PO Box 402, Chimacum, WA 98325.

Thank you to all of you for signing up this winter! I really appreciate your support in keeping my farm viable. I hope you all enjoyed trying new unusual winter offerings. Congratulations for making the commitment to eat locally through the first part of the winter! I loved being your farmer!

Please consider continuing on as CSA members for the 2009 Summer/ Fall CSA. Some highlights of the program include: 24 weeks of fresh veggies, berries and flowers, two share sizes to choose from, weekly newsletter, 10% discount off market

prices. Being a CSA member enables you to feed yourselves and your families healthfully on a weekly basis. It encourages you to try new vegetables and to have a bounty of your old favorites as well. Most of all, by signing up as a CSA member, you are making a vote to spend your money locally in support of sustainable agriculture and a young woman entrepreneur, while maintaining one of the beautiful open spaces of this county to continue as a working farm.

You all received brochures with more information about the 2009 CSA program. If you need another, let me know or pick one up at the Co-op in the racks next to the bathrooms.

**Thanks for a great Winter!!!**

**Roasted Parsnips, *www.elise.com***

1 lb. Parsnips  
1 Tbs. olive oil  
Salt and pepper to taste  
1/4 cup stock or broth  
2 Tbs. butter, softened  
3 tsp. drained, bottled horseradish  
1/2 Tbs. parsley, chopped  
1/2 Tbs. chives, minced  
1/2 small clove garlic, minced

Cut parsnips into 1" size pieces, toss with olive oil, salt and pepper in a roasting pan. Cover with stock or broth and bake covered at 400° for 20 or 30 minutes or until just tender. Take care not to over cook. Toss cooked parsnips with the remaining ingredients and serve.

**Brussels Sprouts with Almonds, *www.elise.com***

1 lb. Brussels Sprouts  
4- 6 Tbs. butter  
1/2 onion, chopped  
Salt and pepper  
1 tsp. lemon juice  
1/4 cup toasted slivered almonds

Steam or boil the Brussels sprouts for 3-4 minutes. Drain and cut in half. In a saucepan use 2-3 tablespoons of the butter to sauté the onions until just translucent. Add in the remaining 2-3 tablespoons butter along with the Brussels sprouts and continue cooking until just tender. Caution: overcooking makes them bitter. Season with salt and pepper to taste. Add in the lemon juice and half the slivered almonds. Garnish with the remaining almonds and serve.

## Vegetable "Fries"

Potatoes

Carrots

Parsnips

Olive oil

Salt and pepper

Cut the vegetables into "jojo" style fries leaving the skins on. Oil a baking sheet, lay out the veggies and sprinkle with salt and pepper. Bake uncovered at 400° for 20-30 minutes or until just tender. Brushing the tops with more oil will make the veggies crispier.

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