

# RED DOG FARM Newsletter



*Laura, Joel and Shiobhan cleaning garlic.*

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

Salad Mix  
 Green Beans  
 Cilantro  
 Sangre Red New Potatoes  
 Leeks  
 Raspberries  
 Cauliflower  
 Big Beef Tomato (large only)

The hot weather crops are growing! Finally! We picked our first harvest of tomatoes today, plus had enough to share with the crew for our taco salad Tuesday. Raspberries are in full swing, which has been such a bonus after watching the plants fill out after the past two years. These days are bringing long harvests, with a few days thrown in for weeding and transplanting. Last week, we managed to fit in the garlic harvest, which was a huge success. Now, 10,000 bulbs of garlic are hanging in the barn rafters; the smell of garlic wafting through the air on these hot, dry days of late.

My days in the field are much more entertained due to the bird activity. Besides the hawks and eagles hunting in the now cleared hay fields, there has been a pair of ravens nesting in the trees just to the south of the farm. I love listening to their gurgling water-like calls. The pair chats it up all morning then flies off in a northwestern direction for the day.

Shiobhan (pronounced Shi-von), our stellar WWOOFer, besides being a powerful pinochle player, is also an avid animal lover, especially of the prolific Red Dog toad population. She has been spotted searching out toads in the wee hours of dusk. In addition to working with us every morning of the weekday, she also loves to volunteer at Center Valley Rescue Ranch. Shiobhan is visiting us from Boston for about six weeks, and has quickly made herself an indispensable part of the farm crew.

Welcome to Session 3! Hope you all enjoy the peak season produce.

## Recipes

### **Baked Breaded Cauliflower**

1 Cauliflower  
2 eggs, beaten  
Flour  
Panko bread crumbs

Cut the cauliflower into florets. Dip in flour, then eggs, then panko. Lay out on greased cookie sheet and bake at 425 degrees for 10 minutes. Turn, then bake another five minutes, or until browned. Serve immediately.

### **Potato, Leek, Cauliflower, Bacon, Cheddar Soup**

1 lb. Potatoes, cubed  
1 lb. Leeks, chopped  
1 lb. Cauliflower, chopped  
12 oz. bacon, chopped  
2 quarts water or stock  
1 pint cream (or whole milk)  
2 cups shredded cheddar cheese  
Salt and pepper to taste

Cook the chopped bacon for a few minutes in a large soup pot. Add in the chopped leeks and cook until tender. Add in the potatoes, cauliflower, and stock or water. Bring to the boil, then reduce heat and simmer until the potatoes are tender. Remove from heat. Add in the cream or milk. Puree half the soup in a food processor, then return to the pot. Add in the grated cheese and salt and pepper. Serve warm.

### **Beans Almondine**

1 lb Green Beans  
1 Leek  
1 Tbs. butter  
1/2 cup slivered almonds  
Salt to taste

Steam the green beans until tender. Sauté the leek in the butter until tender. Add in the almonds and cook for a few minutes. Toss in with the beans and salt to taste. Serve immediately.

### **Cilantro Pumpkin Seed Pesto** - *The City Gardeners Cookbook*

2 cups lightly packed Cilantro  
1/3 cup pumpkin seeds  
1/2 cup grated parmesan cheese  
1/4 cup olive oil  
5 Tbs. fresh lemon juice  
5 cloves Garlic, chopped  
1/2 tsp. salt

In a food processor combine all the ingredients and process until smooth. Serve as a spread, dip or sauce. Bright fresh flavor is delicious!