

RED DOG FARM



In your share this week:

Acorn or Sweet Dumpling Squash

Parsnips

Salsify

Kale Mix

Shallots or onions

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

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

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

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

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

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

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

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

RECIPES

This looks delicious. Small shares should half the recipe.

Buttery Salsify Puree with Horseradish □ serves 2 to 4

2 tablespoons lemon juice
2 pounds black or white salsify□
1 small clove garlic□
2 1/2 tablespoons butter□
3/4 cup milk□
1/2 tablespoon horseradish, or to taste□
salt, to taste

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

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

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

Black Salsify with Caramelized Lobster Tails and Mache

Recipe courtesy [Emeril Lagasse, 2002](#)

Ingredients

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

Directions

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

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

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

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

Curried Parsnip Soup with Fromage Blanc toast

Ingredients

For the soup

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

Method

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

Contact me at 301-3605 or estruitt@yahoo.com about anything until Friday- we'll give Karyn a little time to ease back into farm life!

