

# RED DOG FARM



## In your share this week:

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

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

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

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

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

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

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

## RECIPES

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

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

2 whole chicken breasts  
2 Parsley Roots, washed and peeled  
1/4 cup parsley leaves, finely chopped (washed well to

remove any dirt, and dried)  
1 packed cup watercress leaves, washed and dried  
1/3–1/2 cup mayonnaise  
Salt and freshly ground black pepper

1. Poach chicken breasts in enough simmering salted water to cover for about 25 minutes, until tender but not dry. Remove from water and set aside to cool.
2. Meanwhile, slice parsley roots first into thin rounds and then into a fine julienne. Place in a mixing bowl.
3. Bone and skin the cooled chicken breasts. Cut the meat into large chunks and add it to the parsley root, along with parsley leaves, watercress leaves, and mayonnaise. Season with salt and pepper to taste, and toss to combine.

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

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

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

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**Mushroom and Rice Stuffed Collard Greens-** *www.fortunavirilis.blogspot.com*

*Filling:*

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

*Sauce:*

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

*Wrapping:*

6 large collard green leaves

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

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

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

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

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

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

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

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