

RED DOG FARM



In your share this week:

Pumpkin or Hubbard Squash
Brussels Sprouts
Turnips
Carrots
Chioggia Beets (large shares only)

Hello! This is Emily, assistant manager and acting Commander-in-Chief of Red Dog Farm while Karyn is on a very important fact-finding mission in southern Mexico, researching the feasibility of mango, papaya, avocado and Mojito production on the farm, as well as a Red Dog Snorkeling Team. We all wish her the best of luck and are hopeful that she returns with some promising information.

Congratulations to you, the few, the proud, the only people who will be eating Red Dog produce this winter! We've completed our market season in both Port Townsend and Port Angeles, and for the most part we're suspending wholesale orders (with the exception of some sales to a food bank) so that we'll have a good variety and high quality of veggies in our CSA shares this winter. It feels nice to be able to focus on one destination for our produce, although it's quiet around here. Ru misses all the bustle of the market season, and of course he misses Karyn, but he's in the good company of Chandra who is farm-sitting along with her no-nonsense black lab, Jolie. We have also been lucky enough to adopt an awesome black barn cat named Woofus! Her name says it all. She's friendly yet independent, competent yet humble. Thanks to Bill Shepard for providing her. I feel that the animal community on the farm has reached a harmonious balance.

On to vegetables: The brussels took a serious hit during those frosty days. They are a tough plant but I think they found their limit. They are still heavenly to eat but you may find some layers of brown on the inside when you slice one open. My advice to you is ignore it, we ate some for lunch today and there is no difference in the taste or texture. Man, are they good! Also, most of you have probably figured this out but the roasted squash and brussels sprout combination is pretty spectacular, either side by side or in a soup or casserole.

I was once told that when you buy canned pumpkin, it's usually hubbard squash; they probably use those enormous Mother Hubbards because they're more efficient for mass processing. Feel free to use a hubbard squash in the same way you would a pumpkin.

Chioggia beets are divine. My favorite way to eat them is to slice or cube them, boil them for about 10 minutes, toss them in olive oil, minced onion or shallots, and cubed cheese, and a splash of vinegar. The pungency of the onion or shallot mellows just enough in the warmth of the beets and the cheese melts slightly. You can do this with any kind of beet.

Turnips, admittedly, are not my most exciting vegetable, but I sure did enjoy them today in the Turnips Au Gratin that I made to accompany our brussels sprouts for lunch. I discovered that they have a sweetness that potatoes may lack and which I really appreciated in that particular dish. Karyn may have already informed you about the nutritive qualities of 'nips, as we lovingly refer to them, but according to the internet, they have a property that "deactivates an estrogen metabolite that promotes tumor growth, particularly in breast cells", as well as preventing metastasis and helping the liver filter carcinogens. This knowledge helps me to warm up to Turnips. They also have a lot of vitamin C and calcium and other good elements.

RECIPES

First let me say that what I did for lunch was roast thinly sliced turnips and chopped shallots in olive oil and a little bit of milk for about 45 minutes at 400 degrees, stirring occasionally. Then I mixed in some shredded Trailhead cheese and a little bit of romano and broiled it for a few minutes and my, was it tasty. I understand that Irma Rombauer recommends parboiling turnips for Au Gratin, but I'm not afraid to say that I disagree with Irma Rombauer. Turnips soften up fine by just roasting and they appreciate the crisp texture and roasty flavor of being cooked in oil.

This recipe is from the Davis, California Farmer's Market. You'll notice that there is no mention of parboiling turnips.

Potato & Turnip Au Gratin with Leeks

courtesy of David Cannata, Yolo Catering

Serves: 6

- 1 lb russet **potatoes**, peeled and thinly sliced
- 1 lb **turnips**, peeled and thinly sliced
- 3 **leeks**, white section only, thoroughly washed, thinly sliced
- 1 cup whole milk
- 1 cup heavy cream
- 2 cup shredded Gouda (Trailhead, New Moon)
- 3 large cloves **garlic**, minced (shallots!)
- 2 TBSP **butter**
- Salt & pepper to taste

Preheat oven to 365 degrees.

In saucepan combine milk, cream, garlic and salt and pepper. Do not boil. Reduce heat and simmer for another 5 minutes, then set aside. Don't be shy on the salt, it will help flavor the potatoes and turnips.

In a small pan melt 1 T. of the butter and add leeks. Cook for 7-8 minutes until leeks start to brown, stirring frequently, then set aside.

Spread remaining butter around a 9x12 baking dish, covering all sides. Assemble potatoes and turnips in dish alternating each vegetable. Season each layer with salt and pepper. Add 1 cup of gruyere and cooked leeks on top of first layer.

Pour cream mixture over the top just barely covering. Layer remaining vegetables seasoning with salt and pepper. Top last layer with remaining cheese and cover with cream mixture.

Bake for 40-45 minutes until top is golden brown and potatoes can be pierced easily with a sharp knife.

Pumpkin and Goat Cheese Lasagna...*[from the kitchen of One Perfect Bite](#)*

Ingredients:

1 pound dried lasagna noodles (or fresh, local ones if you can find some)

Bechamel Sauce:

1/2 stick (1/4 cup) unsalted butter

1/4 cup flour

3 cups whole milk

2 tablespoons fresh creamy goat cheese or mascarpone

1/2 teaspoon salt

Freshly grated nutmeg

Filling:

1 can (29 ounces) pumpkin puree (just use whatever we gave you, cut in half and roasted till soft)
1 tablespoon fresh thyme leaves
1 tablespoon fresh minced sage leaves
1/8 teaspoon freshly grated nutmeg
1/2 cup unseasoned bread crumbs
1/2 cup mascarpone cheese
1/4 cup freshly grated Parmesan cheese
1/4 cup brown sugar (or not)
2 tablespoons creamy goat cheese
1 tablespoon salt
Freshly ground pepper

For assembly:

1/2 cup unseasoned bread crumbs
1/2 cup freshly grated Parmesan cheese

Instructions:

- 1) Heat a large stockpot of lightly salted water to a boil; fill a large mixing bowl with ice and water. Boil noodles until al dente, about 8 minutes; drain. Transfer to ice water to stop cooking. Drain noodles; arrange in a single layer on a lightly oiled baking sheet. Set aside.
- 2) Meanwhile, to prepare sauce, melt butter in a large saucepan over low heat; sprinkle in flour, stirring continuously with a wire whisk. Cook, stirring constantly, for about 5 minutes. Whisk in milk, then goat cheese, salt and pinch of nutmeg. Heat to a simmer; cook, whisking often, until thick and creamy, about 10 minutes. Remove from heat; set aside.
- 3) To prepare filling, combine pumpkin puree, thyme, sage, nutmeg, bread crumbs, mascarpone, Parmesan, brown sugar, goat cheese, salt and pepper to taste in a large mixing bowl.
- 4) Heat oven to 400 degrees. To assemble lasagna, spread a third of pumpkin mixture on bottom of a lightly greased 13-by-9-inch baking pan. Cover with a layer of lasagna noodles, placed length-wise side by side, overlapping edges. Spread another third of filling over noodles; top with 3/4 cup of bechamel sauce. Top with another layer of noodles, remaining filling, and another 3/4 cup of bechamel sauce. Cover with a final layer of noodles and remaining bechamel sauce. Sprinkle with bread crumbs and Parmesan. Spray a sheet of aluminum foil with nonstick spray; place it sprayed-side down over lasagna in pan, folding edges over.
- 5) Bake until heated through and bubbling, about 50 minutes. Remove foil; bake until topping is golden brown, about 15 minutes. Remove pan from oven; cool 10 minutes. Cut into rectangles or squares. Yield: 8 servings

Recipe courtesy of Wolfgang Puck and *The Chicago Tribune*.

Well, that should keep you out of trouble for a while. If anyone has recipes they want to share for leeks, potatoes, celeriac, Italian kale or mache, please email them to me at estruitt@yahoo.com.

Merry Christmas, Chanukah, Solstice, Kwanzaa, and New Year!