

RED DOG FARM



In your share this week:

Delicata Squash
Brussels Sprouts
Celeriac
Shallots

BRRRRR! It's cold. Really cold. Last night it got down into the single digits, something I have not seen out here before. It's hard to do much of anything around the farm. The ground is frozen solid and our fingers get numb in minutes. Everything except the Brussels in this week's share came from storage, since we aren't able to get into the frozen ground. Thankfully, we were able to get the pipes to defrost enough to wash off the celeriac. Harvesting the Brussels sprouts was like harvesting ice cubes. Brussels sprouts left on the living plant will come through a hard freeze very well, but since we harvested these in their frozen state, they won't keep well and should be used as soon as possible. The outer layers are a little soft as they defrost, but our taste tests have shown they are amazingly sweet and have a good texture. I considered giving potatoes instead of the sprouts this week, but figured that you would appreciate a little green amongst all the starch.

The winter CSA is always a big challenge for me, as I'm sure at times it is for you as well. During these really cold snaps, I always think: Why do I do this to myself?!? It's stressful dealing with frozen ground, frozen water pipes, fear of scarcity of produce for you and keeping my workers in work. I know for you it can be challenging to make use of the unusual produce and to adjust your eating habits based on what's going on outside. I guess a big part of being in a CSA is that we're all going through this together. We're sharing the hardships as well as the bounty.

I wanted to let you know that someone called the health department concerned that I have been harvesting vegetables from flooded fields. They were concerned about contamination from manure upstream. That is a very valid concern, especially in light of the spinach recall two years ago. Al Latham of the Conservation District, an expert on Chimacum Creek watershed, assured the Health Department that there was no flooding from the creek into the vegetable fields. The overflowed creek water was hundreds of feet from the edge of the vegetable fields. Any standing water in the vegetable fields was from pooled rain or rising water table. I wanted all of you, as my CSA members to hear from me that I do take issues of contamination very seriously. I would never risk anyone's health by distributing potentially dangerous produce.

So, we've had floods, extended freezes, and health scares, what next! I'm hopeful. That's a big part of being a farmer. Thanks for being CSA members and weathering the storms with me.

RECIPES

Delicata Squash Stuffed with Curried Wild Rice

Posted by Carole Koch, sent to me by CSA member Craig Wier

3 Delicata Squash, halved and seeded
2 Tbs. unsalted butter
½ cup minced Onion (or substitute Shallots)
2 tsp. curry powder
1 tsp. ground cinnamon
½ tsp. black pepper
¼ tsp cayenne pepper
2 Granny Smith apples, peeled, cored and minced

½ cup raisins
½ cup chopped cashews
1 cup cooked wild rice (or substitute cooked couscous)
1/3 cup plain yogurt
1/3 cup mango chutney

Preheat oven to 350 degrees. Place squash halves, cut sides down, on a baking sheet. Bake for about 20 minutes until the squash is not quite cooked through. Remove from the oven and set aside.

Heat butter in a large saucepan over medium heat, and add the onions or shallots. Sauté for five minutes or until translucent. Add the curry, cinnamon, pepper and cayenne and toss well. Add the apples, raisins and cashews, and continue cooking until the apples are soft. Add the rice, yogurt and chutney, and toss well.

Divide the curried vegetables equally between the squash halves. Bake the squash for 25 minutes, or until they are tender and the stuffing is heated through.

Serves 6

Brussels Sprouts with Ginger and Mustard Seeds

Alice Waters, New York Times sent to me by CSA member Patti Reynolds

5 Tbs. olive oil
1 lb. Brussels Sprouts
Salt
2 Tbs. chopped fresh ginger
2 Tbs. mustard seeds
1 tsp. hot red pepper
1 lime

Heat sauté pan over high heat. Add oil and Brussels sprouts, and season with salt. Toss and brown until tender. Add ginger, mustard seeds and hot red pepper. Toss and cook for a minute more. Simmer until completely tender, 1 to 3 minutes. Add juice of half a lime. Taste and adjust salt and lime.

Oven Roasted Celeriac with Squash and Shallots

A variation on a recipe from [Joy of Cooking](#)

1 Celeriac Root, peeled and cubed
1 Delicata Squash, seeded and cubed
½ lb. Shallots, peeled and sliced
3 Tbs. rendered fat from roasted turkey, chicken, pork or beef, or olive or vegetable oil
1 Tbs. melted butter
1 Tbs. minced fresh rosemary
¼ tsp. salt
Ground black pepper to taste

Preheat the oven to 375 degrees. Place all the ingredients in a 13 x 9-inch baking pan and toss together. Roast, stirring occasionally, until the vegetables are fork tender, about 1 ½ hours.

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