

Dharma Ridge Farm

CSA Newsletter

Week 16

September 24, 2008

Carrots*Yukon Gold Potatoes*Red Onions*French Breakfast Radishes*Kale*Chard*Tomatoes* *Arugula*Green Butter lettuce*

Hi From the farm!

Fall is officially here and we are in the last few weeks of the CSA, today is the last Wednesday Farmers Market which means things can slow down a bit for us here on the farm. It is always bittersweet to lose the mid week market but also a relief to have the extra time needed to prepare for the winter months ahead. Zach finished spreading all the compost and prepared the beds for planting garlic and our cover crops of winter rye & vetch. The cover crop helps to keep weeds out and most importantly returns fertility back to the soil by creating "green manure" when it is tilled in spring. We will plant our garlic crop in mid-October from our own saved seed. On the horizon we have pie pumpkins and winter squash starting to size up and showing just a hint of color and the leeks are fattening up nicely. It really feels like fall.

On Saturday we will say good bye to the rest of our farm crew, it has been a great season with many hands working together, and we have really appreciated all of the inspiration and enthusiasm they brought to the farm. We wish them many amazing adventures and send them off hoping that they will never forget the magic of planting a seed and the empowerment that comes from growing your own food. We will be missing them....big time ☹️

For your weekly veggies...Greens!!!! We have had a few frosts and many cold nights which makes for sweet kale and chard, I have included a few recipes that will feature their flavors. The arugula is great in a salad with your butter lettuce, thinly sliced red onion and radishes. Arugula also makes an amazing salad with poached pear, candied nuts and either goat cheese or gorgonzola. People pay the big bucks in restaurants for a tiny plate of that. Try your Yukon Gold potatoes roasted or make a nice potato soup, I have included a recipe that calls for sausage but a vegetarian version can be made with carrots and celery and a few spices instead. Enjoy! And remember our Port Townsend pick up site will be on Beech Street starting NEXT WEDNESDAY!!!!

Italian Style Swiss chard

1 bunch Swiss chard
1 cup water
1 T salt
2 T olive oil
4 cloves garlic; coarsely chopped
1/8 t crushed red pepper

Wash the chard and cut it into 1 inch strips. Separate the thick stalks from the upper leaves. Bring the water and 1 tablespoon of salt to a boil in a large saucepan. Cook the stalk sections in the salted boiling water for 2 minutes, stir in the leafy strips and cook till just wilted 3-6 minutes. Drain and set aside. Heat the olive oil, garlic and red pepper flakes in a large skillet over medium heat till aromatic, about 3 minutes. Add the drained chard and stir around to coat for about 2 minutes. Salt to taste and serve hot.

Caldo Verde Portuguese Kale-Potato-sausage soup

1 Large red onion minced fine
1 large garlic clove minced
4 T olive oil
6 large potatoes
2 quarts water
1 # chorizo or similar sausage
2 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ t pepper
1 bunch of kale washed and chopped

Sauté the onion and garlic in a large kettle in 3 T of olive oil. Add the potatoes and sauté for 5 minutes. Add water, cover and boil gently till potatoes start to fall apart and are very tender. Meanwhile fry the sausage in a skillet till browned, drain and sauté the kale in the skillet with remaining 1 T olive oil (if needed) salt and pepper the kale while it is frying. When the kale is dark green and cooked well add it to the potatoes with the sausage. Cook for 20 more minutes to combine the flavors, serve hot with nice dark bread.

Arugula Tomato Topping Yields 4 servings

4Cups Arugula coarsely chopped
2 Tomatoes cored and diced
4 teaspoons lemon juice
2 teaspoons olive oil
1teaspoon salt
Fresh ground pepper

Wisk the oil, lemon juice and salt together, combine the tomatoes and arugula, toss together and serve over grilled bread, on top of soup or pasta.