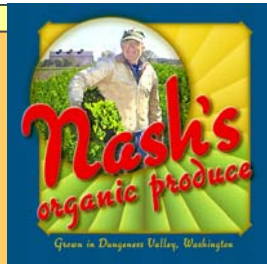


9/25/09

**Lemon Cucumbers  
Rainbow Chard  
Napa Cabbage  
Arugula  
Basil**



**Early Gravenstein Apples  
Globe Aritchokes  
Carrots  
Leeks**

*Box 11 of 25*

## *Early Fall Festivals*

This year's **10th Dungeness River Festival** is sure to be a hit among kids and adults alike! This event is running for three days Fri-Sun Sept 25-27th and features a unique chance for community members to explore what the River Center has to offer. Participants can check out live music, nature hikes, bird identification times, Railroad Bridge history lectures, food, vendors and crafts. The North West Raptor Center will also be bringing birds from the center for a presentation from 7-8:30pm on Friday evening at the Sequim High School cafeteria. The event is free of charge, but the River Center will be taking suggested donations. Complete festival schedule at [www.DungenessRiverCenter.org](http://www.DungenessRiverCenter.org) or call 681-4076

**North Olympic Fiber Arts Festival** is Oct 2-4 in Sequim at the Museum and Art Center. It includes a museum art exhibition, education demonstrations, fiber arts market and a lecture by The Singing Weaver. There will also be live demonstrations from 10am-3pm on Saturday, Oct 3rd, at the Dungeness Schoolhouse, (right across the street from the festivities at our farm), and downtown at the Museum and Art Center and Sequim Open Air Market. For more info on workshop descriptions, fees, enrollment forms and more, visit [fiberartsfestival.org](http://fiberartsfestival.org)

## *Wrapping up the Grain Harvest*

Everything but buckwheat has been harvested thus far, and the triticale went into the barn just yesterday. Sam McCullough is happy to report that it was a great year for grain with higher than average yields and fantastic late-summer weather for combining. This was the first full season that we put our new-to-us combine (purchased last year in Mt. Vernon) to the test, and it passed with flying colors.

The 44 varieties of wheat we trialed with WSU were finally hand-harvested and sent off to the lab last week, and we excited to get the results back so we have more data to help guide our future production.

Exceptionally new and exciting this year are the 22 totes of hard red winter wheat, close to 30 ton, that we grew in quantity for the first time. We have already sold one ton of it to Bell Street Bakery who is working on a Nash's line of breads they will be rolling out soon. Hard red winter wheat is superior for bread baking because of its high gluten and protein content. Stay tuned next week for the final results of our grain harvest and hard red winter wheat in your box for the first time ever on our farm!

### ***NAPA CABBAGE AND ARUGULA SALAD WITH PEANUT-GINGER DRESSING***

- |  |   |
|--|---|
| 1 small Napa cabbage, about 3/4 pound                      | 1 tablespoon finely sliced basil leaves   |
| 2 medium carrots, shredded                                 | Peanut dressing with basil (see page two) |
| 1 lemon cucumber, sliced thin                              | 1/2 cup roasted peanuts or cashews        |
| 1/2 a leek, mainly the white part, or 1 bunch of scallions |   |
| 1 bunch of arugula, washed and coarsely chopped            |   |
| 2 tablespoons finely chopped mint leaves (optional)        |   |

Quarter the napa cabbage, including the base, and thinly slice it crosswise. Slice the cucumber and scallions or leeks into long thin pieces and toss with the Napa cabbage, arugula and the herbs. Heat the dressing in a small skillet until the aromas are released, then immediately pour it over the greens while tossing with a pair of tongs. Add the nuts, toss again, and serve.

## ***BRAISED ARTICHOKE WITH LEEKS & CARROTS***

6 baby globe artichokes  
2 1/2 to 3 cups vegetable or chicken stock  
2 leeks, including an inch or two of the greens, sliced into 1/4 inch rounds  
1 small or half of a large napa cabbage, cut into bigger than bite-sized pieces, or  
2 fennel bulbs, cut into 1-inch wedges, joined at the root end  
1/2 cup white wine  
salt and freshly milled pepper  
3 or 4 medium potatoes, scrubbed and cut into quarters  
1/2 to 3/4 cup crème fraiche  
1 teaspoon Dijon mustard  
1 cup diced carrots, fresh peas or whole fava beans  
3 tablespoons chopped fennel greens or parsley

Trim the artichokes as described below, and cut into 4ths or 6ths, depending on size. Set them aside in a bowl of lemon water until ready to cook. Melt the butter in a wide soup pot over medium-high heat. Add the leeks and cook, stirring frequently, without browning for 3 to 4 minutes. Add the wine, raise the heat, and simmer for 2 minutes.

Drain the artichokes and add them to the pan with the napa cabbage/fennel and stock. Season with 1 teaspoon salt, then press a piece of crumbled parchment or wax paper directly over the vegetables. Bring the liquid to a boil, then simmer, covered, until the artichokes are tender, about 25 minutes. Meanwhile, steam the potatoes until tender, 10-12 minutes.

When the artichokes and napa/fennel are tender, remove them with a slotted spoon to a dish. Whisk enough crème fraiche and the mustard into the broth and boil briskly to make a thin sauce, 5 to 10 minutes. Add the peas and cook until tender, then return the vegetables and potatoes to the broth. Add the chopped parsley/fennel greens, season with pepper, and serve.

*Recipe adapted from Deborah Madison's, [Vegetarian Cooking for Everyone](#).*

### ***Prepping Baby Artichokes for Sautéing***

Trim the artichokes by snapping off several layers of the tough outer leaves by pulling them downward so that they break off at the base. Stop when the inner leaves become a lighter yellowish green and look tender. Trim the stem and slice off the top third of the artichoke. With a paring knife, smooth the rough areas around the base, removing any dark green parts. Cut trimmed 'chokes into quarters. Put in lemon water to prevent browning.

### ***How to Make Your Own Crème Fraiche (according to Deborah Madison)***

“Although it doesn't perfectly duplicate the true flavor of the French version, this crème fraiche doesn't curdle when added to soups and sauces, and its more delicately flavored than many commercial sour creams. It's a real treat with made with fresh cream that hasn't been ultra-pasteurized.” (We recommend using fresh cream from the Dungeness Valley Creamery—which is raw and unpasteurized.)

“To make 1 cup crème fraiche, stir together 1 cup cream and 1 teaspoon buttermilk. Cover and set in a draft-free place for 24 hours. By then, it should be set and ready to use, but even if it's a little wobbly, it will continue to thicken in the refrigerator, where it should be stored. Crème fraiche keeps for about two weeks.”

### ***Peanut Dressing with Basil***

1/4 cup roasted peanut oil  
2 1/2 tablespoons rice vinegar or apple cider vinegar  
1 tablespoon soy sauce  
1 garlic clove, finely minced  
1/2 to 1 Serrano chile, diced  
2 scallions or a partial leek, thinly sliced  
8 mint leaves, finely chopped (optional)  
3-4 tablespoons chopped basil  
pinch of salt

Combine everything in a bowl & whisk together. Taste—the soy sauce may provide enough salt; if not, add some.