

Box 1 of 25



July 11th 2008

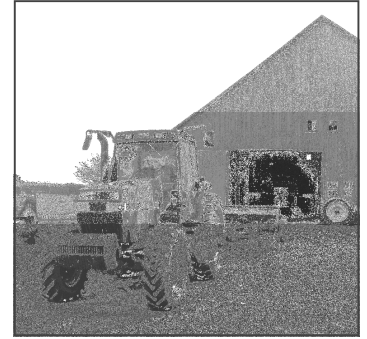
Spinach
Strawberries
Romaine Lettuce
Dandelion Greens
Basil

In The Box

Baby Dill
Red Chard
Baby White Turnips
Fava Beans

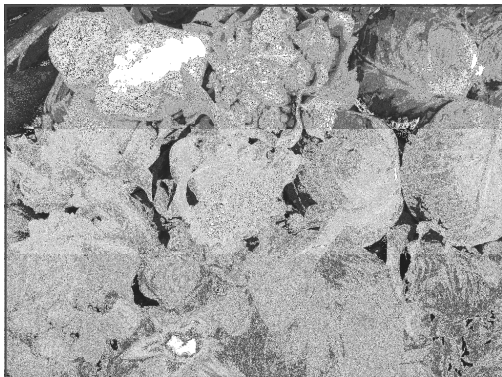
Welcome To The 2008 Farm Share Season!

Our crew has been hard at work irrigating, tending to the greenhouses, seeding the fields, transplanting and cultivating the crops. Your first box is colorful evidence of our springtime labor and signifies the beginning of a journey into eating healthy seasonal vegetables and fruit.



Throughout the Farm Share season, we will explore new and exciting vegetables with recipes, historical information, and nutritional facts. Want to become a contributor? We encourage you to share your ideas and recipes with us.

The unusually cool spring weather delayed some crops about 2 weeks but extra work has put almost everything back on schedule. Look forward to Nash's famous carrots in the next few weeks!



New Projects At Nash's Organic Produce.

Nash's Organic Produce now offers certified organic chicken. Our pastured chicken is grown right here on the Delta Farm. We have partnered with Theodore Carlat to bring you the freshest organic chicken on the peninsula. Whole chickens can be reserved through our Farm Store (360) 683-4642

C.S.A. members hotline (360) 681-NASH (6274). Please call us anytime with your ideas, questions, or concerns.

Congratulations Nash Huber 2008 Steward of the Land!

Nash Huber is recognized as a farmer who has made a life-long commitment to protect farmland and wildlife habitat. Nash is the first Washington organic farmer to receive the *Steward of The Land* Award, a national award given by the American Farmland Trust. Full story available at www.farmland.org



Baby Dill

Botanically known as *Anethum graveolens*, dill weed is a member of the parsley family. It is native to the eastern Mediterranean region and western Asia. The word *dill* comes from the old Norse word *dylla*, meaning to soothe or lull. It dates back in writing to about 3000 B.C., where it was mentioned in Egyptian medical texts.

- The flavor of dill weed diminishes greatly the longer it is cooked. Add it to soups, seafood, or poultry at the last minute for full flavor and aroma.
- Quick dill butter: Add 1/4 cup minced fresh dill weed to 1/2 cup softened butter. Mix well, cover and refrigerate at least 2 hours before using to let flavors blend. Use with broiled seafood or as a spread for savory breads.

Try this simple dill dressing:

Ingredients:

1/4 cup extra virgin olive oil
1/4 cup plain yogurt
1 tablespoon fresh lemon juice
1 garlic clove, crushed
1/2 teaspoon salt
1/2 tablespoon fresh dill

5 minutes prep time:

Combine oil, yogurt, lemon juice, garlic, salt, and dill in a jar with a tight-fitting lid. Shake until thoroughly blended. Refrigerate after use.

Fava Beans

Vicia faba is native to North Africa and the Mediterranean. The fava bean is one of the oldest cultivated plants and is relatively easy to grow. Favas have a buttery texture with a nutty flavor. Italians credit the fava bean for saving the Sicilians from starvation during times of famine.

To prepare: pull the string on the pod to unzip and remove the shelled bean. Boil in salted water for about 30 seconds, drain, then place in cold water. Remove the waxy shell around the bean by running a thumbnail along the bean and pop out with a gentle squeeze. They will make a wonderful addition to any soup, salad or dish.

Note: Fava beans can also be used raw. Simply remove beans from pod for a quick treat or to add to a salad.

Dandelion Greens Fast

Fact: This cultivated leafy green is high in iron and can be used like spinach in most recipes.

Online Resources:

www.whfoods.com – A non-profit educational health program created by George Mateljan. User friendly video recipes and search engine.

www.slowfoodusa.org - A website dedicated to the promotion of an environmentally responsible food system that is both fair to farmers and nutritious.