



Detroit Bunch Beets
Rainbow Chard
Bunch Carrots
Strawberries
Spinach

French Breakfast Radish
Spicy Salad Mix
Italian Parsley
Fava Beans

In The Box

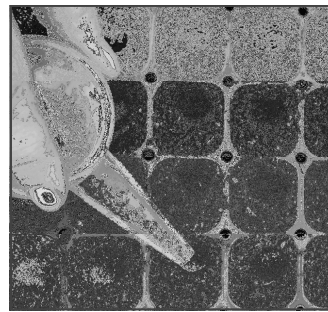
Life In The Greenhouse



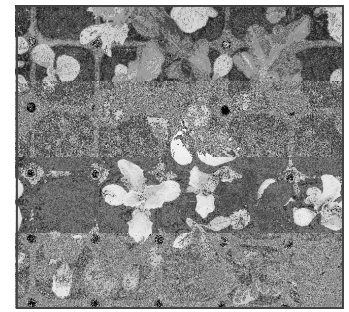
Stella explains, “the greenhouse is one of my favorite places to work on the farm. There is something about having hands-on care for these seeds, and being able to care for each individual plant. Besides that, the greenhouse environment is warm and cozy.” In early spring the crew tends to the cultivation of vegetables from the start. Stella adds, “it’s an inspiring environment in which the outside world fades away for a moment.”

Seeds Into Soil

In our smaller greenhouses, seeds are carefully placed in seeding trays with our own composted Dungeness soil. The trays are placed on top of heating pads that keep the soil at a constant temperature of 65°f to initiate germination.

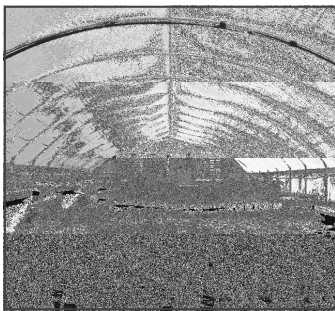


Each seed is placed into soil individually by hand.



Sprouts are monitored and watered regularly.

Preparation For Transplanting



Plants are now ready for transplant to the fields.

Sprouts are moved into our main greenhouse to bask in a hot humid environment to mature until they are ready for transplant. Temperature is regulated by venting hot air out and by bringing cool air in via opening doors and employing fans. When the time comes for transplanting, crews gather the plant starts and prepare them for their new homes in the field. Vegetables such as lettuce, basil, and zucchini are seasonally produced in our hot houses.

Friends of the Fields Needs Your Help

This year, *Friends of the Fields* will apply for both state and federal grants to save local farmland. The state grant requires matching funds, so FOTF must raise \$500,000 to apply. Contributions will go toward saving the historic 60 acre *Finn Hall Farm* in Agnew. Together we can help protect our farmland from development. Donate today! Contributions can be sent directly to P.O. Box 1201 Carlsborg, WA. 98324 or online. Full story at www.friendsofthefields.org

French Breakfast Radish

Radishes (*Raphanus sativus*) are a member of the brassicaceae family. They have a spicy flavor, are grown throughout the world, and have a high concentration of vitamin C. Radishes are delightful when eaten raw and add color to any salad. Radishes are best stored unwashed in a loosely wrapped plastic bag and placed in a vegetable crisper.

French Breakfast Radish and Carrot Salad **Preparation:**

Ingredients:

Spicy greens mix.
10-12 radishes sliced into “coins”.
1 bunch of carrots, julienned.
1 cup fava beans.
1 teaspoon olive oil.
1 teaspoon red wine vinegar.
Salt and Pepper to taste.

- Rinse spicy greens mix and remove excess water by placing in a towel, gathering the ends, and giving it a spin or two.
- Tear greens and arrange on 4 plates. Mix radish coins, julienned carrots, olive oil, and red wine vinegar in a bowl.
- Spoon veggie mix on top of greens and top with raw fava beans. Salt and pepper to taste. Serves 4.

Rainbow Chard

Rainbow Chard (*Beta vulgaris*) is like two vegetables in one. The dark leaves can be steamed or stir-fried, and the stalks can be steamed or cooked like asparagus. The two parts can also be cooked separately and tossed together then seasoned. Separate leaves from stalks and store in plastic bags. The leaves will last up to two days and the stalks up to four days.

Simple Chard Recipe

1. Clean thoroughly by running chard under cold water.
2. Cut stalks into thick slices and sauté in olive oil over a low heat for 15 minutes.
3. Add strips of chard leaves and cook over medium heat until wilted.
4. Sprinkle with lemon juice and pine nuts.

Did You Know: Rainbow chard is high in Vitamin K and Vitamin A and only has 36 calories per cup. Phytonutrients, such as *anthocyanin* and *carotenoids* provide powerful anti-oxidant properties.

Current Events

Every Wednesday: Bird walks at Dungeness River Audubon Center’s lower Dungeness riparian forest (8:30 - 10:30 AM) located at Railroad Bridge Park, 2151 W. Hendrickson Road, Sequim. (360) 681-4076.

July 17th 2008 (noon - 7PM): Teri Crockett presents *Images Inspired By Nature, Music, Community and Travel*. Teri is a member of Nash’s farm crew and cultivates several gardens of her own using a no-till method.