

Green Leaf Lettuce
 Cucumbers
 Baby Red Potatoes
 Spinach
 Mizuna

In The Box

Dandelion Greens
 Baby Bok Choy
 Fennel
 Raspberries
 Frisée

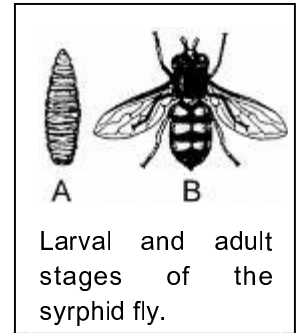
Beneficial Insects And Plants

About 4,000 species of aphids are known throughout the world, 250 of which are serious pests in the agricultural and forestry industries. The *Cabbage Aphid* is common in our fields and they feed off brassicas that we cultivate such as kale, collard greens, cabbage, and Brussels sprouts. This time last year the aphid population exploded due to the heat.



A row of alyssum in between crops attracts the syrphid fly which in turn feast on aphids.

This year, aphids have been slow to reproduce. According to Scott Chichester, Nash's Vegetable Production Manager, "the aphid population seems to be about 3 weeks late." Aphids can reproduce at an astounding rate and hundreds of generations are capable of swarming the hearts of the vegetables at one time.



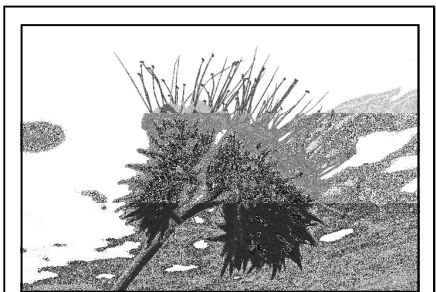
Larval and adult stages of the syrphid fly.

Nash's Organic Produce controls pests through an *organic pest management program* which includes the planting of flowering alyssum in rows between the brassicas. The alyssum attracts beneficial insects such as the adult *syrphid fly*, which dine on the nectar of the alyssum plants. The adults then migrate to the

brassicas to lay eggs while the larvae feed on aphids. Once the larvae mature, they return to the alyssum plant completing the cycle.

Introduction Of A New Beneficial Plant To The Farm

This year Scott Chichester has introduced a new plant (*Phacilia*) that attracts beneficial insects. Phacilia, a California native, serves a dual purpose. Not only does it attract beneficial insects, but it also helps with soil conditioning by returning nutrients to the soil and creating biomass.



Phacilia attracts beneficial insects and restores nutrients to the soil.

Shakespeare On A Nickel Nash's Organic Produce is proud to host The Peninsula College Player's performance of *Measure for Measure* under the willow tree behind the Farm Store located at 1865 E. Anderson Rd. in Dungeness. Showtime starts at NOON and 6:30 P.M. on Aug 2nd and 3rd and on Aug 9th and 10th. Admission is only a *nickel!* Bring a chair and enjoy a play in beautiful Dungeness.

Cucumbers

Cucumbers (*Cucumis sativa*) are native to India and have been cultivated for over 3000 years. They are also found to be growing wild all around the world. Cucumbers are low in calories and a great source of vitamin C. Cucumbers were brought to the new world by Christopher Columbus. The fruit soon spread to Spanish and English colonies.

Easy Cucumber Salad

Ingredients:

- 1 tablespoon white vinegar
- 1 teaspoon chopped fresh fennel fronds
- 1 teaspoon dill
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1 or 2 cucumbers (peeled or not)

Serves: 2

Directions:

1. Whisk together vinegar, fennel, garlic, dill and salt in a bowl.
2. Add sliced cucumbers to the mix.
2. Cover and chill in refrigerator 4 to 8 hours.
3. Stir well before serving.

Quick tip: the internet can be used to search for a variety of recipes for the contents of your farm share box.

Fennel

Fennel (*Foeniculum vulgare*) is a hardy perennial with yellow flowers and feathery fronds. It is generally considered to be indigenous to the shores of temperate Europe. It can be found growing wild in dry soils near the sea coast and also upon riverbanks. The bulb is crisp and can be sautéed, stewed, braised or eaten raw.

Baked Fennel With Parmesan

Ingredients:

- 1 fennel bulb
- 1/2 tablespoon butter
- 1/3 cup half and half
- 1/3 cup crème fraîche or sour cream
- 1/2 cup parmesan cheese

Directions:

1. Preheat oven to 400° f. Cut base of fennel bulb and slice into 1/4 inch slices.
2. Melt butter in a large skillet over medium heat. Add the fennel and fry for 5 minutes. Stir in half and half and crème fraîche (sour cream may be substituted). Transfer to a baking dish and add parmesan on top.
3. Bake for 30 minutes in preheated oven or until golden brown.

We **recycle Farm Share boxes** and clean grocery bags. Please drop off recyclables at our farmers' market locations or Nash's Farm Store.