

# Box 5 of 25



# August 8th 2008

**Bunch Carrots  
Spinach  
Golden Beets  
Green Onions  
Romaine Lettuce**

## In The Box

**Basil  
Raspberries  
Curly Parsley  
Bok Choy  
Green Chard**

### “Crazy” Callen Started It All

The Dungeness River is truly a “giver of life”, and in 1895 D.R. Callen, aka “Crazy” Callen, saw the full potential of the Dungeness River as a source of water for the dusty prairies of the valley and it’s settlers. The Dungeness Valley was an arid landscape complete with grasshoppers and the native Sequim cactus (which was nearly destroyed by development).

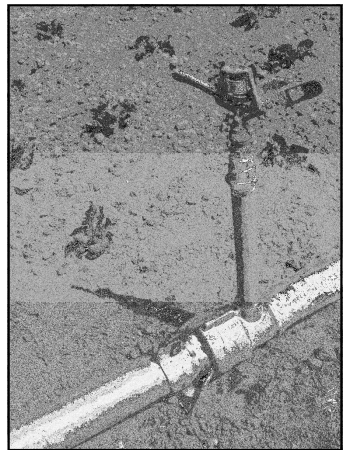


Even today, the rich soils of Dungeness can become parched in summer.

Life was hard on the prairies. Callen recruited the help of many men to accomplish the seemingly impossible task of digging an irrigation ditch to flood the valley below.

The crew often worked without pay but in return were promised prosperity by Callen. Many residents of Sequim scoffed at his ideas, but it turned out that he eventually found a way to create the fertile conditions perfect for agriculture. Crazy he was not.

### The First Irrigation Ditch



Irrigation is essential during the dry summer months in Dungeness.

A meeting was held on July 20th 1895 and at least 20 “men of vision” supported the idea of diverting the Dungeness River to the expanses of the prairie to grow crops. This idea was frowned upon by the general public, especially since water had to make it’s way uphill before it hit the prairie.

The first official group of irrigators was called *The Sequim Prairie Irrigation Company*. The crew started in early spring and worked throughout the winter, often without proper tools. As spring approached, the ditch reached the hill and a flume was constructed to take it up and over the obstacle.

But the plan backfired. Leaks caused a loss of water pressure making it impossible for the river water to go up the flume. Neighborhood kids were recruited to take clay and mash it into the bottom of the flume with their feet to stop the leakage. This idea worked and the project became a success spilling the waters of the Dungeness into the center of downtown Sequim.



**Basil** (*Ocimum basilicum*) is a tender aromatic herb indigenous to Iran and warm tropical regions. It has been cultivated for over 5,000 years. Its fragrant leaves can be incorporated into fruit jams and can be made into a tasty pesto sauce. Basil contains vitamins A and D as well as calcium, phosphorous, iron and magnesium. Basil also aids in digestion, making it a great addition to soups, casseroles, or any dish.

## Five Minute Pesto

### Ingredients:

- 1 bunch basil
- 1 clove garlic
- 1/8 cup pine nuts
- 1/4 cup olive oil
- 1/4 cup parmesan cheese

### Directions:

1. Combine basil, garlic and pine nuts in a food processor and pulse until coarsely chopped.
2. Add olive oil and cheese then process until all ingredients are fully incorporated.

*Pesto has many culinary uses and is especially delicious in pasta dishes such as ravioli and linguine, or as a spread for baguettes.*

**Raspberries** (*Rubus strigosus*) are a mid-summer crop and require adequate sun and water to develop, which explains why raspberries are often found near river banks. They are rich in vitamin C, high in dietary fiber and provide anti-oxidant protection. Add raspberries to summer salads, shortcake, or ice cream.



## Raspberry Sherbet

### Ingredients:

- 2 cups low-fat milk
- 1 pint frozen raspberries
- 1/2 teaspoon vanilla extract

### Directions:

1. Combine milk, raspberries, and vanilla extract in a food processor. Blend until smooth.
2. Transfer to a bowl and cover with plastic wrap. Place in the freezer.
3. Once the mixture is frozen, take out of the freezer and puree.

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