

Box 7 of 25



August 22nd 2008

Bunch Carrots
Italian Parsley
Red Potatoes
Zucchini
Fava Beans

In The Box
Peaches*

Red Butter Lettuce
Chiogga Beets
Green Onions
Basil
Broccoli

Seed Production At Nash's Organic Produce

On Monday Sept 8th, Michaela Colley from The Organic Seed Alliance will join Nash Huber, and Scott Chichester to host a Farm Walk to demonstrate the benefits of seed production. Seed production benefits many projects on the farm. The projects include securing seed variety, feeding livestock, and conducting crop trials in partnership with Washington State University. After the Farm Walk, Nash, Scott and Michaela will conduct a hands-on seed saving workshop. Interested Farm Share members can register at our packing shed (1865 E. Anderson Rd.) on the day of the event. This is a great opportunity for members to become better connected with our farm and the process of organic farming.

Farm Walk: 9:30 A.M. to 12:00 P.M. Cost is \$10 for Tilth members, \$15 for non-members.

Seed Workshop: 1:00 P.M. to 4:00 P.M. \$10 for Tilth members, \$15 for non-members

Event sponsored by Tilth Producers, WSU Small Farms Team, and the Organic Seed Alliance.

For more information contact Nancy Allen at Tilth Producers (206) 442-7620

Nash's Barn Dance

It isn't too early to mark your calendars for the legendary barn dance! Come and join us for a fabulous potluck, and dance to the sounds of *The Jelly Rollers* on Saturday October 4th at our packing shed (1865 E. Anderson Rd.). Potluck begins at 5:30 P.M. Music and dancing to follow at 7:00 P.M. Cost of the event is \$10 for adults. Youth under 16 will be admitted for free.

A note from Kia: We are holding off on our yukon gold and purple potato crops so they can size-up sufficiently. This allows us to have an adequate supply stored for fall and winter use. So far we've been digging up small amounts of red potatoes manually for your box. In a few weeks we will mow the tops off all three varieties of the spuds we grow, and let them sit for a few more weeks as the skins harden. Then we'll use our tractor instead of a shovel to dig up the potatoes. Eventually, they'll all be harvested and stored in bins before the first frost this fall. We'll insulate the bins with hay for the winter and wash the potatoes as we need them. We also use the same storage technique for the four varieties of beets we produce. Unlike other root crops such as parsnips, carrots, rutabagas, turnips and jerusalem artichokes which can handle sitting in the field all winter long, potatoes and beets will spoil if left in the ground since they can not withstand the winter weather.

** The delicious peaches in your box are from Sunny Slope Ranch. (www.sunnysloperanch.com)*

Chocolate Beet Cake*

Ingredients:

3 medium beets
1 1/2 cup flour
1/2 cup whole wheat pastry flour
2 teaspoons baking soda
1/4 teaspoon salt
4 ounces unsweetened chocolate
1 cup vegetable oil
3 large eggs
1 3/4 cup sugar
1 teaspoon vanilla extract

Directions:

Preheat oven to 400° f. Place beets in a roasting pan with a little bit of water then cover and bake for 45 minutes. Peel and chop beets then pureé in your food processor.

Reduce oven to 375° f. Lightly coat a cake pan with oil and dust with flour. Combine dry ingredients and set aside.

In a double-boiler combine chocolate and 1/4 cup of oil. Heat until chocolate is melted.

Mix eggs and sugar in a large bowl until fluffy. Slowly add the remaining oil, chocolate, pureéd beets and vanilla extract until the mix is uniform. Pour into a cake pan, then bake for 45 minutes. Let the cake cool for 30 minutes before serving.

**Recipe adapted from Farmer John's Cookbook*

Vegetative Uncertainty with Ankur

The Secret Truth About Fava Beans	Who Put Beets In My Lasagna?
<p>You don't have to shell them. Kind of. That is, you don't have to shell them first. What you can do (while the spaghetti sauce thickens) is broil them in the oven on a tray, and flip them when you see the black spots of doneness. Broil for a few more minutes. When you take them out, the skin will be limp and blistered. At that point, just squeeze them like toothpaste and the beans should shoot out all over the room. Let your kids do it. Then use them however you want:</p> <p>In pasta sauce. Cooled, in salad. Pureed like hummus. Sautéed, even.</p> <p>I especially like them sautéed with fresh basil and olive oil, then mixed with raw grated beets (the deep red kind) and left to mingle. A little lemon juice at the end adds a final touch.</p>	<p>That's right. Follow the instructions on the box and replace whatever filling they have with candy-cane striped chioffa beets. They're the sweetest we have. Cut the top and tail off, and then slice into thin circles. Bake them on a tray with:</p> <p><i>circles of zucchini</i> <i>one clove of garlic per person</i> <i>one large tomato</i></p> <p>until soft, then toss in a bowl with</p> <p><i>olive oil</i> <i>pepper</i> <i>a dash of apple cider vinegar</i> <i>half a bunch of parsley, chopped</i></p> <p>Mash up the baked garlic and tomato to help the filling gain some juice. Salt to taste and layer with sauce, cheese, and noodles like the box told you so.</p>

Vegetative Uncertainty? Ask farmhand and chef Ankur by emailing ankur@somethingconstructive.net

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

Questions, Comments, Suggestions? mateo@nashorganicproduce.com or (360) 681-NASH (6274)