



Scarlet Runner Beans
Rainbow Carrots
Spinach
Arugula

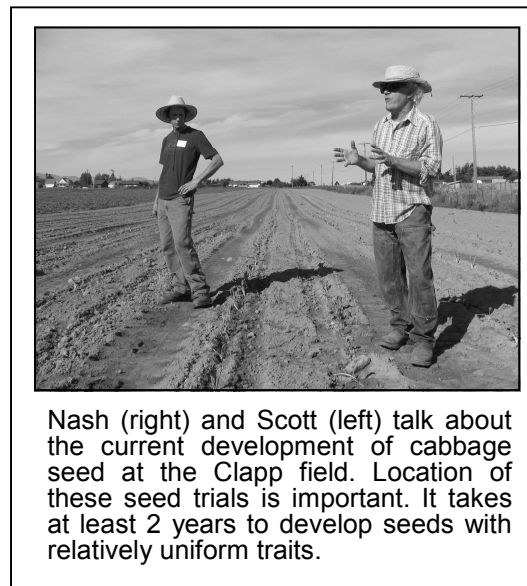
Hungarian Hot Wax Peppers
Garlic

Sugar Snap Peas
Red Merlot Lettuce
Baby Dill
Fennel

A Field Trip To Nash's Organic Produce

Last Monday, over 85 people participated in the Washington State Tilth Producer's on-going series of educational farm walks, highlighting local farms throughout the State. The walk at Nash's Organic Produce focused on the subject of seed production and crop trials, and was led by our own Nash Huber and Scott Chichester. Eager participants donned notebooks, pens, and sunglasses and set out for a day of education and camaraderie.

The day started with an introduction by Doug Collins, a soil scientist from Washington State University's *Small Farms Team* and Michaela Colley from *The Organic Seed Alliance*. It was explained that the purpose of these farm walks was to create a forum in which farmers, gardeners, and other interested parties, could meet to observe problems and solutions first hand. The goal was to share knowledge and to discover new tools and techniques for sustainable organic farming practices in the 21st century.



Nash (right) and Scott (left) talk about the current development of cabbage seed at the Clapp field. Location of these seed trials is important. It takes at least 2 years to develop seeds with relatively uniform traits.



Farm tour participants gather around Nash as he explains the process of finding the strongest strains of wheat. Several varieties of wheat are planted in close proximity to one another to stimulate competition.

Our farm, in partnership with W.S.U. has been conducting crop and seed trials to create hearty, healthy strains of wheat, cabbage, and carrots. Trial crops are planted and allowed to flower, eventually producing seeds. The seeds are carefully cataloged and planted the following season. Once the new crop matures, Scott evaluates the various characteristics (size, taste, visual appeal, and consistency) and selects only the vegetables with these desired traits. This process takes two years to produce a relatively uniform crop.

The Dungeness Delta was selected for seed trials because "it's one of the best seed growing regions in the world" according to Michaela. Cool spring weather, hot summer days, and moderate winter temperatures provide the perfect palette for the development of organic seed. Producing our own seed ensures a future of healthy crops and negates the rising costs of purchasing organic seed.

Mark your calendar: The 2008 Clallam County's Harvest Celebration is just around the corner. On Saturday October 4th, local farms will host a day of tours, education, food, music and fun. Nash's Organic Produce will be hosting a community potluck (6:00 P.M.) and barn dance (7:30 P.M.) at the packing shed (1865 E. Anderson Rd.) Come and groove to the sounds of Seattle's own **The Jelly Rollers!**

Scarlet Runner Beans

Scarlet runner beans (*Phaseolus coccineus*) are native to Central America. This hardy perennial is often grown for its beautiful flower, as well as its delicious hearty bean. The pod, as well as the beans are edible and make a great addition to a stir-fry, and can also be added to salads. Beans grown to full maturity are black and purple and can be shucked and dried for winter use.

Stir-Fry With Runner Beans

Ingredients:

- 2 handfuls scarlet runner beans, cut into two inch sections
- 3 carrots julienned
- 2-3 cloves minced garlic
- 1 bunch spinach
- 1 handful sugar snap peas (do not shuck)
- 2 tablespoons olive oil

Directions:

1. Heat oil in wok or large frying pan.
2. Add garlic to infuse the oil with flavor.
3. Add prepared vegetables (except spinach) to your wok and fry over med-high heat while constantly stirring the vegetable medley, (don't let your veggies get soggy).
4. Add spinach and cook until wilted.
5. Pull wok off of the stove, add the chopped dill and serve while hot.

Hungarian Hot Wax Peppers

The Hungarian hot wax pepper (*Capsicum annuum*) is a medium-hot pepper with an edible skin. It can be chopped and added to stews and salads, providing a colorful and spicy presentation. As the name suggests, these peppers are native to Hungary. If desired, the seeds and veins of the pepper can be removed to reduce the heat of this flavorful fruit.

Hungarian Pickled Peppers

Ingredients:

- 3-4 peppers
- 3/4 cup sliced carrots
- 1 teaspoon sea salt
- 3/4 cup vinegar
- 1/2 clove garlic
- 1 sprig fresh dill
- 5 peppercorns
- 1 1/2 cups water

Directions:

1. Slice peppers and carrots thinly and pack into a canning jar.
2. Add garlic, salt, and dill to the jar.
3. Bring water and vinegar to a boil in a sauce pan, then add sugar and peppercorns. Reduce heat and simmer for 5 minutes.
4. Pour the liquid brine into the jar until the peppers are completely immersed.
5. Seal the jar with a sterile lid. Allow 2-3 days (or longer) before opening to ensure a full flavor infusion.

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