

Box 11 of 25



September 19th 2008

**Yukon Gold Potatoes
Romaine Lettuce
Green Cabbage
Apples**

**Jalapeño Peppers
Lemon Cucumbers
Orange Bunch Carrots**

**Globe Artichokes
Curley Parsley
Golden Beets
Zucchini**

New This Week: Globe Artichokes



Globe artichokes (*Cynara scolymus*) are entirely edible stem and all.

This is the first round of production of our new globe artichoke crop. These artichokes were planted by hand in the greenhouse 6 months ago and were then transplanted in two long neighboring rows in our original Dungeness field.

These shoulder-high plants will produce a moderate amount of “chokes” before the fall freeze. Over the winter they will lay dormant, and then kick into high gear next spring. The spring will bring new growth and maturity to the plants.

Scott has experimented with placing the plants much closer together than usual, and is pleased that the broad leaves of the artichoke plant are helping with weed control. These leaves create a canopy through which the sun can't easily penetrate. This keeps pesky weeds at bay, and reduces the need for hand-weeding over the next three years.

You may notice that our globe artichokes don't have a fuzzy, hard interior. You can eat the entire artichoke with the exception of a few outer leaves. We recommend trimming the tops off the artichokes, then steaming the whole thing for about 10-15 minutes. To avoid overcooking, test to see if they are done by gently pulling off an outer leaf. If the leaf releases easily, your artichokes are ready to devour - stem and all. Add a drizzle of olive oil and a pinch of salt for added flavor.

Call For Volunteers

Calling all volunteers for Farm Day! Nash's Organic Produce is looking for help with setting up a day of fun and education on Saturday Oct. 4th. You'll not only receive free admission to the big event on Saturday, but you'll also receive a free meal, as well as free admission to the potluck/barn dance in the evening. And best of all, our everlasting appreciation.

We need help in the following areas:

- Friday 3pm-6pm - - - - - Help with pre-event set-up.
- Friday 6pm-9pm - - - - - Help with the decorations for the barn dance.
- Saturday 9:30-12:30pm - - - - - Assist with food preparation or the staffing of a display or activity.
- Saturday 12:30-4:00pm - - - - - Assist with food preparation or the staffing of a display or activity.
- Saturday 4pm-6pm - - - - - Preparation for the community potluck & barn dance.
- Sunday 10am-noon - - - - - Post-event clean up.

Call Kia to sign up or for more information. (360) 681-7458

Lemon Cucumbers



Lemon cucumbers (*Cucumis sativus*) are an heirloom variety of cucumber and are named for their round appearance rather than their flavor. This fruit is mild, sweet, and tender. They are great as a raw snack, or they can be sautéed with the root vegetables in your box and then layered over steamed rice.

Lemon Cucumber Salad

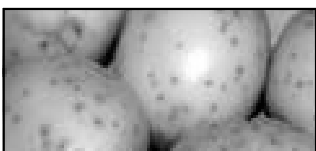
Ingredients:

- 3 tablespoons apple cider vinegar.
- 3 tablespoons olive oil.
- 1 teaspoon diced jalapeño pepper.
- Pinch of salt and pepper.
- 3 lemon cucumbers thinly sliced.
- 1 head romaine lettuce.
- 1 cup shredded carrots.

Directions:

1. Mix apple cider vinegar, olive oil, and diced jalapeño in a bowl.
2. Add sliced lemon cucumbers to the bowl, and allow the mixture to marinate for ten minutes.
3. Tear your romaine lettuce into bite-size pieces and pile the lettuce onto enough plates for your dinner party (up to four).
4. Top with your cucumber mixture, and garnish with shredded carrots. Add salt and pepper to taste. Serve immediately.

Yukon Gold Potatoes



Yukon Gold potatoes (*Oncorhynchus kisutch*) were originally bred in Canada in the late 1970's. This yellow-fleshed potato is a result of cross-breeding a North American white potato (Norgleam) with a wild South American yellow variety. Yukon Gold potatoes are sweeter than their red cousins and have become a popular culinary delight in the United States.

Yukon Gold Fritas

Ingredients:

- 1/2 pound potatoes, cut slightly thicker than French fries.
- 1/4 cup olive oil.
- 1/4 teaspoon sea salt.
- 1 clove minced garlic.
- Minced jalapeño to taste.

Directions:

1. Preheat your oven to 425° F
2. Place potatoes, olive oil, salt, garlic, and jalapeños in a bowl and mix until the potatoes are completely covered.
3. Place the mixture onto a baking sheet.
4. Heat for 15-20 minutes 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.