

Box 12 of 25



September 26th 2008

Red Bunch Onions
String Bean Mix
Red Cabbage
Fennel

Green Bell Pepper
Delicata Squash

French Breakfast Radish
Rainbow Chard
Cucumber
Basil

A Note From Nash

Seed harvest is in full swing. We swathed the chard seed last Thursday and now is a critical time for it to dry out. We've got quite a bit more seed than last year - maybe 2-3 times as much.

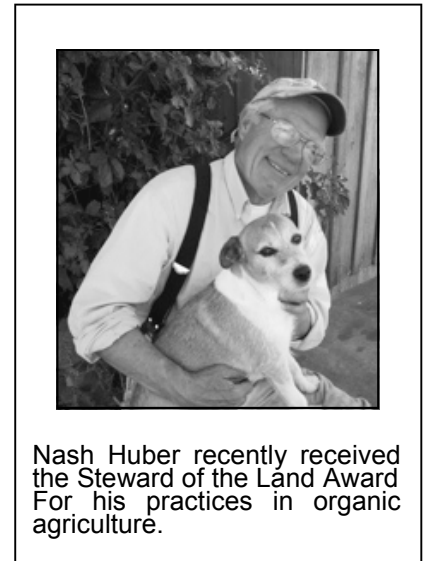
As it was our second year growing "Rhubarb Red Chard" seed for Alf Christensen, we built on our experience and have a better looking crop this year. Cabbage seed is also maturing fast, and last Friday evening we harvested one of the two varieties we're growing this year. Red Express is an Open Pollinated (OP) seed that we should end up with a few hundred pounds of.

We also laid another patch, our green cabbage seed, Columbia on the ground (swathed it). In about a week it'll be dry, depending on the weather. Another OP variety, this cabbage is suited for summer production conditions. We're raising a seed crop for the seed company Irish Eyes in an attempt to save a green cabbage variety that has been let go as a result of hybridization.

As seed companies have become increasingly consolidated, many OP varieties have been discontinued because there is too much risk involved with producing them. When a farmer or consumer buys a hybrid seed, they can't reproduce it. The open pollinated seed production movement that we are in is a little risky. If you let the seed out (sell it commercially, share it, etc.) that is touchy feely for everyone, but how do you get paid for your breeding work? This is a fair question that folks in the seed growing community haven't fully tackled, but I think it's the big elephant in the room at some of the meetings I attend.

You see, that's why a lot of work has been put into seed hybridization and why the industry has grown so much. All those people who spend time and money doing research and breeding, they get *paid* for their work every time someone grows their seed.

My Nash's Red Kale seed is a great example of the predicament that farmers face. I've been hesitant to release it, because when we do - it's gone. That's one of the reasons that I've been dragging my feet on selling it commercially. Same with the carrot seed I've been growing for almost 15 years. Anyone can take that seed and start breeding it themselves."



Nash Huber recently received the Steward of the Land Award For his practices in organic agriculture.

It isn't too late to become a volunteer for the *Clallam County Harvest Celebration* during the weekend of October 3rd. Call Kia @ (360) 681-7458

Delicata Squash



Delicata squash (*Curcubita moschata*) is a tasty winter squash with a tender creamy pulp that tastes similar to a sweet potato. The squash can be baked or steamed and the skin is edible. Delicata squash was first introduced by The Peter Henderson Company in 1894 and it was popular up until the 1920's. It has returned to the culinary world for you to enjoy.

Baked Delicata Squash With Lime Butter

Ingredients:

- 1 delicata squash
- 2 tablespoons softened butter
- 1 tablespoon fresh lime juice
- 1 teaspoon chili powder
- Salt and pepper to taste

Directions:

1. Preheat oven to 350°F.
2. Cut squash lengthwise and remove fibers and seeds.
3. Place into a glass baking dish with the cut side down and add 1/4 inch of water.
4. Bake for 30 minutes or until soft.
5. In a bowl, combine remaining ingredients.
6. Remove squash from oven and place cut-side up on dinner plates. Spoon butter mixture into the cavity of the squash and serve hot.

Green Beans



Green Beans (*Phaseolus vulgaris*) are indigenous to Mesoamerica, particularly the Andes Mountains. They provide significant amounts of folate, iron and vitamin A. These beans can be easily sautéed, braised or steamed. Try sautéing your beans with olive oil and minced garlic, then sprinkle with sea salt for a quick and tasty meal.

Green Bean Almandine With Lemon

Ingredients:

- 1 pound green beans
- 2 tablespoons softened butter
- 1 tablespoon slivered almonds
- 1 teaspoon fresh lemon juice
- Salt and pepper to taste

Directions:

1. Sauté almonds in butter until lightly browned.
2. Steam your green beans for about ten minutes.
3. Toss green beans with the almond-butter mixture.
4. Season with salt and pepper to taste.

Did You Know:

Fennel is great for infants who are teething. It will soothe and slightly numb their gums as their teeth develop, and it has a sweet flavor that your baby will love.

Fennel Quick Tip:

Add finely-chopped fennel to your potato salad or coleslaw for added sweetness and zing.