

Green Leaf Lettuce
Yukon Potatoes
Burdock Root
Detroit Beets

Baby Cipolline
Onions

Baby White Turnips
Bulk Carrots
Baby Dill
Green Chard

Organic Pesticides

It's a normal practice in organic farming to use sprays that have been derived from nature in order to control pests. Prior to the industrial revolution, farmers relied on natural methods to help protect their crops, such as those derived from the environment around them. Nash's farm strives to first use tactics like attracting beneficial insects that feed on destructive bugs (like aphids) by planting various plants (like alyssum) in between our produce rows. Brassicas such as cabbage and kale would be very difficult to cultivate locally without having a back up artillery of organic pesticides. There are 3 main USDA approved organic sprays used on our farm:

Bt (Bacillus thuringiensis)

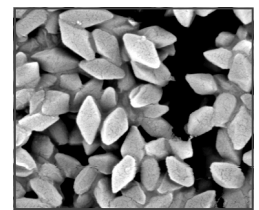
Bt is a by-product of the *Bacillus thuringiensis* bacterium. Bt comes in a powdered form and is dissolved in water and then sprayed on the leaves of the plant. Once the insect ingests Bt, it will eventually stop eating and die. Bt is host specific, which means it will not harm humans, pets, birds or bees. Bt is a slow acting pesticide and may take a day or two for pests to be fully affected.

Neem (Azadirachta indica)

There are many active compounds in neem. Two of these compounds, azadirachtin and liminoids, are extracted from the seed kernel of the neem fruit. Neem is sprayed directly on the leaves of the plant and works by disrupting the pest's hormonal system and prevents them from maturing. It is especially effective on species that undergo a complete metamorphosis such as caterpillars. Although it is non-toxic to humans and animals, it isn't entirely host specific, which means it can sometimes kill beneficial insects.

Pyrethrum (Chrysanthemum cinerariifolium)

This pesticide is derived from the Chrysanthemum flower. Pyrethrum often comes in a powdered form and is dusted on the leaves of the plant to be protected. It has a low toxicity towards animals and degrades quickly. Pyrethrum can kill any insect it comes in contact with, and is especially poisonous to honey bees. Although it is deemed safe to humans and pets, this pesticide is used infrequently as a last resort to treat major pest infestations.



**Bacillus
thuringiensis
bacterium**



Neem fruit



Chrysanthemums

Cipolline Onions



Cipolline onions (*Allium cepa*) are an Italian pearl onion with a saucer-like shape. Like other pearl onions, they are a beautiful addition to a dish when cooked and served whole. The sweet taste of this onion makes it especially useful in a variety of recipes.

Yukon Potatoes With Cipolline And Dill

Ingredients:

- 1/2 pound cipolline onions
- 3 tablespoons butter
- 1 pound Yukon potatoes, cubed
- 2 tablespoons fresh dill

Directions:

1. Cut your onions into 1 inch chunks, and then cook them in a medium saucepan of boiling water for 3 minutes. Drain, and rinse with cold water.
2. Melt 2 tablespoons butter in a large skillet over medium heat.
3. Cook potatoes in the skillet until they are golden brown.
4. Add onions to your skillet and cook until potatoes and onions are tender and golden.
5. Mix in dill and 1 tablespoon butter
6. Salt and pepper to taste.

Burdock Root



Burdock root (*Arctium lappa*) is a biennial herb native to Europe and Asia. It is very popular in Japan where it is known as “gobo”. This root can be sliced vertically, julienned, or chopped in to coins. It can be steamed, baked, or sautéed. High in calcium, potassium, and amino acids, it makes a great addition to any meal.

"Chicken Fried" Burdock Root

Submitted by Jen Ebenroth

Ingredients:

- 2 cups burdock root
- 2 tablespoons tamari
- 1 egg
- 4 oz. nutritional yeast*
- 4 tablespoons olive oil

Directions:

1. Soak cooked burdock root in tamari.
2. Beat egg .
3. Coat burdock root with egg and then roll it in nutritional yeast until fully coated.
4. Fry in olive oil for 3-5 minutes.
5. Serve with brown rice

* Nutritional yeast can be found at any health food store.

Serves 4

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