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# October 17th 2008

**French Breakfast Radish**  
**Nash's Red Kale**  
**Green Cabbage**  
**Bulk Carrots**

**Rainbow Chard**  
**Arugula**

**Bulk Golden Beets**  
**Baby White Turnips**  
**Red Potatoes**  
**Leeks**

## Dear Farmshare Members.

In this week's newsletter, we are happy to share with you information about a wonderful non-profit organization that means a great deal to Nash and to our entire crew. The Tilth Producers of Washington, a Chapter of the Washington Tilth Association, is the premier organic farming and sustainable agriculture organization of Washington State. A membership organization of over 400 Washington growers, educators, retailers, wholesalers and non-profits Tilth Producers fosters and promotes ecologically sound, sustainable agriculture in the interest of environmental preservation, human health and social equity.

In 1974 the Tilth Producers was launched during an agricultural symposium in Spokane which focused on the subject of "Agriculture for a small planet." A guest speaker by the name of Wendell Berry, a Kentucky farmer and poet, spoke forcefully about the loss of the traditional farm model and the destruction of rural communities and was blunt in describing an impending collapse in rural America, linking the "drastic decline in the farm population" with "the growth of a vast, uprooted, dependant and unhappy urban population." These words caught the attention of many folks at the symposium and participants instigated the creation of what is today the Tilth Producers of Washington. Nash served on the board for many years during the first years of the organization, and has been a long-time supporter of the work and goals of Tilth Producers.

For over thirty years, the Tilth Producers have been working diligently to educate growers and consumers, and provide leadership in the area of sustainable agriculture both in WA and nation-wide. Some of the United States' first certification efforts began with Tilth Producers in Washington, and were followed by the creation of and work on the National Organic Standards Board.

Tilth Producers provides a wide array of events and services for the sustainable farming community, including summer-long educational Farm Walks, the Buy Washington Organic consumer campaign, Tilth Placement Service for interns, policy work at the legislative level, fantastic quarterly Journals, a bi-annual state-wide directory and the highlight of the year—its annual conference!

The 2008 conference is being held in Bellingham and the crew at Nash's is excited to both sponsor and participate in the three-day event. Featuring twenty-five informative workshops, a Trade Show, keynote address by Dr. Paul Hepperly Research Director at the Rodale Institute, a full day Symposium with Washington State University about Food Safety and Risk Management for Farmers, organic meals and a Saturday night dance, this conference promises to be dynamite! The Tilth Producers conference has something for everyone from growers to consumers, and we encourage folks from the Puget Sound area to check it out—especially since it is being held so close to home in Bellingham.

We invite you to visit [www.tilthproducers.org](http://www.tilthproducers.org) to view an online version of the *Tilth Producers of Directory, A Washington Guide to Organic and Sustainable Growers, Feed and Farm Suppliers and Resources*, to check out audio archives of past conferences, to read past journal articles, or to learn more about the upcoming conference. Tilth Producers of Washington is a true gem of an organization, and the sustainable food and farming community owes a great deal to the decades of service that many of its volunteer board members have given.

Warmly,

*Kia Armstrong*

Nash's Organic Produce, *Manager*

Tilth Producers of Washington, *Secretary*

## Arugula



Arugula (*Eruca vesicaria*) is native to the Mediterranean and is particularly popular in Italian cuisine. Also known as rocket, this leafy green has a peppery flavor making it perfect for pasta. Cook it as you would spinach or use raw in salads. Arugula is high in Vitamin A and C and very low in calories.

## Quinoa With Parmesan Vegetables

Serves 4

Quinoa (pronounced keen-wah) has been cultivated in the South American Andes since about 3,000 B.C. Quinoa is actually the seed of the chenopodium plant and is prized for its high nutritional profile. It provides complete protein and has high concentrations of calcium, iron and amino acids. Quinoa can be steamed just like rice. Add 1 cup quinoa and 2 cups water to your rice cooker, press the start button and begin preparing your vegetables:

### Ingredients:

- 1/2 cup grated parmesan cheese
- 2 tablespoons olive oil
- 2 cups arugula, chopped
- 1 cup radishes, diced
- 1 cup carrots, julienned
- 1/4 cup leeks, finely diced

### Directions:

1. Wash and prepare your vegetables.
2. Combine your vegetables with olive oil and parmesan cheese in a large bowl.
3. Toss thoroughly until all vegetables are evenly coated.
4. When the quinoa is done cooking, add it to the bowl and mix all ingredients together. Serve immediately.

**Quinoa Tip:** *Quinoa is a wonderful substitute for rice or pasta, & takes about 1/2 as long as rice to cook. Try quinoa & stirfry, w/ an egg scramble for breakfast, or instead of bulghar wheat in tabouli.*

## Quick-Roasted Golden Beet Slices

Serves 2

### Ingredients:

- 1 pound golden beets
- 2 tablespoons olive oil
- 1 teaspoon rosemary, chopped
- 1 pinch salt

### Directions:

1. Pre-heat oven to 450°F
2. Wash your beets (no need to peel).
3. Slice beets into 1/4 inch rounds.
4. Toss beets with olive oil, rosemary, and salt to taste.
5. Lay beet slices flat on an oiled baking sheet and place in the oven. Bake for 20-25 minutes. Beets should be soft and a bit crisp around the edges when done.

**Golden Beet Tip:** *Beets are high in anti-oxidants and vitamins, especially when eaten raw. Grating them into a green salad is a fantastic way to incorporate raw beet into your diet.*

If you would like the pickup location of your **Farm Share Box** changed, please call us the Wednesday before your regular pick up date.

The **Farm Share Newsletter** is now available online! Visit [www.nashsorganicproduce.com](http://www.nashsorganicproduce.com)