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October 24th 2008

Red Bunch Onions
Red Radish
Mizuna
Corn

Bulk Carrots
Red Chard
Comice Pears

Red Potatoes
Red Cabbage
Arugula
Tsoi Sim

A Passion For Grain and Seed Production

About seven years ago, Nash and one of his new young employees, Sam McCullough started experimenting with grain and cover crop seed production. They laboriously fixed up old equipment and tried growing vetch, rye and barley. At the time, the farm didn't have any livestock to feed the barley to, and they didn't have the land base or the equipment to grow grain in enough quantity to make it efficient to sell. As the cover crop seed they once had to purchase continued to rise in price, the two farmers realized that taking seed and grain growing more seriously could save the farm thousands of dollars in seed costs while providing an essential "green manure" as a soil amendment.



Sam was particularly fascinated with the grain growing process and loved working on the machines and implements that they had to constantly revive to keep the grain production moving forward. Nash returned to his passion for raising pigs, and sought to increase the value of the barley the farm grew by feeding it to animals and selling free-range pork.

Today, Nash's Organic Produce grows rye, vetch, barley, oats, wheat, buckwheat, peas and triticale on about 100 of the 400 acres we manage. We feed our livestock ground barely soaked in whey, and Sam manages an extensive soil prep system that involves heavy cover cropping. We have invested in the necessary equipment to produce relatively large quantities of cover crop seed, and have it available for sale for the first time this year. We hope to sell whole and milled wheat, rye and oats to the public in the near future, although we are still working on some infrastructure/processing needs to make that a reality. The farm's grain operation is expanding and evolving thanks to the hard work of Nash and Sam, and we are excited about the possibilities the future holds!

Next week, look forward to finding a bag of Nash's wheat berries in your box, accompanied by a newsletter with recipes, nutritional information and usage tips. We also invite you to check out our website for more information about the actual process that we go through to grow grains and cover crop seed on the farm. From the extensive equipment Sam uses at the beginning soil prep stage to the final seed cleaning efforts, there is lots to discover about grain production. www.nashsorganicproduce.com, click on "Farmshare/Nashbucks" then "Newsletters".

Tsoi Sim



Asian greens, such as Tsoi Sim are in the *brassica* family. These plants provide lots of vitamins A and C, potassium, calcium, folic acid, beta-carotene, zinc, manganese, and magnesium. They are low in calories and high in fiber and can be eaten raw with little preparation. Try this easy stir-fry recipe and get creative by adding other veggies from your box. Other tasty additions include: mustard seeds, peanuts, ginger or sesame seeds. Wash your Tsoi Sim and separate the stalks from the leaves. The leaves should be added to the stir-fry last.

Stir-Fry With Peanut Oil And Garlic

Ingredients:

- Tsoi Sim and your choice of vegetables (about 1 pound).
- 2 tablespoons peanut oil
- 1 teaspoon sugar or honey
- 1-2 cloves of minced garlic
- Soy sauce to taste*

*We suggest Patricia Bragg's Liquid Aminos. It is available at health stores and healthier than soy sauce.

Directions:

1. Cut stems into one inch pieces and slice leaves coarsely. Prepare your choice of vegetables.
2. Heat a wok or heavy frying pan. Pour in the oil. Add stems and vegetables and toss over moderately high heat until vegetables are somewhat softened (about 2 minutes). If vegetables start to stick to your wok add a splash or two of water.
3. Add sugar, garlic, and soy sauce. Add Tsoi Sim leaves and toss another 2 minutes. Serve immediately.

Serves 2

Mizuna



Mizuna is generally mixed with other lettuces to enhance the appearance, flavor, and nutritional value of salad. The leaves can be added to soups by simply adding the shredded leaves at the end of cooking (the heat of the broth will cook them sufficiently). You can also take your choice of vegetables to make a salad. Shredded radishes and cabbage from your box is an especially tasty addition. Splash with olive oil and vinegar or top with nuts, nutritional yeast or perhaps a splash of lime juice.

A Few Notes From Kia: Once again we have the cool spring and summer to thank for almost an entire corn-crop failure this year. The ears in your box this week may seem under par, but they represent the best of what we were able to grow this year and we wanted to share them regardless of their imperfection.

Also, enjoy the comice pears in your box this week. Although we didn't have enough to give everyone very many, we've gathered just enough to give farmshare program members a small taste of these sweet fall treats. Traditionally, pears are picked before they are ripe and are allowed to ripen off the tree. We recommend leaving your pears on the kitchen counter for a few days and letting them ripen to perfection before indulging.