

# Box 18 of 25



# November 7th 2008

**Bunched Salad Onions  
Golden Beets  
Mixed Lettuce  
Jerusalem Artichokes**

**Nash's Red Kale  
Brussels Sprouts**

**Rainbow Chard  
Bulk Carrots  
Savoy Cabbage  
Red Radishes**

## The 100 Mile Diet

The majority of the food that Americans eat travels 1500 miles before it hits their plates. The conventional industrial system of agriculture and food distribution that is most common in the United States, is the second largest consumer of energy in our country. Huge amounts of fossil fuels and electricity are utilized to produce, pack, ship and store the average bite.

Some people envision a food system where local food is prioritized above imported items, giving consumers the power to eat healthier, reduce their carbon footprint, support their local economies and to get to know the hands that feed them. The 100 Mile Diet is a growing trend across the country and even the world, and has the potential to change the way we approach procuring, preparing and enjoying food.

Imagine eating nothing except what was produced within 100 miles of where you live. That's exactly what Alisa Smith and J.B. MacKinnon did for an entire year in Vancouver, Canada. Their book *Plenty* highlights the obstacles and successes they faced as they took the 100-Mile Diet challenge. Their journey was one of self-discovery and growth as the couple pushed themselves to learn preservation techniques for the summer's bountiful fruits, corn and tomatoes so they might enjoy them all winter. They were overjoyed to make weekly trips to farmers markets and build relationships with the people who grew fresh nutritious food. After seven months and extensive research they were finally able to locate local wheat and pigged out on bread, pancakes and homemade pasta. They missed chocolate. They craved bananas and oranges. They did not deny themselves coffee (their one exception to the diet).

In the end, the couple lost weight, felt stronger and healthier, added up their budget and realized they had spent LESS money on food than they normally would have, and had a whole new perspective on the fragility of our food system. At first meals were repetitive and boring but soon they became more interesting than ever before as they learned to truly appreciate the changing of the seasons and the micro-climates in their region.

## Your Challenge

Eating local food is a challenge - one that you have already taken on via your participation in our C.S.A. program. The Clallam County Farm and Garden Guide (in your box this week) is a great resource for locating products. One bite at a time, YOU have the power to change our food system. We appreciate your support of our farm and others on the Peninsula, and encourage you to continue taking the local food challenge even as we move into the winter months ahead. We have unique micro-climates in Clallam County that allow us to grow food year round, and Nash's will be harvesting dozens of varieties of veggies all winter long.

The Alder Wood Bistro in Sequim is a great example of 'keeping it local'. Their menu consists of delicious fare made from fresh organic ingredients from over 20 local growers and purveyors. As a special treat, co-owner and head chef Gabriel Schuenemann has shared a recipe with us on page 2  
[www.alderwoodbistro.com](http://www.alderwoodbistro.com)

# Brussels Sprouts



The Brussels sprouts (*Brassica oleracea*) we know today were most likely cultivated in what we know as Belgium during the 13th century. They are extremely high in Vitamin C, and provide a good source of iron. To prepare them, discard any discolored leaves, and then rinse under cold water. From this point, your sprouts can be steamed, roasted, shredded for salads or eaten raw as a snack. They make a tasty treat when added to soups and stews during the last phases of cooking.

## Brussels Sprouts With Pancetta And Garlic

### Ingredients:

- 1 pound Brussels sprouts
- 2 ounces pancetta, thinly sliced\*
- 2 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 1/2 tablespoon olive oil
- Sea salt and ground pepper to taste
- 1 tablespoon water

*\*Pancetta can be substituted with prosciutto or bacon.*

### Directions:

1. Preheat oven to 450 ° F. Halve your Brussels sprouts lengthwise.
2. Toss together Brussels sprouts, pancetta, garlic, balsamic vinegar and olive oil.
3. Oil an 11 by 17 inch baking pan, and then spread mixture into 1 layer.
4. Roast in upper third of the oven (stirring once halfway through) until sprouts are tender and brown around the edges (about 25 minutes). Stir in water, toss and then serve warm.

*Serves 4*

# Nash's Red Kale

Nash's red kale is a member of the brassica family, and is the result of the cross pollination between Brussels sprouts and kale. Nash has been developing this variety over the last 18 years. Not only is this a hearty kale full of nutrients, but it also has a texture perfect for culinary use. Try this recipe from Alder Wood Bistro.

## Frittata With Red Kale And J-chokes

Courtesy of Alder Wood Bistro in Sequim

### Ingredients:

- 3 eggs
- 2 tablespoons grated parmesan
- 5-6 leaves of Nash's Red Kale
- Handful of J- chokes, well scrubbed
- 1-2 small onions, sliced
- 1 clove of garlic
- Chili pepper, salt, and ground pepper to taste
- Extra virgin olive oil

### Directions:

1. Whisk egg, with a pinch of salt, fresh ground pepper and parmesan cheese, and then put it aside.
2. Dice your J-chokes and chop your kale. Pour olive oil in to a large skillet over medium heat, then sauté your Nash's Red Kale, J-chokes, onions and garlic.
3. Add water, reduce heat and leave to simmer until the liquid has evaporated , and then braise until kale and j-chokes are soft.
4. Pour the egg mixture into the mix and allow to cook until firm. Serve with fresh herbs from your garden and Live Bread.