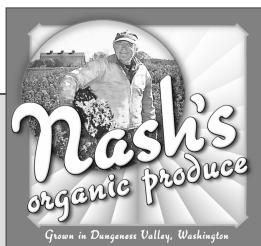


Box 18 of 25



November 14th 2008

Bunched Salad Onions
Rainbow Chard
Mixed Lettuce
Bulk Carrots

Red Baby Bok Choy
Jerusalem Artichokes

Bulk Golden Beets
Red Potatoes
Curley Parsley
Cauliflower

Fall Is In Full Swing

A rainbow of leaves paints the ground with the vibrant colors of fall, and the farm is alive with the harvesting of new root vegetables such as golden beets and Jerusalem artichokes. These roots along with Autumn vegetables such as cauliflower and red baby bok choy make for a diverse box this week. The harvest crew has been working diligently to bring in an abundance of produce, while our processing crew washes, bags, and packs our product for nearby Co-ops, P.C.C. Natural Markets across the Puget Sound and for our Farm Share members.

As Thanksgiving approaches, we can reflect upon the last 4 months of our Farm Share adventure. By now, I am sure that y'all have shifted and modified your diet and cooking habits for the better. The experience has been challenging, but as evidenced through emails and phone calls received, many of you are using the tools and resources available through literature and the internet to acclimate to seasonal eating. Always remember that we value your feedback, input and questions. Sharing information helps all of us as a community to learn new and exciting ways to prepare food.

Speaking of new and exciting events that have happened this fall, we have a new President Elect. Barack Obama faces a great number of challenges to restore order and stability to America. Crisis in the economy, two wars, and a plethora of social issues are just a few of the things that he will have to tackle. Recently, Michael Pollan (author of *The Omnivores Dilemma* and *In Defense Of Food*) wrote a letter to the President Elect citing the need for a specific focus on the current industrial food model that is responsible for the 2nd highest emissions of pollutants in our country. We invite you to read this article and reflect upon the changes you have made. Your support of our local food system reduces your carbon foot print and lowers the amount of pollution that is being spewed into our environment! View Pollan's ground-breaking letter at the web address below:

www.commondreams.org/view/2008/10/10-13

Attention All Farm Share Members

Boxes will not be available on Friday 11/28 through Sun 11/30, as so many folks will be traveling or will have filled their fridge with turkey-day leftovers. Instead, we will be bulking up your boxes for the week before and the week after thanksgiving to make up for the 11/28 box. In anticipation of holiday feasts your 11/21 box will be loaded up with Brussels sprouts, potatoes, carrots, onions, Nash's wheat flour, winter squash, apples and more. We appreciate your understanding and we welcome your feedback about this change of plans.

Attention Port Townsend Members

The week after Thanksgiving (12-05-08) your box pick-up location will change from the Port Townsend Saturday Market to The Food Co-op located at 414 Kearney St. in P.T. between the hours of 11 a.m. to 4 p.m. every Saturday. Nash's will be vending outside the Co-op throughout the winter and boxes can be picked up at our market wagon.

Cauliflower



Cauliflower (*Brassica oleracea*) is an annual plant that is typically grown in the Dungeness Valley from late summer to late fall. It is also overwintered and made available in the spring. Although typically only the white head of the plant is eaten either raw, steamed, baked or pickled, the leaves of the cauliflower are delicious and can be used to make vegetable broth, tossed in stir fry or simply added to salads. The United States is the 3rd largest producer of Cauliflower in the world. High in dietary fiber, folate, and vitamin C, it is also low in fat and contains several phytochemicals which are thought to be anti-cancer agents.

Mac And Smoked Gouda

Ingredients:

- 1 pound elbow macaroni or your choice of pasta
- 1 head cauliflower
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1 small onion, finely chopped
- 3 tablespoons all purpose or wheat flour
- 1 pinch cayenne pepper
- 1 teaspoon paprika
- 3 cups Dungeness Valley Creamery whole milk
- 1 cup chicken or vegetable broth
- 3 cups shredded smoked gouda cheese

Directions:

1. Bring a large pot of water to a boil. Add salt and pasta. Cook for 5 minutes, then add the cauliflower and cook for 3 minutes or until pasta is al dente and the florets are just tender. Drain well and set aside.
2. Heat a sauce pan over a medium heat. Add the olive oil and heat with the butter until it melts. Add the onions and cook for 3-5 minutes. Raise the heat a bit, then whisk in the flour, cayenne, and paprika. Keep whisking together until the roux bubbles up and then cook for one more minute. Whisk in milk and broth, then bring to a gentle boil.
3. Drop heat back to simmer while stirring periodically until sauce thickens. Add the cheese to the thickened sauce and stir until melted. Stir in mustard and salt to taste. Combine pasta with sauce and serve.

Quick Tip: Improvisation is the key to food exploration. Add fresh parsley, finely chopped rainbow chard, or your choice of meat to your Mac And Smoked Gouda

Serves 4

Rainbow Chard

This leafy vegetable is actually a combination of bunch red, green, yellow and pink chard. The leaves and stems can both be eaten and are high in iron and calcium. Use chard to liven up any dish whether it be salad, stir fry, pasta, meat or whole grains. The vibrantly colored leaves and stems will have your dinner guests in awe!

Quick Tips:

- Use chard leaves instead of flour tortillas to make soft tacos. Add your choice of cheese, grain, vegetables and meat for a quick and tasty meal free of gluten.
- Separate stalks from leaves and use them to add color to vegetable platters during the holiday season.
- Chop stalks into 1 inch sections and add to pasta or stew. Add shredded leaves after cooking as a delicious garnish.