

Box 23 of 25



December 12th 2008

Green Baby Bok Choy
Green Cabbage
Red Potatoes
Red Onion
Red Kale

Bulk Brussels Sprouts

Golden Beets
Bulk Carrots
Winter Squash
Italian Parsley

Overwintering: Vegetables For Winter And Early Spring

Overwintering is a technique that we employ to ensure that we have harvestable leeks, cauliflower, fava beans and brassicas in the early spring. We have the perfect conditions for this practice here in Dungeness. Because we have relatively mild winter weather and a rain shadow, we are able to plant specific items in the late summer and fall and leave them in the field all winter. Before the cold weather halts their growth, the plants reach a sufficient size to survive through the winter. When the weather warms up in the March and April, they pick up growing where they left off with a sufficient head start to fully mature ahead of seeds that are just being sown in the spring. The result— a variety of vegetables for harvest and sale in the first quarter of the year, a time when our product line is the slimmest as we prep fields for a new season. An additional bonus to over wintering crops is that many vegetables are extremely sweet and tender after handling many months of cold weather. Scott Chichester reports that 75 acres of land this year have been dedicated to overwintered crops. “Not only will we have a stock of produce available to our customers throughout the winter”, he adds, “but it also provides money for us in the spring to start the next years growing operations.”

Local Holiday Feast 2008

Join Clallam County farmers and producers this holiday season to help create 50 baskets of local food for 50 families in need, so they can make their own nutritious holiday meals. Our goal is to raise \$2,500 to make this possible. The holiday baskets will include: apples, vegetables, bread, chicken, eggs cheese, flour, fresh herbs, milk, honey and more.

Make your monetary contribution today. Donations are accepted at *The Dungeness Valley Creamery* or at *Nash's Farm Store*. Contributions can also be dropped off at *Alder Bistro*, *Bella Italia*, *Cedar Creek Cuisine*, *Country Aire*, *Good To Go*, *Michael's Divine Dining*, *Over The Fence* or *True Value Co-op* in Sequim. Checks should be made out to Nash's Organic Produce and can be mailed in to Nash's at 1865 E. Anderson Rd. Sequim, WA 98382. Call the Farm Store 683-4642 for more information.

Attention All Members: An Important Change To The Farm Share Schedule (Our Last Amendment, We Promise)

Many members responded to our proposed schedule for the month of December. If you recall, we were going to pack extra produce in the next 2 boxes (December 12th and 19th) in attempt to make up for the box that was scheduled for the day after Christmas (December 26th). In response to your feedback, here is the final schedule for the last 3 boxes of your program:

December 12th, December 15th and January 2nd normal sized boxes will be available at your usual pick up location. If you have any questions, contact us.

We always enjoy hearing from you. Your feedback is what makes this program work!

Parsnips



Parsnips (*Pastinaca sativa*) are a root vegetable with origins in ancient Rome. They can be boiled, roasted, or used in soups, stews and casseroles. Eat parsnips raw on salads or as a snack and you will find a mellow sweetness that is sure to keep you coming back. You can also use parsnips as you would potatoes in any recipe. High in dietary fiber and potassium, they add a flavorful touch to your healthy diet.

Sauteed Parsnips And Carrots With Honey And Parsley

Ingredients:

- 2 tablespoons of olive oil
- 3-4 carrots, julienned
- 1 pound parsnips, julienned
- 1 pinch of sea salt
- 1/4 stick of butter
- 1 tablespoon of italian parsley
- 1/2 tablespoon of honey

Directions:

1. Heat oil in a large skillet over a medium-high heat.
2. Add carrots and parsnips and sprinkle with sea salt.
3. Sauté until vegetables are beginning to brown at the edges (about 12 minutes).
4. Add butter, parsley and honey to vegetables. Toss over medium heat until vegetables appear to be glazed (about 5 minutes).

Serves 2

Rainbow Lacinato Kale



Rainbow lacinato kale is another specialty item on our farm. It is a cross between our delicious Lacinato kale and our hearty red boar kale. It is delicious in soups, chopped finely and added to salads, or stir-fried. This vegetable is high in beta-carotene, vitamin K, vitamin C and dietary fiber.

Smoked Sausage, Kale And Potato Soup

Ingredients:

- 4 ounces of smoked, fully cooked sausage, sliced into rounds
- 2 3/4 cup of chicken broth
- 3/4 pound red potatoes, thinly sliced
- 1 cup dry white wine
- 3/4 bunch red kale, chopped.
- 1/4 teaspoon caraway seeds, crushed

Directions:

1. Sauté sausage slices in a medium sauce pan over medium high heat for about 3 minutes.
2. Add chicken broth, sliced potatoes and white wine. Bring mixture to a boil, then reduce heat to a simmer. Cover and simmer until potatoes are almost tender (about 10 minutes).
3. Add red kale and caraway seeds to soup. Continue to simmer until kale and potatoes are very tender.
4. Season soup to taste with salt and pepper. Ladle soup into bowls and serve immediately.

Serves 4

Nash Bucks Will Keep Your Winter Blues Away

As the Farm Share season comes to end, you might be wondering, “how can I maintain my organic diet and still receive my colorful Nash vegetables this winter?” The answer is Nash Bucks! For only \$349 dollars you can receive a \$400 credit to buy your favorite produce at our weekend markets or at our Farm Store. Not only will you receive a 12% discount every time you shop, but you will also continue to support our agricultural community in the Dungeness Valley. Nash Bucks never expire, and can also make a wonderful, healthy gift for Christmas. Call Us Today!

Questions, Comments, Suggestions? mateo@nashsorganicproduce.com or (360) 681-NASH (6274)