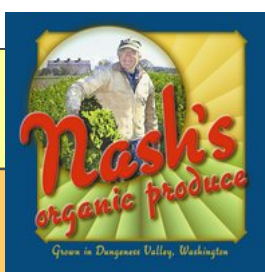


Box 1 of 25



July 17th 2009

**Rapini
Bunch Carrots
Red Leaf Lettuce
Fava Beans**

In The Box

**Baby Dill
Lettuce, Farmer's Pick
Sugar Snap Peas
Garlic Scapes**

Welcome To The 2009 Farm Share Season!

July is bursting at the seams! Despite the late cool start to spring it has been consistently warmer and dryer over the past two months than usual. As a result, we have seen good growth on warm weather crops such as beans and corn and the irrigation crew is hoppin'!

Don Wheeler Farm is row cropped this summer.

Nash's rents nine different parcels of land, including The Don Wheeler Farm which has been in our care for five years. While we have been cover cropping and growing seed crops there, this is the first year that we have planted row crops on the 65 acre parcel. The transplant crew has been busy getting winter brassicas into the ground such as cabbages, kales and Brussels sprouts, and Sam McCullough planted wheat last October, and triticale and oats in May that are looking great. We're also trialing over 25 varieties of wheat at this site in conjunction with Washington State University, in search of hard red winter wheats that thrive in this climate and are well-suited for baking.

Your first box of the season is brimming with mid summer delights! Nash's bunch carrots are finally back and we're lovin' the fresh herbs and salad greens. Here are a few more highlights and tips for success in the kitchen this week:

- sugar snap peas have edible pods. Just pull the "thread" off the pea and pop it in your mouth!
- garlic scapes are the seed shoot of the garlic stalk, use like onions or garlic in any recipe
- shuck fava beans and toss into soups, stirfrys or coarsely chop into salads. Smaller beans have more tender pods and you can chop the whole thing in your pot/pan.
- baby dill is divine fresh in green and/or cold salads, and is high in calcium, magnesium & iron.

Farm Share Member Picnic wrap up: Thanks to everyone who joined us for farm tours and berry picnicing over the fourth of July weekend. If you couldn't make it out to Dungeness for shortcake, than look forward to pie at the Farm Share Member Harvest Tour this fall...more details in a few months!



Strawberry Picnic Berry Pickers



Meet the Crew

Mike Shethar was born & raised in Colorado, & has had a lifelong love affair with food. After graduating in 2003 from Ithaca College with a degree in Child Psychology, he moved to the mountains of Steamboat Springs, CO to ski. There Mike began to cook for a private ranch where he became hooked. He attended the Culinary Institute of America in Napa Valley, & helped to start their Greystone Greenthumbs student farm project. Mike began working at Nash's Organic Produce in January of '09 to learn more about where delicious, truthful food comes from.

← Mike hosted stir-fry demos at Nash's booth at the Juan de Fuca Festival and raised \$400 in donations for the Olympic Peninsula Farm to Cafeteria movement!

Garlic Scapes

This cheese-free pesto that Mike Shethar whipped-up for the Farm Share Member Picnic was a huge hit and everyone was asking for the recipe...so here it is! Shucking fava beans & tossing them in raw adds a smooth finish to seasonal pesto.



BASIL-SCAPE-FAVA PESTO

Original Recipe : Mike Shethar

- 1 C. Basil (w/ stems)
- 3/4 C. garlic scapes, chopped
- 1 C. fava beans
- 1/4 C. toasted almonds
- 1/4 C. toasted walnuts
- 1 Tb rice wine vinegar
- Long splash of olive oil (approx. 3 oz)
- 1 tsp. cayenne pepper (optional)



Layer solid ingredients into a food processor (or mortar and pestal), top with

rice wine vinegar and blend together, while streaming in oil. Blend for about 10 seconds, careful not to turn it into paste. You can also pulse it until it's nice and chunky. Season to taste. Serve with crostini, on pasta or pizza, with roasted meat...

it makes everything garlickly delicious!

Rapini

Rapini [rah-PEE-nee]: originates in both the Mediterranean and China and although it is sometimes called broccolini or broccoli raab, it is actually related to the turnip, whose greens it resembles. As a source of Vitamins C, K, A and Potassium, Rapini's medium-sharp mustardy flavor packs a bite and can be prepared countless ways cooked or raw.

Quick Tips:

- Use as you would chard, kale or spinach
- Lightly steam, braise or stir-fry stems & leaves
- Add to potatoes, pasta, stir-frys or salads
- Complimentary flavors: ginger, garlic & chili.

RAPINI PASTA

Adapted From : The Greens Cookbook

- 1 lg. onion, thinly sliced
- 3-4 garlic scapes, chopped
- 1 bunch rapini, coarsely chopped
- Romano cheese
- Red pepper flakes
- Salt
- 1/2 lb. penne pasta
- Red wine vinegar

Put a large pot of water on to boil. In a skillet, coated with olive oil, heat the onion over high heat. When onion is browning in spots, add the garlic, red pepper flakes and salt to taste. Toss briefly, then add the rapini and a splash of water. Lower the heat and cook until tender, stirring frequently. Meanwhile cook pasta. Taste the raab and adjust the seasonings. Add a generous amount of olive oil and a splash of vinegar. Toss with the drained pasta and top with romano cheese.