



# Nash's News

Box 1 of 20

July 16, 2010

## Standard Size Box

Bunched beets with greens  
Spinach  
Triticale Flour  
Strawberries  
Baby Dill  
Fava Beans  
Artichokes  
Cucumbers  
Italian Parsley

## Small Size Box

Bunched beets with greens  
Spinach  
Triticale Flour  
Strawberries  
Baby Dill

## Welcome to the 2010 Summer Farm Share Season!

Your first box is brimming with the best of what's coming out of the fields this week. Strawberry season is practically over, but we've picked the last of the red jewels out there for you this week. This spectacularly sweet berry variety is called "Hood" and it's sure to please! Still more fruit to come this summer, including raspberries, gooseberries and blackberries, oh my — the sweetness doesn't stop!

As a Farm Share member, you have taken a step towards not just healthier eating, but eating with the seasons of the place where you live. This is more adventuresome than just going to the farmers market and choosing what you and your family like. You will learn about new types of produce, new ways to prepare them, and perhaps discover new favorites. That is not the way 99% of the American public eats! We have created an industrial food system that strives to make every hamburger or doughnut exactly alike, so no matter where you travel in this nation, you supposedly know exactly what you are getting. Except you don't know how much cholesterol, GMOs, chemicals, etc. you're eating—but that's another story.

With your Farm Share, you will discover new flavors and textures, as you reconnect with the beautiful Sequim-Dungeness Valley and its bounty.

## What's happening on the farm

This spring brought unusually wet, cold weather, but the farm has come out of it pretty well overall. The recent heat brought extra challenges to our transplanting crew while trying to get baby *brassicae* (kale, Brussels sprouts, cabbage) into the ground safely. The irrigation crew has been working double time to save the day and quench the thirst of the young plants.

Nash is pleased with how everything is looking on the farm to date this season. Here are some highlights from the past few months to catch you up to speed as to what we've been up to:

- Partnership with Organic Seed Alliance continues to grow. This year we're doing variety trials of buckwheat and northwest mixed vegetables trials.
- We planted 7,000 strawberry plants at the Don Wheeler Field off of Woodcock and Ward Road. Look forward to this beautiful organic U-pick patch next year!
- Lots of baby pigs being born right now. Nash's USDA pork by-the-cut is right around the corner.
- The beet seed crop that we're growing for Alf Christianson Seed Company in Mount Vernon is blooming. Beet blossoms have a wonderful and distinct aroma, which fills the air on warm days.
- The grain crops, which are scattered in various fields, are turning golden.



Some brassicae plants that have taken root and are thriving in the Sequim sun.

# In your box this week

**Fava beans.** Shuck fava beans and toss into soups, stir-frys or pasta. Roast them with garlic, olive oil and salt to taste, or use them raw whole or chopped into salads. Puree favas for an alternative green base to pizza or pasta. It's not necessary to remove the second skin, but try it once to observe the taste imparted by the outer covering, which will begin to slough off while frying. Smaller beans have more tender pods and you can chop the whole thing into your pot or pan.

**Bunched Beets:** You might get the Bull's Blood variety with red leaves and concentric circles of red and near-purple flesh. YUM! These roots are high in antioxidants and help boost your immune system. Grating them into salads is a fantastic way to incorporate raw beets into your diet for maximum nutritional benefit. No need to peel, just scrub 'em up and go to it! Beet greens are high in iron and calcium, so be sure to use them as you would spinach or chard—sauté and add to pasta or use them raw in salad. Don't let these tasty tops go to waste!

Standard box members will enjoy **globe artichokes** this week, thanks to the over-wintering stamina of the 'choke patch at the Dungeness Field. These early summer treats are tender all the way through and don't have a hairy center. The stems are tender and comparable in taste to the heart of the plant, so leave them intact to enjoy. To steam chokes, wash them off and trim off the very end of the stem where it has browned, and then give them about 8-12 minutes covered, or until you can easily remove one of the leaves from the body of the plant with a slight tug. Cut off the ¼ - ½ inch tough tips of the 'choke, trim off that brown bit of stem and cut the remaining body in half or quarters to roast, sauté or grill. Lemon juice will prevent any unused portions' cut side from browning.

**Baby dill** suggestions: High in calcium, magnesium and iron, use this dill-icious herb to blend into salad dressing, toss fresh into salads or grill with salmon. To store, sprinkle with water and keep in plastic bag in crisper OR trim the bottom and put in 2 inches of water in a glass in the fridge and loosely cover with plastic bag OR use some today and hang the rest to dry in the kitchen and enjoy later.

**New triticale flour:** Triticale (pronounced "trit-i-KAY-lee") is the latest of Nash's organic grain crops to be milled into flour by Bell Street Bakery in Sequim. We grew 9,600 lbs. of triticale in 2009...4.8 tons! Triticale is a cross between wheat and rye ("triti" from *triticum* for wheat, and "cale" from *secale* for rye), and as a flour is easier to work with than rye flour and higher in amino acids and protein than either of its parents. Mix it with 50% wheat flour for leavened breads or use 100% triticale flour for nutty, high-protein heaven. Handle triticale flour as little as possible due to its delicate gluten (knead 3-5 minutes) and bake it until it almost doubles (35-45 minutes at 350-375 degrees, toothpick test for readiness). It's our newest offering, so let us know what you did and how it turned out!

## Warm Roasted Beet and

## Portobello Salad



We thank Amy's Green Kitchen for this recipe.

- 3 medium beets
- 3 Portobello mushroom caps
- 2 tablespoons olive oil
- Salt and pepper to taste
- 3.5 ounces goat cheese
- 10 ounces spinach or arugula
- ¼ cup parsley leaves
- ¼ cup toasted walnuts
- 2 shallots, sliced into thin rounds
- ¾ cup olive oil
- ¼ cup balsamic vinegar
- ½ teaspoon Dijon mustard
- Salt and freshly ground black pepper to taste

Pre-heat the oven to 400F. Scrub the beets and place on a large sheet of foil, sprinkle with 1 tablespoon of olive oil and fold the sides up to make a sealed pouch. Wipe off the mushroom caps, place them on another large sheet of foil, sprinkle with 1 tablespoon of olive oil, season with salt and pepper and fold the sides up to make a sealed pouch. Place both pouches in the oven. Bake the mushrooms for approximately 20 minutes, or until cooked through. Bake the beets for approximately 45 minutes, until they are tender when pierced with a knife.

Whisk together the balsamic vinegar, mustard and olive oil and set aside. When the beets and mushrooms are fully cooked, remove from the oven and slice the mushrooms into strips. With a knife, remove the tops of the beets, slide the skins off with your hands. Slice the beets and toss with the warm mushrooms and goat cheese, cover with foil so they stay warm until you serve them.

In a salad bowl, toss together the spinach or arugula, walnuts, shallots, parsley and dressing. Place onto plates and top with the beet and mushroom mixture.