



Box 2 of 20

July 23, 2010

### Standard Size Box

- Carrots
- Raspberries
- Swiss Chard
- Basil
- Snow Peas
- Soft White Wheat Berries
- Curly Parsley
- Red Dandelions
- Red Cabbage
- Spinach
- Broccoli

### Small Size Box

- Carrots
- Raspberries
- Swiss Chard
- Basil
- Snow Peas
- Soft White Wheat Berries
- Curly Parsley

## Market season in full swing at Nash's!

We participate in a total of ten markets every week in order to bring a fresh and healthy harvest to our customers. Next week we will add number eleven! Our current markets are:

- Tuesday, Olympic Medical Center, Port Angeles, 2:30-5:30pm;
- Wednesday farmers markets, Sequim and Port Angeles, 2-6pm, and Port Townsend, 3-6pm;
- Saturday farmers markets, Sequim, Port Angeles, Port Townsend, Kingston, and University District–Seattle, (times vary); and
- Sunday farmers market, Ballard, 10am-3pm.

On Tuesday, July 27, we will be expanding our partnership with the Olympic Medical Center to include an offering of organic produce as preventative medicine at its Sequim branch! The new Sequim OMC market will run concurrently with the Port Angeles OMC market from 2:30-5:30pm. If you need more great organic fruits and veggies and can't make it to the farm store, come visit us at any of these eleven markets!

This last week has been an interesting one on the farm. The Farm Share season commenced and we continue to work hard to send wholesale and retail orders out the door and gear up for each market while having to do so without one of the core members of the Nash's team.

Kia Armstrong, sales/farmers market/personnel/promotions manager and general superwoman extraordinaire has been attending a wedding and visiting friends and family in her home state of Maine. Kia has been an integral part of Nash's for six years, as well as working with Tilth Producers of Washington, the Farm-to-Cafeteria program to get fresh produce into schools, numerous farmers' market boards and occasionally playing the bass with her husband, singer, song writer and guitarist Cort Armstrong. In her absence, we'll take the opportunity to thank Kia for all of her outstanding work and amazing energy and wish her a relaxing, well-earned vacation and a safe return.



Kia (right) with Sequim Open Aire Market manager Lisa Bridge, at the 2010 Irrigation Festival's Crazy Daze Pioneer Breakfast.

## Greenhouses at Nash's



The Emperor Tiberius loved cucumbers and had a special structure made from a rare transparent stone that kept the temperature warm enough inside to grow them even during the Roman winters. By the 17<sup>th</sup> century, rich Europeans were able to build similar structures with glass, but they were propagating exotic fruits and vegetables like oranges and pineapples, and gave the structures beautiful names like specularia, orangeries and pineries.

From its origins as an indulgence for the wealthy and privileged, today the greenhouse can be found in anyone's backyard, thanks to plastic. At Nash's, we have five large and sturdy greenhouses on the Dungeness field that serve multiple purposes, plus many low plastic tunnels in several fields for crops that need warmth and wind protection as they get started, like cucumbers.

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# In your box this week

They're back! **Nash's bunched carrots** are back for the debut of the 2010 crop...need we say more?

Nothing follows up strawberries better than love in the form of **raspberries!** We're taking advantage of our only opportunity to get enough of these juicy little morsels for your boxes this week, so enjoy!

The **rainbow chard** in your box this week is versatile and can be used any way that you would prepare spinach. It is a good source of Thiamin, Folate and Zinc, and a very good source of dietary fiber, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese. Chard stems are typically sautéed or braised, and the leaves cook quickly and are delicious in soups, braised greens, with eggs, rice, lentils and in savory tarts and quiches.

**Basil**...the aromatic culinary must-have! Pesto, salad, sandwiches, pastas...or chopped with tomatoes and garlic in an olive oil/balsamic base for bruschetta...you can't go wrong! Any extra can be frozen or dried for later use.

**Snow peas:** stir-fry fans rejoice! Give them a light sauté or use them fresh. These sweet treats also make a perfect summer-time snack.

High in calcium, folic acid and potassium, as well as a significant source of protein and fiber, **Nash's soft white winter wheat berries** are a highly nutritious and flexible addition to your diet. Soak them for at least 4 hours, drain and simmer 1 cup of berries in 3 cups of water for an hour and a half and add them to cold salads with vinaigrette or use them as a cereal grain with yogurt, milk, nuts, fruit or honey! Simmer in a stock for a savory side dish.

**Parsley** derives its name from the Greek word meaning "rock celery" (it's related to celery). It contains three times as much Vitamin C as oranges, twice as much iron as spinach, is rich in Vitamin A and contains folate, potassium and calcium. Add it to hummus to give it the extra tanginess it's been waiting for!

## Greenhouses (continued)

By trapping solar radiation as heat, a greenhouse can extend a plant's growing season by a few weeks, or it can create a complete microclimate that's a successful substitute for the plant's native environment. Nash's uses greenhouses for both purposes, as well as growing seedlings in a protected environment for transplanting once the weather warms up. Most of our early *brassicae* (cauliflower, broccoli, cabbages) and lettuces start in greenhouses, and tomatoes and basil thrive there.

In the summer, the greenhouse doors are usually opened during the day so the plants inside don't fry. Basil is one herb that wouldn't mind if the doors remain closed all day because it loves hot and humid. Without a greenhouse, basil would not be possible in our climate.

## Grilled Rainbow Chard with Fava Beans and Oregano



*The stems of Swiss chard get short shrift way too often; when they're beautiful rainbow chard, they deserve a dish all their own. Blanched to remove toughness, then grilled—yes, we like our chard charred—their earthiness is a natural complement to meaty fava beans.*

- 2 pounds chard, stems and center ribs cut out (reserve leaves for another use)
- 1 cup shelled fresh fava beans (1-1/4 pounds in pods) or shelled fresh or frozen edamame (soybeans; 3/4 pound in pods)
- 1-1/2 Tbsp. extra-virgin olive oil
- 1 small garlic clove, thinly sliced
- 2 tsp. chopped oregano
- 1 tsp. fresh lemon juice

**Blanch chard stems.** Halve stems crosswise and cook in a large pot of boiling salted water (2 Tbsp. salt for 4 quarts water) until just barely tender, 3 to 5 minutes (depending on thickness). Cool in an ice bath, reserving cooking water, then transfer to a plate.

**Prepare fava beans.** Cook beans in boiling water 3 minutes, then drain and transfer to ice bath. Gently peel off skins (if using edamame, don't peel).

**Grill stems and assemble dish.** Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas). Toss chard stems with 1 tablespoon oil and 1/4 teaspoon each of salt and pepper. Oil grill rack, then grill chard stems, covered only if using a gas grill, turning occasionally, until tender and lightly charred, about 7 minutes. Cut into 1-inch lengths.

Cook garlic in remaining 1/2 Tbsp. oil in a medium skillet over medium heat, stirring, until just pale golden. Add oregano, beans, and chard and cook, stirring, 1 minute. Transfer to a serving dish and stir in lemon juice and salt and pepper to taste.

**Cooks' note:** Chard can be blanched and beans cooked 1 day ahead and chilled separately.

Read more at <http://www.epicurious.com/recipes/food/views/Grilled-Rainbow-Chard-with-Fava-Beans-and-Oregano-242846#ixzz0uAN2rACj>

*We thank Epicurious.com for this recipe.  
Photo is by Mikkel Vang.*