



Box 10 of 20

September 17, 2010

### Standard Size Box

- Chives
- Napa Cabbage
- Corn
- Rainbow Chard
- Italian Parsley
- Rainbow Bunch Carrots
- Russet Potatoes
- Arugula
- Runner Beans
- Baby Dill
- Tomatoes
- Sugar Snap Peas

### Small Size Box

- Chives
- Napa Cabbage
- Corn
- Rainbow Chard
- Blackberries
- Italian Parsley
- Rainbow Bunch Carrots
- Russet Potatoes
- Tomatoes

### Meet the Field—Willits

The Willits Field is named for John Willits, former forestry professor at Peninsula College, founder of the North Olympic Land Trust, and avid birder and environmentalist. John and his wife Pat purchased 40 acres of wetland habitat in Dungeness in 1986 that they named the Quacker Farm. They also bought 40 acres immediately to the west of it, to prevent housing encroachment on the Quacker Farm.

John partnered with Nash Huber to farm 40 acres organically with a combination of row crops and grains. He wanted the grains, especially barley, to serve as food for migrating waterfowl in the winter. John also planted 35,000 cottonwood, Hooker willow and Leland cypress trees, by himself, to completely surround the farms.

“My real goal was to keep houses out,” says John. “I call myself an ‘un-developer.’ ”

Willits’ vision is to create a series of wetlands and organic farms to serve as a wildlife corridor and winter refuge for migrating waterfowl. Starting at the mouth of the Dungeness River and eventually stretching as far as Graysmarsh Farm, John hopes to save over 440 acres. This ambitious conservation project is called the Lower Dungeness Basin Wetland Protection Project and involves many individual landowners, diverse government agencies, and nonprofits. Permanent protection of the corridor will be achieved through conservation easements.

This partnership is an excellent example of how organic farming can work with the environment. We thank John Willits for his vision and hard work to achieve the completion of the corridor. If you would like to support the project, contact the North Olympic Land Trust at 360-417-1815.

Nash’s cropping plan rotates year to year and in 2009, the Willits field was heavily cropped and planted with grain. This year, it is home to potatoes, carrots, fennel, herbs, green onions, beets, sugar snap peas, spinach, radishes and early salad greens. Thank you John and Pat Willits for providing the land base for us to grow such amazing food!



John Willits (left) and Nash Huber.

### Meet the Crew—Brendan McNamara

Over the last year, Brendan McNamara has worked on the harvest crew, at farmers markets and at the Packing Shed assisting with sales and keeping the Farm’s IT scene in working order.

Brendan grew up helping his father at farmers markets in Southern California. Dad worked for a large fruit-growing company, and in his early teens Brendan was picking mandarins, apples, peaches, nectarines, and apricots, as well as local favorites, such as sapote and cherimoya. His family trucked them to farmers markets from San Luis Obispo to Santa Monica where he learned to set up produce displays, handle money, and maintain good customer relations. Today, he is very much at home working markets by himself. “It’s easy to sell stuff you love,” he says. “Organic farming and good food are close to my heart.”

Outside the farm, Brendan pursues his interests in reading, writing, art, hiking and camping. He and his partner Amanda have a beautiful 5-month-old son named Caydance, with whom they share their love for the natural world. Brendan also runs a free-lance computer repair business. Contact him through his website at [www.cheaper-geek.com](http://www.cheaper-geek.com).



Brendan at Sequim Open Aire Mkt

## What's in the box —

A versatile and flavorful member of the cabbage family originating in China, **Napa Cabbage** is tender, juicy and totally awesome! Snack on it raw and indulge in its satisfying crunch. Use napa as you would green or red cabbage, and favor it for Asian dishes. Thinly slice and roll it up with bits of chicken, pork or shrimp, garlic, ginger, onion, and fresh basil in a spring roll and dip in soy sauce, fish sauce, or chilies. Shred napa on your tacos and into salads, or try cutting the large outer leaves in half, steaming until just soft, and filling with a browned ground meat and cooked rice mixture. Line cabbage rolls in a casserole dish, cover with herbed tomato sauce, sprinkle with cheese and bake until bubbly. For your next slaw, combine 2 cups diced apples, a finely diced jalapeño, 1 cup mayonnaise, 2 cups shredded Napa cabbage, and 4 tablespoons rice or red wine vinegar, and chill for a few hours or overnight.

The smallest species of the onion family, **Chives** are a common household herb. Their insect-repelling properties are a result of their sulfur compounds, and chives are used in gardens to control pests. Chives' purple flowers also attracts bees, which makes them doubly beneficial to gardeners.

Chives are one of the "fines herbes," along with tarragon, chervil, and parsley, in French cuisine. They go particularly well with eggs, fish, potatoes, salads, shellfish, and in soups. Store chives in a plastic bag in the fridge for up to a week.

Most of the **Russet Potatoes** in your box this week are large and in charge! This is the first time we've grown this traditional baking spud and we're lucky we planted them last fall, as our red and yellow potato seed stock is aging and yielded very poorly this year. Russets will be picking up the potato-slack this winter.

"Triple Crown" is the variety of thorn-less **Blackberries** in your small boxes this week. We don't recommend washing berries until you're ready to use them. Do refrigerate unwashed berries in a colander as soon as possible, allowing cool air to circulate, preventing them from molding. Remove berries from refrigerator 1 to 2 hours before serving, as they're flavor peaks at room temperature.

Thank you to Fred and Joanne Hatfield of Kol Simcha Farm on Happy Valley Rd in Sequim for the **Stupice Tomatoes** in your box. Contact them about their eggs and USDA inspected grass fed lamb (360) 775-0484.

Enjoy **Corn** from the farm this week! We only have a little bit this year, and we've 'ear'-marked it for Farm Share Members. Though small, it's fully mature and delicious. If you notice aphids on the corn husks, just shuck them away or rinse as necessary. They are harmless and can't be helped.



## Napa Cabbage, Tomato & Avocado Salad

- 1 teaspoon finely grated fresh lemon zest
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup extra-virgin olive oil
- 1 pound nappa (about half of the one in your box)
- 3/4 diced tomatoes
- 1 firm ripe avocado

### Directions

Whisk together lemon zest, juice, mustard, salt and pepper in small bowl until smooth, then add oil in a stream, whisking until emulsified. Chop up about 7 cups of napa leaves into bitesized pieces. Quarter avocado lengthwise, then peel and pit. Cut into 1/2" pieces. Toss cabbage leaves, avocado and tomatoes in a large bowl with just enough dressing to coat.

*Recipe from [www.epicurious.com](http://www.epicurious.com)*

## Parsley Salad

Chop up one bunch of parsley with equal amounts of napa cabbage and shredded carrots. Mix well and add as much minced chives, green onion and raw pressed garlic as desired. Top with your favorite salad dressing.

As well as being an excellent side salad, this is also delish on top of a baked potato, quinoa or rice.

## Greek Pasta

Add freshly chopped tomatoes and parsley and pressed garlic to hot noodles. Dress with a drizzle of olive oil and fresh lemon juice, and crumbled feta cheese.

## Chive Butter

Delicious on corn or potatoes, this butter is a decadent treat!

- 1/2 cup butter, softened
- 1 tablespoon fresh chopped chives

Combine ingredients until well blended. Roll up in a way paper to form a log shape. Refrigerate until firm.

*Variations: Add chili peppers or garlic as desired!*