



Box 11 of 20

September 24, 2010

Standard Size Box

Nash's Red Kale
Fennel
Tat Soi
Baby White Turnips
Red Cabbage
Green Onions
Bulk Beets
Bulk Carrots
Basil
Garlic ('Music' variety)
Sugar Snap Peas

Small Size Box

Nash's Red Kale
Fennel
Tat Soi
Baby White Turnips
Red Cabbage
Green Onions
Bulk Beets
Bulk Carrots

The Dungeness River: A Source of Minerals

In conventional agriculture, minerals are depleted from the soil and are replenished using fertilizers or other amendments. If you use up calcium in your soil for example, you add lime. Nitrogen, phosphorus and potassium (NPK) are added annually to replace what the crops take away. Farmers in the Sequim-Dungeness Valley have a unique situation in that minerals and trace elements are added to our soils as we irrigate.

The Dungeness River is one of the steepest rivers in North America. Its headwaters in Heather Basin start at 7,000 feet in the Olympic Mountains, and descend a dramatic 4,000 feet in the first four miles. As the river and its tributaries roar down their channels, they scour the mountainsides.

Around 35 million years ago, the Olympic Mountains rose from the ocean as incredible geological pressures uplifted and crumpled the sea floor. Today, as the river erodes its rocky banks in its descent, it carries with it sea minerals down to the Sequim Valley. Once at sea level, it slows, dropping part of its mineral load.

Since the last ice age the river has changed course many times, depositing rich alluvial soils in its path. In an effort to control the course of the river, early European settlers constructed the irrigation system we rely on today. The ditch system they constructed in the last century not only brings water to crops, but to a certain degree, it emulates the river as it disperses ancient sea minerals over much of the land, replenishing the soils.

For more information about the geology of the Olympics and the rain shadow effect, see http://vulcan.wr.usgs.gov/Volcanoes/Washington/OlympicMountains/description_olympic_mountains.html.

Meet the Crew—Margie Diffner

Margie Diffner started working at Nash's Farm Store three years ago and has become an integral part of that operation. She sets up displays and runs the store several days a week, and she has also bagged and tracked grains and flour for sale.

Margie is a talented photographer and took it upon herself to create and organize an electronic photo archive for Nash's Organic Produce. You have already seen some of her photos in our newsletters, brochures and posters.

Born and raised in Western Washington, Margie has lived here most of her life. She has always liked to bake and cook (and the rest of the crew really appreciates her for this!), but it wasn't until she became acquainted with Teri Crockett, Scott Chichester and a couple of others on Nash's staff that she became interested in gardening.

"They inspired me," Margie says. "I took a typical downtown Sequim gravel yard and turned it into a garden." Margie can now boast roof-tall sunflowers, as well as her own tasty tomatoes, purple beans and squash plants. She even took juniper branches and wove them into attractive fences to surround her garden.

Margie's husband, Dave, also works part-time for Nash's as a carpenter and handyman. Come visit Margie and the Nash's Farm Store crew at 1873 East Anderson Road, Tuesday through Sunday, 9:00 a.m. to 5:00 p.m.



Margie with her beautiful giant sunflowers.

What's in the box. . .

Fennel is generally considered indigenous to the Mediterranean, and today is widely used in many of the culinary traditions of the world, including Italian, Greek, Indian and Middle Eastern. The leaves are delicately flavored, similar in shape to those of dill, and are fabulous in a fresh salad. The bulb is a crisp, hardy root vegetable that may be sautéed, stewed, braised, grilled, or eaten raw. Fennel seeds can be easily

confused with those of anise, and are sometimes used as a flavoring in toothpaste.

Fennel is a natural paired with pasta. Try browning up sausage with diced onions and fennel, and tossing it all with hot pasta, chili peppers and fresh herbs such as parsley or cilantro. Fennel is also delish paired with pears in salads and raw veggie-party platters.



Tat Soi is a wonderful deep, leafy green, comparable to spinach. It's great quickly sautéed with garlic and perhaps some bacon or pancetta, or added to a soup. Use it wherever you would use spinach or chard. Toss tat soi raw into a salad to get the full effect. Less assertive than spinach, the raw leaves provide a mild, earthy grounding for sliced green onions, almonds, celery, and sweet carrots.

We can't say enough good things about **Beets**. In addition to all their other nutritional values, they are important sources of phytonutrients that benefit eye health. However, these nutrients decrease steadily as the length of cooking time is increased. So we recommend you keep beet steaming times to 15 minutes or less, and roasting them for less than an hour.

Try a beet-turnip salad. Steam beets until tender and dice, then sliver in baby white turnips raw, with a few chopped green onions. Whisk together 1/4 cup yogurt or sour cream, the juice of 1/2 a lemon and 1/2 tsp mustard or horseradish. Combine with veggies and salt and pepper to taste!

Beet & Red Cabbage Salad with Horseradish

Traditionally, this relish-like salad is served with beef. Its also great with egg or cheese-based dishes. A rather intensely flavored salad, its best eaten in small portions, or as a condiment. Leftover will keep for up to a week in the fridge.

- 1 medium-large golden beet
- 1 cup finely shredded red cabbage
- 2 tablespoons Sucanat or dark brown sugar
- 2 table spoons vinegar
- 1/2 teaspoon salt
- 1 tablespoon hot horseradish

1. Put the beets in a pot with water and cover and boil until tender, about 30 minutes or so.
2. Allow the beet to cool, then peel and grate it. Mix it with the finely shredded cabbage. There should be about equal amounts of each.
3. Pour the Sucanat/sugar, vinegar and salt in a small pot and heat until the sugar and salt dissolve. Mix in the horseradish, and toss this dressing into the beets and cabbage. Let the salad marinate for at least two hours, or overnight, before serving.

Nash's Pork FINALLY For Sale by the Cut!

Check out USDA cut-and-wrapped sausage, chops, roasts, bacon, ground pork and ribs in easy to grab-and-go packages. We're still working our way through the quagmire of red tape to be allowed to sell our own meat at the Farm Store, but it IS available at all of the farmers markets that we participate in on the Olympic Peninsula.

Hormone and antibiotic free, our pigs live out there days in rotating pastures, and are fed organic barley from the farm soaked in whey. TASTY!

Don't Miss the Harvest Celebration in Clallam County!

Saturday, October 2, 2010, 10 a.m. to 4 p.m.

9 Farms in Eastern Clallam County are on tour, featuring "Critters on the Farm."

Check out heritage breeds of different animals on display, plus hayrides, great food, family activities, farm animals, live music, hay bale mazes, pumpkin sculptures, and much more! \$10 per carload gets you into all 9 farms. So pack up the whole family and come have a great time.

Also Saturday, Oct. 2: Nash's Community Potluck, 6:00 p.m. followed by rockin' barn dance, 7:30 p.m. at 1865 East Anderson Road, Sequim. *New Forge*, from Port Townsend will be setting the dance floor on fire! \$7 Adult, Kids free.

For a complete list of farms and activities, visit www.sequimgazette.com/publications and click on Harvest Celebration.