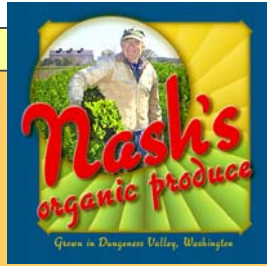


10/9/09

**Basil
Carrots
Bunched Walla Wallas
Baby Bok Choi
Fennel**



Box 13 of 25

**Apples
Cauliflower
Cylinder Beets w/ Greens
Green cabbage
Turnips**

New Chef Intern Liven's Up Lunch at SOAM

Last Kingston Market this Saturday 10/10! It is been a great season at the Kingston Market, and we will miss our market friends and customers on the lawn near the marina every week. THANK YOU for your support Kingston! See ya next spring!

Sequim Open Aire Market (SOAM) is extending their season and trying a new series of Harvest Season Produce Markets from 10:00 to 1:00 each Saturday in October.

To help highlight the amazing array of delicious, fresh, local food available to us lucky folks here on the Peninsula, the Open Aire Market welcomes Nash's new Culinary Intern Shara Truett who will be highlighting a different meal each Saturday of this month with an exciting live cooking demonstration and tasting. If you didn't get in on some of Shara's yummy stir-frys at Farm Day, now's your chance to get a taste of what inspires this gal in the kitchen!

This Saturday Shara will help *Liven Up Your Lunch!* by demonstrating easy-to-prepare cold salads, creative veggie sandwiches and even "green smoothies" which can be easily made and packed for a quick snack or healthy addition to lunch. She'll have her mobile kitchen fired up from 10:00 to 1:00 and plans to hand out samples, so come hungry and ready to 'local-up' lunch!

Farm Share Cider Pressing Potluck

We're firing up the cider press! Farm Share Members are invited to bring their families out on Tuesday afternoon, Oct 27th, from 4pm-dark for a cider pressing potluck and BBQ. If you've got apple trees in your life, bring some fruit to press and take cider home. We'll have a few grills going and will provide plates, utensils and cups for the potluck. Join us for a fun celebration of the fall harvest, and get in on some fresh pressed cider! RSVP's to Sid are appreciated, but not required. 360-681-6274.

A warm welcome to Sharah Truett, Nash's new chef intern and harvest crew member. Sharah recently came to us from the Olympic National Park where she worked the past two summers as an interpretation ranger. In the off season from the park, she worked as a baker in Seattle. Now she is working full time on the harvest crew, farmers markets and conducting cooking demonstrations on the weekends. Check out the Sequim Open Aire Market every Saturday through the end of October for a complete culinary course: breakfast, lunch, dinner and dessert, where Sharah will be inspiring creativity in the kitchen!

Sharah came to the farm because the chef intern job combines her interest of farming, traditional culinary arts, and environmental stewardship. She has enjoyed working on the farm so far, seeing the wildlife and their habitat and finding so many common interests with her fellow farmers...and of course, all the delicious produce! Sharah and her partner Josh are in the process of moving onto the farm and living in the bunk house. They like the quiet that the farm offers at night and the feeling that they have such a huge back yard. We hope they enjoy their time on the farm and look forward to the fun recipes and great food ahead!



From field to kitchen, Shara is working hard to bring fresh tasty food to the table!

Photo by Sam Shtazar

WHERE'S WALDORF SALAD (SIDE DISH FOR 3-4 PEOPLE)

A Classic salad with a hidden ingredient

Ingredients:

- 2 small apples, finely chopped
- 1 **fennel** bulb, finely chopped
- ½ cup baby bok choy, or arugula, or mizuna finely chopped
- ¼ small cabbage, finely chopped
- Handful of leftover onion greens, finely chopped
- Handful of cooked wheat berries, soaked overnight and simmered until soft (optional)
- 1 cup plain organic yogurt
- 1-2 tablespoons of honey

Directions:

1. Add all ingredients together in a bowl. Mix well. Garnish with fennel sprigs and chill until ready to serve.

Recipe from Shara Truett's Kitchen

Walla Walla Wonderful.

We won't have any of our own dried storage onions this year because we just don't have a great climate for them. While we could grow them, we've determined that it's not cost effective for us. We sure love sweet walla wallas though, so instead we sow them later in the season, manage the weeds, and enjoy them young as salad onions. Best when eaten raw or slightly cooked, Walla Wallas are a wonderful addition to sandwiches and fresh salads, and they'll sweeten most any dish, so load 'em up on pizzas, quiche, pasta or stir-fry.

Baby Bok Choy, So Sweet and Tender!

Check out <http://steamykitchen.com/2112-bok-choy-stir-fry-recipe.html>. This website has great step by step instructions for cleaning, prepping and simply stir-frying baby bok choy. Add some fennel, cauliflower and carrots with a bit of tofu or meat and you have yourself a delicious meal and leftovers for lunch tomorrow.

The apples are On!

It's been a great year for apples with a much higher fruit set than we've seen before in our orchard. Some guesses as to why we're seeing such abundant, good-lucking fruit this year are:

1. The cold weather last winter may have stimulated the trees to produce more fruit this year.
2. The orchard is young, about 10 years old and the Semi-dwarf root stock is finally hitting its stride and coming into its productive age.

This week your box may contain McIntosh or Wagner apples. The Wagners are a sweet, slightly tart, firm, white fruit and are great for eating fresh or cooking. The McIntosh are crispy, brick-red and green, more tangy than tart and will make you wish you had MORE to crunch on!

Grain on the Brain.

Clallam County needs 9.5 tons of wheat per day to feed its citizens. At current production levels (about 74 tons of wheat per year), Nash's could only supply enough wheat (white and red together) to last 8 days.

Winter Farm Shares Available Now!

We are kicking off our first ever Winter Farm Share Program! 10 weekly shares run from Jan 23rd—March 2010. Boxes include 5-7 varieties of the farm's freshest winter harvest, including Brussels sprouts, beets, cabbage, carrots, collard greens, grains, garlic, sunchoke, kale, parsnips, potatoes, turnips, rutabagas, winter squash, apples and pears. Sign up before November 30th to get in on the early bird special! Call 360-681-7458 to pay by credit card over the phone, or check out www.nashorganicproduce.com for more info.

Questions, Comments, Suggestions? sid@nashorganicproduce.com or 1-360-681-NASH