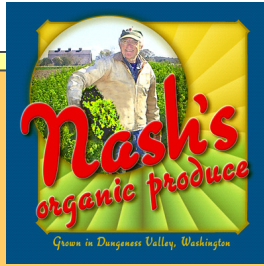


10/16/09

**Carrots
Spinach
Detroit beets
Bok Choi
Leek**



Box 14 of 25

**Apples
Curley Parsley
Globe Artichokes
Purple Potatoes
Chard**

Farm to Industry

How did we end up going from productive sustainable small family farms to a food system that is neither safe nor sustainable? It's a story that Nash Huber has witnessed from the beginning of his life to the present.

Nash grew up on a small family farm in south-central Illinois at a time when everyone farmed "organically." His family grew all kinds of fruits and vegetables. They kept bees for honey, raised chickens, a few cows and hogs, and grew their own hay and grain. Most of this was for family use. If they needed cash, they sold eggs and milk, like most of their neighbors.

But after World War II, American industry needed a work force and in the new consumer economy, farmers wanted more cash. To create a cash economy out of agriculture, farmers turned to commodities. The government and land grant colleges encouraged the use of cheap energy and chemical amendments in the name of efficiency. Farmers planted monocultures and mechanized production, but they lost control of prices. Small farms began to fail, and the work force went to where the jobs were—the urban areas. Those left on the land had to farm more and more land just to stay in business. In today's modern agriculture, cash flow is the driving force, and for farmers of commodities a significant portion of it comes from the government in the form of subsidies.

Nash is the only member of his immediate family that still farms and he didn't start out doing that. He studied to be a chemist and worked for a few years with A.E. Staley (the precursor of ADM) as a research chemist and analyst. Living in a lab didn't agree with him at all and after he moved to Sequim, he realized he really wanted to farm, using the sustainable agricultural model that he knew growing up.

Your Farm Share is an important component of the model of the small, sustainable family farm. We thank you for your support and for knowing where your food comes from and who grew it.

Farm Share Coordinator Sid Maroney came to the Northwest from Tennessee with his wife, Laura, in 1985. "I was the first person in my family to get a degree, and I chose chemical engineering for my career," says Sid. "But I got so disillusioned with how chemical companies treat the environment like a sewer, that after 12 years I just couldn't continue."

Sid and Laura wanted to move to a place "with mountains and ocean." Seattle was a natural choice and Sid changed his career path to vocational rehabilitation, focusing on people with severe head and other catastrophic injuries. "Working with these folks, some of them very young, gave me a greater appreciation of how life can change in a heartbeat, and a deeper gratitude for my health." Sid also started a small solar construction. "I have been interested in alternative energy sources for almost 40 years. I believe the age of cheap oil is over and we all should be looking at that critical issue far more seriously than we are."

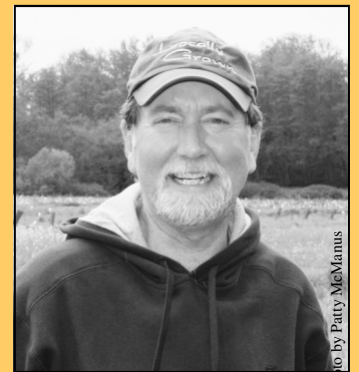


Photo by Patty McManus

When Sid and Laura moved to Sequim, they built a passive solar house and added photovoltaic panels that meet most of their energy needs. They also started Local Action for a Sustainable Tomorrow (LAST). "We wanted to do something positive. As we examined what makes a sustainable community, we realized that local food is at the absolute top of the list. So we started the online local food network, Sequim Locally Grown Mercantile to allow local producers of any size to sell directly to the community."

When Sid found out that over half of Nash's produce wasn't consumed by local people, but was shipped to other places in the Northwest, he wanted to help expand the Farm Share Program and last April started working for Nash's Organic Produce. "My parents think I've fallen off the deep end," he laughs. "My people originally came from cotton farming, and they don't look at farming as a step up. But in my opinion, this is worthwhile work. I've seen the chemical industry up close. Organics is where we need to be going, to be a sustainable society."

AMAZING CHOCOLATE BEET TART

Crust

1/2 cup almonds, ground to meal in food processor

1/2 cup nash's red wheat, ground

1/4 cup flax seed, ground

1/4 cup dried shredded unsweetened coconut

2 Tbs honey

1/8+ cup water blended with enough diced raw potato to create about a 1/4 cup starchy potato slurry

Preheat oven to 350. Grind nuts, grains and flax and combine in a mixing bowl. Mix in all remaining ingredients and mix thoroughly. Grease a round pyrex baking dish/pie pan w/ coconut oil and press crust mixture evenly around dish, making sure to press it up the sides of the dish. Place in oven and bake for about 15-20 minutes, until edges start to darken and the crust feels dry. Remove from the oven and allow to cool.

Sweet Beet Chocolate Center

2 1/2 cups grated beets (which is, like, 1 mondo-nash beet!)

1/2 cup honey

4 eggs

1/4 cup coconut or grapeseed oil

1/4 cup apple sauce

1 tablespoon vanilla extract

1/2 cup cocoa

Place beets and honey into a pot and bring to a boil. Reduce to simmer for about 15 minutes, until beets are soft. In a mixing bowl, mix together eggs, oil, applesauce and vanilla. Puree together beets and honey, until smooth texture. Mix beets into wet mixture and then add the cocoa. Mix thoroughly and pour over crust. Return tart to oven and bake for another 35-40 minutes, until cake portion is firm and tooth pick comes out clean.

Recipe from Margie and Terri's Collective Kitchens

NOTES FROM THE FARM

The frosts are stealthily taking out crops, one by one. The runner beans, zucchini, cucumbers and have already succumbed, and greens such as the chard and fennel are not far behind. Every October we are racing against the frosts to get as much **chard** out of the field as we can, before it's gone. We're leaning hard on our wholesalers to pull as much as they can and help us clean up the patch before it's toast.

Globe artichokes are another tasty treat that we will be saying good bye to any day now. We'll probably harvest the final ones next week, and then we'll mow and mulch the plants so that they survive the winter and re-grow again next spring. You may have noticed that the chokes in your box this week appear slightly blistered. The artichokes industry refers to these chokes as "frost-kissed", so we'll roll with that too! You may have also noticed that the tips of the stems are brown or black. This is normal for artichokes. If you trim the tip again, you can almost watch it turn brown before your eyes. The chokes oxidize quickly and any bruise or cut in them browns almost immediately. Although they may appear old, rest assured your chokes were one of the last things harvested on Thursday afternoon before we packed boxes that evening!

Late rotations of **bok choy** and **baby bok choy** are looking great. Thanks to our unique micro climate, this is one type of veggie that totally thrives in the fall and Scott planned accordingly to meet our wholesale, market and farm share needs.

The **beets** in your box are large but still sweet and tender. Short on time? Just chop up beets, carrots and purple potatoes into uniformly sized pieces, steam them until they are cooked through, and enjoy hot on a bed of raw bok choy, spinach and parsley. Top with your favorite salad dressing and mix in some left over rice, tofu, beans or pasta, etc...YUM!

We thought the **hull-less oats** were ready to go, but after getting feedback from customers and employees alike, we realized early this week its 'back to the seed cleaner' for the oats. Although we have already cleaned them once, we weren't able to get enough of the weed seed out. Tiny mustard and radish seeds are still mixed in, and we've got to build another size screen and re-clean the whole lot. We will get ya'll some oats as soon as they have been appropriately cleaned...stay tuned!

Sara Salazar's last day was today. She has been a major asset to our market, shed and harvest crews, and we will miss her. Good luck in the final stages of your pregnancy Sara...can't wait to meet the newest farm baby!!!

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