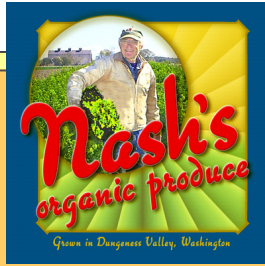


10/23/09

**Carrots
Spinach
Red Savoy Cabbage
Parsnips
Broccoli**



Box 15 of 25

**Garlic
Arugula
Collard Greens
Cilantro**

At the Heart of it All, Nash Huber

Nash Huber came to Sequim in 1968. The land he left in Illinois was changing rapidly, from small family farms to large commodity farms. Sequim was still a rural community back then, but when Nash arrived he didn't start organic farming right away.

Having studied to be a chemist, Nash worked for A.E. Staley, the precursor to Archer Daniels Midland (ADM), as a research chemist. He was part of a team that analyzed the structure of corn starch, developed new ways to use it, including breaking it down into its components and restructuring it into the thousands of ingredients we find in processed foods today. He could have made a successful career in chemistry, but hated being in the lab. "It was the 60's," he remembers, "but it was more than just rebellion. Somehow, I knew this wasn't right for me."

In the summer of 1968, Nash came to the west coast looking for a place that had mountains, ocean and sunshine. "There was also the aspect of getting as far away from the Midwest as I could and still remain on the continent," he laughs. He rented some land, fixed up an old truck, bought an International "H" tractor with a sickle bar mower, and raised and sold hay. Dealing hay was hard work and a marginal livelihood, so he did some construction and even loaded ships in the Port Angeles harbor.

Finally, in 1979, Nash started a garden at his house in Dungeness. He kept bees and sold honey and veggies at the Port Angeles Farmers Market. Getting his hands back in the soil felt like coming home to him, so he found a few more vacant lots and rented a few acres from nearby farms to grow additional produce. In 1987, he gave up all the tiny parcels, rented the 10-acre Dungeness Farm, added some new products, and began to sell wholesale to distributors in the Seattle area, in addition to local farmers markets.

In 1996, Nash and his wife Patty were able to buy the Dungeness Farm. They built the packing shed there and Nash's Organic Produce began to expand. PCC Natural Markets in Seattle started buying Nash's produce wholesale, and eventually formed the PCC Farmland Trust and purchased the Delta Farm, giving Nash a long-term lease. He was also able to get long-term agreements with other Dungeness landowners and today he and his crew of young farmers grow organic produce and grain on 400 acres.

Waylon Barrett is completing his first full season at Nash's Organic Produce. He has enjoyed the year, even though the job is challenging at times. "I like working outside, being in the fields," he says. "During my spare time, I'm outside anyway. I like to mountain bike, hike and backpack in the Olympics, and kayak. It's great living around here where there are so many opportunities to do things outdoors."

Originally from Southern California, Waylon's family moved to the Peninsula when he was 14 years old. His parents had heard about Sequim and decided to move up here, sight unseen. "They thought it sounded pretty good," he remembers. "Thank goodness, they hit it right. We've been here for more than 12 years."

Dad is a carpenter and for a long time was able to make a good living here. Waylon worked with him for nine years, starting when he was still a teenager. But the recession has changed things for the family, and last fall Waylon decided to seek work elsewhere. He heard about openings on Nash's farm and came down to fill out an application.

"One of the best parts about working here is that I get all the fresh produce I can eat," he says. "I really enjoy cooking and I've gotten into the habit of juicing, too. I'm learning a lot about different kinds of vegetables and how to combine their flavors. I just wish I could talk my kid brother into eating some of this stuff!"

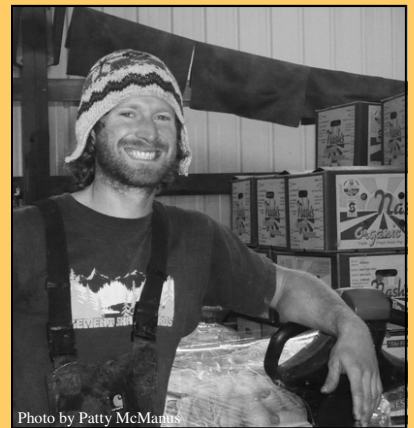


Photo by Patty McManus

A natural leader & a hard worker, Wayland has stepped up to help lead one of the year-round field crews!

COLLARD SOUP

This soup is simple to make and very satisfying on chilly rainy days. Its flavor and aroma remind me of a traditional polish soup my Grandmother makes with cabbage and salted pork. Brassica's run deep.

Ingredients:

- enough roots, celery, greens, onions/leeks, herbs (bayleaf, parsley, etc) to make one gallon of stock
- 1 bunch collard greens, torn or chopped into bite-sized pieces, stems removed (add to stock!)
- 4 strips of bacon* (Nash's piggy's are still available for sale! Snag one of these pastured healthy, antibiotic and hormone-free pigs and you'll have a wonderful supply of ham, bacon, sausage, pork chops, ribs, etc. in your freezer for all winter long!)
- a large handful of potatoes, scrubbed and diced (no need to peel)
- salt & pepper to taste

-Chunk-up stock veggies into large pieces & simmer for about an hour in a little over a gallon of water. Scoop out veggies w/ slotted spoon & reserve stock for soup. (if you add potatoes to the stock pot, reserve these when you remove the veggies, & mash them into the soup, instead of using additional diced potatoes as directed above.)

-cook bacon and save bacon fat. Use crispy bacon to make arugula-cilantro-bacon-parsnip sandwiches for lunch*, or crumble into bits to garnish soup.

-sauté collard greens the all the bacon fat, and when they're wilted add them to the soup stock

-add potatoes, salt and pepper to taste, and simmer until spuds are tender. (or add mashed potatoes)

-remove about 3/4 of the collards & potatoes from pot, along w/ enough broth to puree everything until smooth.

-return puree to soup pot, and simmer again for a few more minutes. Serve hot with rye bread.

Optional garnish: sour cream, cilantro and bacon bits.

** don't fear bacon grease! Its all about moderation. We don't recommend it for every day use, but once in a while good bacon is a real treat!*

***cut parsnips into thick slices the long way, toss with salt, pepper & oil & bake at 375 until tender.*

Recipe from Kia Armstrong's Kitchen

NOTES FROM THE FIELD

The **parsnips** in your box are the first of the season! Vibrant and glowing, these 'snips are a sweet tender treat. Prepare these white roots as you would potatoes. Grated raw into a salad or hash browns, mashed, in soups or stir-frys, roasted with beets and turnips, pureed into soups or cooked into casseroles, you can't go wrong. Kids especially love the sweet punch that parsnips pack, so mix them into meals and snacks for an extra fiber, potassium, calcium and folic acid kick. Store raw parsnips in the refrigerator, preferably in a perforated plastic bag. Although we recommend eating them sooner than later, they will keep well for up to three weeks.

Its mud season! Due to the need to rotate our carrots into different locations year to year to prevent disease, we sometimes run out of preferred winter carrot ground. The clap farm is an example of a field that has sandy loamy soil which drains well in the winter, and makes for easier harvesting and washing. This year Scott was forced to plant many of our fall and winter carrots at the Delta Farm, which has heavy loamy soil that doesn't drain terribly well. Carrots in heavier soils for the winter presents challenges to getting them out of the field in between rainstorms. We still have about 7 acres of carrots in the ground, about half of our years inventory, and we predict that it will be a mud-wrestling kind of winter to get them all off the farm. We did plant a few small rounds in the sandy Clapp Field, which we'll reserve for the wettest days when we are literally unable to get carrots out of Delta. We've already had to dip into this fall back location, as the past 5 days have brought over 2.5 inches of rain, about 1/5 of our total annual rainfall!

The good news on rain is that we are blessed to be in a windy location. So when it quits raining and the wind blows the storm off the Delta, evaporation is enhanced by that wind and the fields dry up a bit faster...bonus!

Pros & Cons of Mud Season, From a Field Crew Member's Perspective

- + We get paid to 4x4 in the mud!
- Hiking boxes of things farther since we can't drive everywhere in the field is not so much fun, especially with 45lb boxes of cabbage (we shipped over 175 this week alone!)
- Veggies that are in contact w/ the dirt (bunched onions, carrots, leeks, radishes...pretty much everything but kale and chard) —are slimy, harder to handle, more time consuming to harvest and wash.
- + Pushing trucks out of a mud pit is a great team building activity.
- Muddy fields cause extra wear and tear on trucks, tractors, implements...no bueno!
- Our productivity level decreases with when work conditions are challenging, we accomplish less in a day.
- We shift to hand harvesting roots instead of machine harvesting them & our profitability plummets.
- Being soaking wet, cold and muddy all day wears on the crews' morale after a while.
- + Money saved on mud mask facial treatments can be saved to replace worn out rain gear!

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