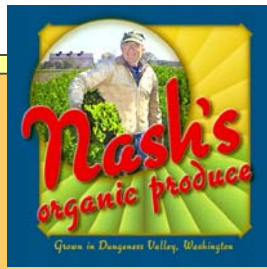


10/30/09

Apples
Green Cabbage
Walla Walla Onions
Golden Turnips
Carrots



Box 16 of 25

Oats
Golden Chard
Purple Potatoes
Daikon Radish
Broccoli

New This Week, Raphanus Sativus

...also known as **Daikon Radish** (pronounced DI-kuhn; Di-kon)

The word Daikon actually comes from two Japanese words: dai (meaning large) and kon (meaning root). Daikon is a root vegetable that is believed to have originated in the Mediterranean and brought to China for cultivation around 500 B.C. Roots are large, often 2 to 4 inches in diameter and 6 to 20 inches long. The Japanese love daikon, so much so in fact it grown more than any other vegetable in Japan! Many different varieties of this versatile vegetable are cultivated, depending on the region.

Storage - Chinese radishes will keep well in the refrigerator if they are placed in a sealed container or plastic bag in order to maintain high humidity.

Preparation - This is an extremely versatile vegetable that can be eaten raw in salads or cut into strips or chips for relish trays. It also can be stir-fried, grilled, baked, boiled or broiled. Use the daikon as you would a radish. It may be served raw in salads or grated for use as a condiment, pickled, or simmered in a soup. They are also preserved by salting as in making sauerkraut. Daikon also is used in soups and simmered dishes. To prepare, peel skin as you would a carrot and cut for whatever style your recipe idea calls for. A Japanese secret to cooking daikon is to use water in which rice has been washed or a bit of rice bran added (this keeps the daikon white and eliminates bitterness and sharpness).

For Chips, Relish Tray Sticks or stir-frys simply peel Daikon with a peeler and cut crossways for thin chips. Dip thin chips in ice water and they will crisp and curl for a Daikon chip platter with your favorite sour cream or yogurt dip. Cut into julienne strips for relish trays, salads or stir-frys.

Nutrition Information - Daikon is very low in calories. A 3 ounce serving contains only 18 calories and provides 34 percent of the RDA for vitamin C. Rich in vitamin C, daikon contains active enzymes that aid digestion,

If you want to see what a hard worker looks like, take a look at **Adam Mihalik**. Adam has been with the farm for over a year and a half and is one of the key members of our harvest crew. Originally from southwest Missouri, Adam came to the farm after graduating from the Maryland Institute College of Art with a bachelor's degree. One of his primary areas of interest is jazz records.

Adam helps harvest our vegetables at their peak of flavor and nutrient value from the Dungeness Valley throughout the year. He has also worked extensively in our greenhouses, has a well-rounded knowledge of many plants, and helped produce and maintain the bumper crop of basil we had this year. If you attended our Strawberry Social in the spring or our Farm Day Celebration this fall, you may have toured the Dungeness Farm with Adam's guidance. Adam lives next to the Dungeness River and sees the interactions of the river with our farming activities firsthand.

As Adam puts it, "Real work that is meaningful and rewarding drew me to Nash's. I feel an urgency to this work and it fits my groove, ideologically and physically." Adam expresses concern for our local food system and our ability to manage it for ourselves. "People could feel as though their food sources are tangible, accountable or even familiar...wouldn't that be something?"



Photo by Sid Maroney

Adam has worked at Nash's for about two years. His experience on the job and dedication to getting the work done, no matter what it takes, is exemplary!

DAIKON PICKLE

1/2 pound daikon, peeled and cut into thick matchsticks
1/2 teaspoon salt
1 teaspoon unrefined evaporate cane juice (i.e. less-poisonous sugar)
another 1/4 cup unrefined evaporated cane juice
1/2 cup vinegar
1/2 cup warmer water

Toss the daikon matches with the salt and 1 teaspoon of the not-quite-sugar. Let them play for a few minutes, with your fingers, draining the water when necessary. Rinse with colder and then press again, with gentle fingertips, to remove excess water.

Now locate the vinegar, sugar, and warm water in a glass jar and mix well. Enter the daikon, shake a little, and do the rest of your cooking. Marination only leads to strength, and you can keep the pickle in the fridge for a couple of weeks, enjoying it a little at a time.

Recipe from Ankur's Kitchen

In between his world travels, Ankur Shah works on the farm for a season here, or a few months there. We are always delighted to have his presence around the farm, and appreciate the recipes and inspiration for creativity in the kitchen that he vibes. Return Farm Share Members may already be familiar with Ankur. If you're 'meeting' him for the first time, you're in for a treat!

You can check out his website:

<http://www.mangolandia.org/>

Mangolandia aims to be an online guide to the offline wanderings of Ankur Shah, through the woods, whites, and wilds of music, food, farming, the structure of the "trip", and whatever else is relevant to the modern world.

Or his cookbook, [cooking com bigode](http://www.somethingconstructive.net/bigode/),

<http://www.somethingconstructive.net/bigode/index.php>

[vegetarian improvisational peasant fusion cuisine for the 22nd century](http://www.somethingconstructive.net/bigode/index.php)

cooking com bigode [cooking with moustache] is the only twisted moustache of modern recipes and ancient wisdom by ankur shah. the cuisine is vegetarian and international -- indian, mexican, thai, chinese, french, amerikan, south american. the style is personal, relaxed, and holistic. you learn more than mere recipes: you learn patterns.

Naked Oats are here! Yes, these oats are as naked as the day they were born. Unlike traditional oats, naked oats have paper thin hulls that readily separate from kernel during harvesting. Unlike commercially available oats, we don't process or heat stabilize ours, and so the kernels are viable and have higher levels of protein and healthy fats, with a better balance of amino acids.

Nash's Naked Oats are super sweet and tasty! Superior for sprouting, cooking like oatmeal or grinding for cookies, sweet cakes and hot cakes, these oats are a unique treat.

Last year we bought seed from the Rainbow Farm on Towne Road, and planted it all. It yielded 3,000 lbs of seed this year, and we're setting aside a bunch of that to increase our yield in 2010. We have a limited supply of Naked Oats this year, so get 'em while you can!

If you want to get into rolling your own oats, rye, wheat or triticale, we suggest checking out a Marga Roller. Just google marga roller and it will pop up. A small home roller that you clamp to your counter, the marga is easy to use, and provides your family with healthy, freshly rolled grains for oatmeals, granolas, cookies, etc!

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