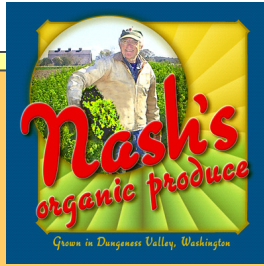


11/6/09

**Baby Bok Choi
Rainbow Lacinato Kale
Purple Potatoes
Carnival Squash**



Box 17 of 25

**Detroit Beets
Yellow Dried Onions
Brussels Sprouts
Cilantro**

Midwest Food Blues

While driving through the center of the Midwest to visit family last week, it was evident to Nash and Patty that corn and soybeans are the kings of American agriculture. The Huber's trip cut through southern Illinois, Indiana and Ohio, and soy and corn was virtually all they saw.

The main ingredients of the American Diet are sprawled as far as the eye can see in that part of the country, yet the area's food doesn't make a direct trip to the grocery store shelves, like Nash's produce does to Country Aire or the Food Co-op in Port Townsend. Instead, thousands upon thousands of acres of corn and soybeans are shipped to processing plants, converted into 'food' products, then transported in their resource-intensive packaging back to grocery store shelves.

Almost all U.S. corn and soy is genetically modified to resist herbicides. The soil that supports such agriculture has become as hard as concrete—just a medium to keep the plants upright. With 0% biological matter, synthetic fertilizers must be injected before planting for anything to grow at all.

Watching mile after mile of commodity corn and soy whiz by, it's easy to make the connections industrial agriculture has to the healthcare debate, and why the state of our nation's health is currently such a hot topic. The average meal for most Americans is born in a lab, fed a petroleum-based diet, shipped thousands of miles, broken up into its component parts, and reconstructed into new ingredients to make processed foods. The American Diet is the big elephant in the room that the health care debate isn't addressing head on—we're so focused on the systems needed to react to illness that we don't focus on what is making us so sick in the first place!

This so-called 'food' lacks nutrients and vitamins that the human body needs, so after eating it we crave more, leading to obesity and chronic diseases like diabetes, heart disease, and cancer.

Needless to say, Nash and Patty had a very hard time finding any good food during their week of family visits. They are happy to be home, where the food is healthy, local, fresh, and above all, REAL.

Deep roots! That exemplifies the Infrastructure and Facilities Manager, Josh Gloor here at Nash's Organic Produce. Josh grew up in Sequim farming organically on five acres with his father. They primarily had a self-sufficient farm that provided most of the needs for their family with the excess sold to local stores and farmers markets. He learned early on how farming, the community, and the environment are interconnected. After graduating high school, he studied architecture and computer-aided drafting. He quickly realized that working primarily inside was not for him and returned to his roots, farming.

Nash first met Josh when he was a young boy. Josh later started working for him as a tractor driver and farm helper. 12 years later, Josh is one of five managers that orchestrates the daily operations of the farm, and he finds himself doing a little (or a lot!) of everything. There are not too many activities on the farm that are unfamiliar to Josh. In addition to his managerial duties in planting, harvesting and helping run the packing shed, he also services and repairs facilities and equipment and has primary responsibility for our orchards and berries.

"The thing I like most is producing quality food for my family and others in our community. I know I wouldn't be able to eat as much good food as I do without Nash's. Working hard and close with like-minded people has fostered deeper relationships and created the special community that we have."

Josh's primary challenge is balancing his love of the farm with his love of his family and his community. "Maintaining control of the farm's growth while shoring up its foundation of achievements is my objective."



Photo by Sid Maroney

A long time contributor, Josh has a great deal of care for the land and community that lie at the heart of the farm.

POTAOTE KALE GARLIC SAUTEE

"I have a recipe for Kale," shares Farm Share Member Jeanette Dalton, "that is yummy (and husband likes it too!)"

Sauté trimmed and chopped kale in a pan with about lots of olive oil until desired texture is reached—we like limp. Previously you will have cooked and cut up into bite size chunks potatoes. The potatoes can be either russets or Yukon gold, purple potatoes it doesn't matter. Put the potatoes in the pan (chopped) with the kale and olive oil and sauté until well mixed. Chop at least two to six cloves of garlic and add the chopped fresh garlic in the pan. Toss until well mixed and warmed thru. Ready to serve. (we also add salt, but some might not like that).

Recipe from Jeanett's Kitchen

We didn't grow *winter squash* this year, so the Carnival variety in your box this week is certified organic from Inaba Farms (as are the yellow onions in your box too). When the weather cools, we crave food with more density and substance and winter squashes are ideal. Not only good solid food for the months ahead, squash is versatile, nutritious and delicious!

A tasty source of complex carbohydrates, squash also contains fiber, which absorbs water and becomes bulky in the stomach before it works through the intestinal track, cleaning and moving waste quickly out of the body. Research suggests that this soluble fiber plays an important role in reducing incidents of colon cancer.

A great source of potassium, niacin, iron and beta carotene, you can also count on the general rule with squash that the deeper the orange color, the higher the beta carotene content. Beta carotene is converted to Vitamin A in the body, which is essential for healthy skin, vision, bone development and maintenance.

Winter squash is extremely versatile and can be baked, boiled, roasted, pureed for soups, mashed with potatoes or even sautéed in stir-frys. Popular herbs and spices that enhance the its flavor include garlic, nutmeg, ginger, cinnamon, basil and cloves, to name a few.

Enjoy the first *brussel's sprouts* of the season and revel in their wonderful sweetness and distinct flavor! Many a disbeliever has been converted with our exceptional sprouts, and we've seen even kids enjoy them raw as a snack! High in vitamin C, Brussels' Sprouts join their cruciferous cousins in having been shown to help prevent disease and to have beneficial effects against certain types of cancer.

Some of your Brussels might still have a tiny bit of aphid damage to them, but we've picked them as carefully as we could and its just impossible to get them perfectly clean with the high level of aphid pressure we were up against this year. The good news is that aphids are easy to wash off, you can't taste them, and they are absolutely harmless. To prepare sprouts, simply rinse them and remove a few of the outer leaves if you deem it necessary. Then they are ready to roast with similarly-sized potatoes and beets, to halve and sauté in a stir-fry, toss in whole into a soup or simply steam and drizzle with your favorite dressing or splash of balsamic. Due to this year's aphid explosion, we will unfortunately not be harvesting hardly any brussels on the stalk, or "trees". Instead we'll cull through the stalks in the field, picking only what looks the best.

Simple Sautéed Brussels

Halve and sauté them over medium-high heat with butter and olive oil, stirring occasionally, until the sprouts start to caramelize. Sprinkle with salt and pepper, and add garlic at the very end! Top with cilantro before serving, and try accompany sprouts with roasted squash and beets...colorful and mouthwatering!

Holiday Box Schedule

all boxes are scheduled as usual through 1/8/10, with a few holiday exceptions ahead...please note:

Nov 20	1.5 box sizes
Nov 27	no box (Thanksgiving wk)
Dec 18	1.5 box sizes
Dec 25	no box (Christmas wk)

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