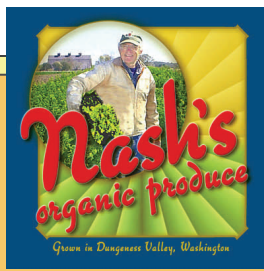


11/13/09



**Carrots
Collards
Sunchoke
Purple & White Turnips
Asian Pears**

**Fennel
Yukon Potatoes
Radish, Red or French Breakfast
Green Savoy Cabbage**

Box 18 of 25

Juice Your Way to Health!

With so many flues and funks going around, we're all looking for ways to keep our health at its optimum. Now is the time to let loose the power of FRESH VEGETABLE JUICE! Dig out your juicer from storage, find one at a thrift store or garage sale, or borrow a neighbors—you won't regret it!

Vegetable juicing is fantastic for your health, providing your body with a concentrated source of nutrients and enzymes (important for digestion), particularly when organic vegetables are used. Improperly digested food can't be utilized by the body, so these fresh enzymes are key to providing you access to a higher percentage of the nutrients you are consuming.

Juicing also helps to boost the immune system with high doses of vitamins and minerals that are easy to absorb. Veggies are generally lower in sugar and higher in nutrients and enzymes than fruits, so vegetable juicing is a great way to nourish the body, especially when it's sick.

Much of the American diet makes our bodies acidic. The more acidic our cells are, the less able they are to transport oxygen throughout the body. The ideal pH level is slightly alkaline. Unfortunately, sugars turn acidic when digested making it difficult to maintain a healthy pH balance w/o a concerted effort to consume more alkaline foods, such as vegetable juices.

The best veggie juice is made from seasonal organic vegetables, and using green veggies should be prioritized. Some of the best vegetables for juicing are **lettuce, kale, carrots, parsley, chard, and broccoli**. Most people prefer to use apples or carrots as a base and add green vegetables to the mix, but these have a lot of natural sugars, so don't overdo them. About 50% of your juice should be vegetable.

JUICING TIPS:

- If you don't want to use any apple or carrot, try a quarter of a lemon to make the vegetable mix more palatable.
- Put in a little water when you are doing kale, or juice an apple right after the greens, to assist the juicer
- Go for the greens that have high nutrient level that you might not eat raw and that you can disguise in your juice (collards)

FUN COMBOS

Lemon, apple, cabbage
Sunchoke, carrot, beet, kale

Devon Beck started on the farm a year and a half ago as a marketer at the Port Angeles Farmers Market, and quickly picked up additional work at our farm store because of her exceptional people skills. She's also a part-time member of our harvest crew and can handle a truck and trailer with the best of 'em.

Originally from Sacramento, Devon received her Bachelor of Science degree in psychology from the University of California at San Diego and studied and tutored abroad in Italy while enjoying the outdoors and hiking. In 2007 she was ready for a slower pace that would bring her closer to her local community, and wanted to live where all the seasons were on full display. Since her move to the Olympic Peninsula, she has enjoyed being a part of the organic farming movement. "I take joy in helping people make healthy choices in their food purchases and in knowing how that food was grown."

When she's not pulling carrots or slinging' veggies, Devon is practicing the guitar and developing (no pun intended) her photography skills.

"It is really incredible to be a part of such a caring community and to be able to eat such wonderful, nutritious organic food. People need to realize the negative impact on nutrients when food travels an average of 1500 miles for the typical grocery store item to your table." Devon knows and she wants everyone to know.



Photo by Sid Maroney

You can catch Devon's smile most Saturdays from 10-2pm at the PA Farmers Market.

SUNCHOKE SANDWICH

2 cups coarsely shredded Jerusalem Artichoke
1/2 cup raw pecans or walnuts, coarsely chopped
1/4 cup carrots, finely diced
Mayonnaise, yogurt, olive oil
Salt and pepper to taste

6-8 slices whole grain bread
several large collard leaves, shredded
5 or 6 radishes, sliced



1. combine sunchokes, nuts and carrots with enough mayo, yogurt or olive oil to hold mixture together.
2. Spread mayo over bread slices. Divide sunchoke mixture evenly onto half the bread.
3. Top with shredded collard and radishes. Cover with bread slice and cut in half.
4. Makes 3-4 sandwiches. Serve with coleslaw and fruit for a light tasty lunch.

The **Purple & White Turnips** in your box this week are wonderful raw or cooked. A good source of Vitamin B6, Folate, Potassium, Calcium, Copper and Dietary Fiber, turnips are a cruciferous vegetable in the Brassica genus. Similar to its relative cabbage, the turnip has a long been thought of as “plain folks food”—its economical, grows well in poor soil and keeps well.

Avoid cooking turnips in aluminum or iron pots, as their white flesh may darken. **SCRUB & WASH** before dicing, julienning, or chunking into soups, stir-frys and roasts. **BRAISE** by placing sliced or cubed turnips in a heavy skillet. Add sufficient broth (veggies, meat, chicken) to cover the bottom of the pan, cover and simmer until tender, about, 10-12 minutes.

Your **Collards** might appear overwhelming in size and brilliant color at first, but fear not, they are **EASY TO EAT**. *Quick Tips:*

-‘de-rib’ the bottom 2-3” of the stalk, and then use the leaf as a wrap/tavo, instead of wheat/corn tortillas

-pinch the base of the stem and drag your hand up the rib to the top of the leaf, easily separating the two. The stems are actually sweet and delicious raw, stir-fried or creamed. Braise the leaves, or add to a soup.

-don’t want to chomp on the stems? Feed them into your juicer for a raw vitamin & nutrient kick-in-the-pants or use them in a soup stock.

-collards make lovely table decorations or placemats. Get your kids involved in decorating the table with veggies! When you’re done with them, just wash, refrigerate, and use in a nearby meal.

Jefferson School Lunch Project Gets a Boost

The Olympic Peninsula Farm to Cafeteria Working Group is excited to be making progress at the Jefferson Elementary School in Port Angeles! The committee is working with the school’s food service provider to offer an alternate menu for 6 weeks in January, and is helping network classrooms with local farms. Long and short term projects include:

-helping the 5th graders prepare their holiday feast on (grinding fresh corn and wheat for bread, adding local roots to the stew, etc)

-classrooms can look forward to “Adopting a Farmer” in the New Year!

-Jefferson staff are taking a field trip out to some farms to learn more...we hope kids too.

-Jefferson Farmers Market, Mondays in November, 1:30-3:30pm...check it out!

-Adopting School Board Policy to include specific language regarding the benefits and use of local food in Port Angeles Schools.

Do you have networking, policy writing, public speaking, graphic design or event planning skills? Parents, community members, local businesses and *local food believers* and encouraged to contact Beth Loveridge to find out how YOU can help get local food into local cafeterias. (360) 809-0027
www.clallamgrown.net bethloveridge@yahoo.com

Pre-Thanksgiving Preview: (50% larger than usual)

- 4# Nash’s Wheat Flour
- Mutsu Apples,
amazing fresh eating/baking
- Squash
- Brussels’ Sprouts