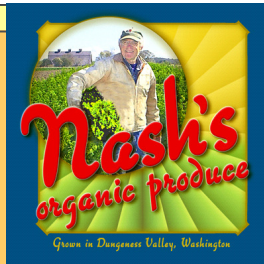


11-20-09

What's in the box?

Lacinato Kale
 Fennel
 Parsley
 Brussels Sprouts
 Mutzu Apples



Box 19.5 of 25

Golden Beets
 Purple Potatoes
 Delicata Squash
 Yellow Onions
 Carrots
 Hard Red Wheat Flour

Please Note **Holiday Box Schedule**

Your Farm Share box this week contains 50% more goodies to supply you with extra food for a bountiful Thanksgiving dinner.

No boxes next week
 (the Saturday immediately following Thanksgiving.)

The week before Christmas, larger box too—no box the weekend of Christmas Day.

Have a Happy LOCAL Thanksgiving!

Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.

Henry van Dyke (1852 – 1933) American author, educator, and clergyman

America's annual celebration of gratitude has evolved, in our modern times, into a celebration of feasting and family. Both are wonderful to celebrate, but when you are involved with this miraculous process where we put a seed into productive soil, add water and sunshine, and raise excellent organic food for our local community, gratitude is felt almost daily. It just manifests in a big way during the Thanksgiving season.

We hope you and your family enjoy the abundance and bounty of your holiday Farm Share box. It is a reflection of the unique set of circumstances that is the Sequim-Dungeness Valley. We are grateful for the rich soils, the rare climate and access to water, and the hearts and souls who go out during the glory days of summer as well as the stormy days of winter to do the work that brings this marvelous food to our tables. We know we are some of the most fortunate people in the world to be farming in this particular place, and to eat like kings every day.

We're also very grateful to you, our farm share family and fellow community members, who have enough confidence in our work to invest in us for the season. It is your support that enables us to continue feeding our community, protecting our environment, and moving towards sustainability in how we live and eat.

Enjoy your local Thanksgiving dinner. And thanks for being a part of the Nash's Organic Produce family.

Meet Jill Zareczny

Although it is not unusual to have people working at Nash's Organic Produce that are concerned with the environment, it is rare to have someone of Jill Zareczny's caliber and training in this field. Jill came to Nash's this past June and has been working in our farm store. By coincidence, she actually grew up in southern Illinois not too far from Nash Huber's hometown. Jill has been in Washington State for five years, and she moved here to work with EarthCorps, a non-profit organization with a mission to build global community through local environmental service. Through EarthCorps, Jill has been active in removing invasive plants and performing trail restoration while providing service learning opportunities.

Jill has a B.A. degree from Boston University in International Relations and Environmental Policy and is currently finishing up her master's degree through Evergreen State College. Her thesis is about Public Participation in Cooperative Weed Management. Her focus is centered on invasive knotweed which is very destructive to salmon habitat, because it chokes out native vegetation and degrades stream structure.

As a cross-country runner and marathoner, she understands the benefits of good nutrition, and enjoys sharing her passion with customers at the Farm Store. "I am interested in being a part of the local food movement and I have received much hope from this community. It is good to be able to pass along information on good food. Having more young people involved in agriculture is a cool trend." We think it's cool to have Jill on the farm.



BRIX TEST MEASURES SUGAR CONTENT- Yes it's that time of year. Nash dusted off the ol' **refractometer** the other day and scrapped some carrots into it to measure their sugar content. Depending on the varietal or whether he was sampling the outer layer or core, the carrots ranged from 10-12% sugar! We expect that to increase even more in cold months ahead. Next time your or a loved one is craving something sweet, give carrots the chance to satisfy!

STUFFING TIPS- Add diced fennel and apple to your stuffing. And we recommend drenching it and the bird with tons of garlic and a full bodied red wine, such as a rich cabernet sauvignon ...hhmmmm. (Splash for the bird, splash for you. Splash for the stuffing, splash for you. We love cooking with wine so much we even add it to the food sometimes...hiccup!)

DELICATA SQUASH- From Inaba Farms in E. WA, these colorful squash are organic and have edible skins! To prepare just scrub the squash clean, cut it lengthwise and scoop out the seeds. Then nestle big chunks around the bird with spuds and carrots, or slice it thin into a stifty, or chop into med-size pieces and roast with purple potatoes, fennel and golden beets for a jewel-like roasted medley.

MUTZU APPLES- (pronounced moot-zoo) Mutzuz are not only great storage apples, but they are premium for baking or fresh eating. Some of your apples may have red speckles on them, but fear not, they are perfectly fine to eat and their discoloration is not cause for concern. Using Nash's Mutuzs for your holiday pies will ensure rave reviews!

Encourage a friend to include a local ingredient in their Thanksgiving Dinner!

Creating a Stronger Local Food Economy

According to the USDA, .01% of all the food consumed in the United States is purchased locally. That's pretty darn low and shows just how deeply embedded the industrial food system has become in our society. Almost 100% of Americans are eating food that is transported long distances using large quantities of fossil fuels, that is not fresh enough for optimum nutrition and grown with herbicides and pesticides.

On the North Olympic Peninsula we are doing quite a bit better. 4% of our population purchases local food, double the rate in 2002. Our region and our community lead the nation in local food consumption by many orders of magnitude. Give yourself a pat on the back!

But we shouldn't rest too long on our laurels. If 4% of the population buys locally, 96% do not. We still have a long way to go.

About \$150 million is spent each year on food on the North Olympic Peninsula. If we increased the percentage of local buyers, our area's economy would be greatly strengthened and more sustainable. More of that \$150 million would stay in our community, increasing the local job market and preserving farmland. And more individuals would benefit from fresher, healthier, delicious food, lowering our health care costs.

If you're reading this newsletter than you're already keeping food dollars local. We thank you for the support you give our farm, and the steps you are taking towards a sustainable community. Encourage your friends & family to buy local, too. We could double that percentage again.

Notes from the Muddy Fields

The harvest and packing crews have been working overtime this week to bring in the harvest. During the pre-thanksgiving rush we see our largest wholesale orders of year, and business at most farmers markets and the Farm Store about doubles too. This year's relentless rain has brought additional challenges to our teams in the field. We haven't been able to mechanically harvest anything in weeks, and so every last root is being pulled by hand. Here's a snapshot of what Wednesday and Thursday looked like:

-11,000 lbs carrots

-10,400 lbs cabbage = 260 boxes

-2,020 lbs Brussels = 100 boxes = approx. 200,000 sprouts!

-Packing crew washed a record 18 bins of roots on Thursday alone. Josh recalls our old record was 15 bins in one day. At approx. 800lbs per bin, total pounds washed and packed of carrots, beets, turnips, parsnips & potatoes was about 14,000!

Thank you to all the Baker Goddesses (Margie Diffner, Sara Salazar, Michaela Niclas, and Lana Bayal) who have been whipping up tantalizing quiches, muffins, quick-breads and cookies to keep both energy and morale high this week!

And a BIG THANK YOU to all the SUPER HEROS who, despite the pouring rain, responded to our SOS call for extra field labor this week. We wouldn't have made it through our monstrous orders without the help of Marissa Ortega-Welch, Mandy, Kathy Strozyk, Lisa Bridge, Connie Durant, Lisa Boulware, Lana Bayal, Kevin Brown and Ankur Shah.