



New Equipment Saves Energy and Water

Earlier this year, Nash's Organic Produce applied for an Environmental Quality Incentive Program (EQUIP) grant through the Clallam Soil Conservation District to purchase a low-pressure boom for irrigation. This equipment purchased with the help of this successful grant (shown above left) has proven to be very beneficial.

The McInnes Farm on Woodcock Road, is one of the more problematic fields at Nash's. Its soils have more clay than all the other fields, and it is difficult to get enough water there because it is at the end of a long and much-used irrigation ditch. Until this year, it took about a month to get water on the entire 20 acres, with an irrigation crew moving pipe on it daily. By the time the last segment was being irrigated, the first segments had dried out. The best crop for that type of soil is grain, but we could never seem to get the grain to grow at a uniform rate because of the uneven irrigation.

The boom has taken care of that problem for us. The entire field can now be watered in three days! Because the jets from the boom point downward and eject a gentle mist, it uses much less water to accomplish the same result and requires a single 5-hp pump, where the old pipe irrigation system used a 40-hp pump. So we are saving a significant amount of electricity and labor. If there's not a lot of water in the ditch, the field can still get the water it needs, and very little is lost to evaporation. When a field is saturated, the boom folds up easily and can be moved to a new location.

Because the boom is large—236 feet long—it is less suitable for beds of vegetables. But it does a fantastic job on grain and seed crops, freeing the irrigation crew and equipment for the veggies.

Meet the Crew—Karolina Tracz, Farm Chef

Karolina was born and raised in Poland and moved to Santa Barbara, CA, in her teens. On a road trip she fell in love with the Pacific Northwest and ended up moving to Seattle in 2005. In 2009, she approached Nash's employees at a Seattle farmers market to see if she could become a part of the farm team, and the rest is history. You may recognize her from the Strawberry Picnic.

She is now working as the farm's chef where she gets to use her culinary skills to educate and nourish the community. In her spare time, she likes to go on bike rides, bake cookies, have picnics with friends, listen to music, go on adventures, and have fun.

The most rewarding aspect of working on the farm for Karolina is getting to know all the people who work on the farm, enjoying the food grown at Nash's, the kindness of simple everyday interactions, the sense of community, the last-minute dance parties, and learning about growing healthy, organic produce.

Karolina's nickname is "Grandma" because she loves taking care of the boys on the farm and feeding them well. She also tends not be the night owl she once was!



What's in Your Box This Week!

Standard Box

Baby Bok Choi
Spinach
Red Radish
Green Leaf Lettuce
Baby Dill
Baby Artichokes
Triticale Berries
Basil
Baby White Turnips
Broccoli

Small Box

Baby Bok Choi
Spinach
Red Radish
Red Leaf Lettuce
Baby Dill
Baby Artichokes
Triticale Berries

Come see us at the Lavender Farm Faire, July 15, 16, and 17, from 10 am to 7 pm at Carrie Blake Park!

From Karolina's Kitchen

Triticale berries with baby artichokes, baby bok choi and dill oil saute

2 cups triticale berries, cooked
1.25 pounds baby artichokes
Bowl of ice-cold water + 3 cups of water mixed with juice from 2 fresh lemons (about 3 Tbsp.) or equivalent amount of vinegar
1 cup of water
1/2 cup olive oil
3 cloves garlic, minced
1 bunch baby bok choi, chopped
1 Tbsp. lemon juice or balsamic vinegar
1/2 teaspoon salt
Dash pepper

Rinse the artichokes. Set out bowl with 3 cups ice-cold water; add the fresh-squeezed juice or vinegar. Working on the artichokes one by one, cut off the stem to 1/4-inch from the base; peel back and remove the petals until only the top third of the cone tip is pale green. Cut off the pale green tips. Trim off any remaining green from base of artichoke. Halve or quarter the artichokes, depending on their size and drop in the bowl of acidified water (to prevent discoloration). Drain. In a large skillet, heat the artichokes and 1 cup of water to boiling. Cover and simmer 3-5 minutes, depending on the size of the artichokes. Drain well.

In a medium skillet, heat 2 Tbsp. oil, add 2 cups cooked triticale berries and garlic, and sauté. Once the berries start to turn golden brown, add artichokes and chopped bok choi, cook for another 10 minutes. Once cooked, serve on a bed of spinach drizzled with dill oil.

Dill Oil

1/4 cup of extra virgin olive oil
1 bunch baby dill

Clean dill by cutting the ends off, rinse under cold water, and let dry on a cloth napkin. Blend roughly chopped dill with olive oil and a little salt to taste.

Baby white turnip & garlic scapes dressing

1 bunch baby white turnips
1 bunch garlic scapes
1/2 cup olive oil
salt/pepper to taste

Wash turnips, cut off the tops and set them aside. Place chopped scapes and white turnips bottoms on a cookie sheet. Drizzle on 2 Tbsp. olive oil and roast for 45 min in a 375-degree oven. Once roasted and cooled, place all in a blender with the remaining olive oil and turnip tops. Blend all together, add salt and pepper if desired, and serve over sauteed broccoli.

Artichokes

The artichoke is related to the thistle plant, as illustrated by its flower (below, left) and is native to the Mediterranean. Spanish settlers brought artichokes to California in the 1600s, but they did not become widely grown or used until the 1920s. The artichoke really made it when Marilyn Monroe was crowned Artichoke Queen in 1948.



Artichokes are low in calories and fat, but rich in dietary fiber, which helps control the "LDL" or bad cholesterol levels in the blood. They are an excellent source of folic acid, B vitamins, vitamins C and K, antioxidants, and a rich source of minerals like copper, calcium, potassium, iron, manganese and phosphorus.

Baby artichokes can be trimmed and steamed, dipped into a little mayo mixed with balsamic vinegar. Young and tender artichokes, once steamed, can be squeezed, and the entire heart comes loose to be enjoyed!



Triticale

Triticale is a hybrid of wheat (triticum) and rye (secale), developed in Northern Europe in the 19th century. It is a healthy grain with a higher protein content than either wheat or rye alone. Of that protein, it also has a higher-quality amino acid balance than its parents. It has a higher lysine content than wheat and like wheat, can be stored for long periods of time.

If you have a counter-top flour mill and want to mill your triticale berries into flour, keep in mind that because of its weaker gluten content, when making leavened breads, you should use at least 50% wheat flour to ensure a good rise. Don't knead the dough excessively as this can damage triticale's delicate gluten.

A wonderful way to use the berries is to soak them overnight, drain, and then boil like rice.

The plump berries can be eaten in either sweet or savory dishes. Chill and add to salads; spoon over yogurt and cut up fruit; or sauté with chopped onion, garlic and herbs, for a delightful side dish.

