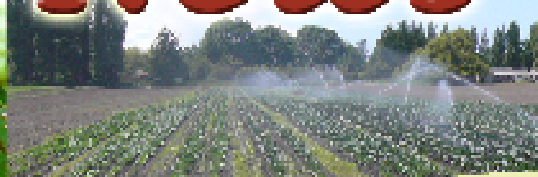


Nash's News

Box #4 of 20
July 29, 2011



New Life on the Farm

As summer finally gets underway, we see some new babies at the farm. We received a shipment of chicks to replenish our flock of laying hens—300 Rhode Island Reds plus 50 Cornish Cross. They are fed grain and peas from the farm, as well as local whey from Mount Townsend Creamery. We supplement their feed with kelp, bone meal, and other proteins for a few weeks, and eventually they will eat our grain plus bugs in the pastures. We also have piglets! These little guys (and girls) feed off Mama for a while, and then are fed the farm's barley soaked in whey.



What's in Your Box This Week!

Small Box

Bunched carrots
Red leaf lettuce
Raspberries
Baby dill
Spinach
Salad mix
Green cabbage

Standard Box

Bunched carrots
Red leaf lettuce
Raspberries
Baby dill
Spinach
Salad mix
Italian parsley
Broccoli
Baby bok choy

Meet the Crew—Sandy Jansen

Sandy Jansen assists Kia Armstrong in sales, accounting and office managing at the packing shed. She was born in Kansas City, MO, but moved to the Hawaiian island of Oahu when she was two years old. She attended the University of Hawaii where she received her Masters in Horticulture and worked at the University's Lyon Arboretum. She also worked at the Herbarium at the Bishop Museum of Cultural and Natural History in Honolulu. It was a four-month stint at the organic Kunana Goat Dairy on Oahu that opened her eyes about food.

"I started by eating from the grocery store and supplementing from the farm," Sandy remembers. "By the end, I was eating mostly off the farm!"

At UH, Sandy had met Louie Bliemeister, whose parents were in the process of developing a business, Designed for Living, in Sequim. Louie and Sandy moved here in 2004 and she continued her agricultural pursuits with a job at Nash's farm store. She stopped working at the farm store when she was pregnant with their first child and changed her focus to helping Kia organize the office and develop an accounts-receivable system for the farm, which gave her more flexibility with time. Louie and Sandy now have two beautiful boys, Theo, age 6, and Ansel, 2, seen at right with Sandy, when he was one-year-old.

"We love the community around Nash's Organic Produce," Sandy says. "It's really a family, and I love the diversity of talent. I also appreciate that the farm allows me flexibility with my time."

Sandy and Louie still have some La Mancha goats, a holdover from their Hawaii days. "They are for sale!" laughs Sandy. "We love them, but our own kids take precedence!"



From Karolina's Kitchen

Caramelized Cabbage

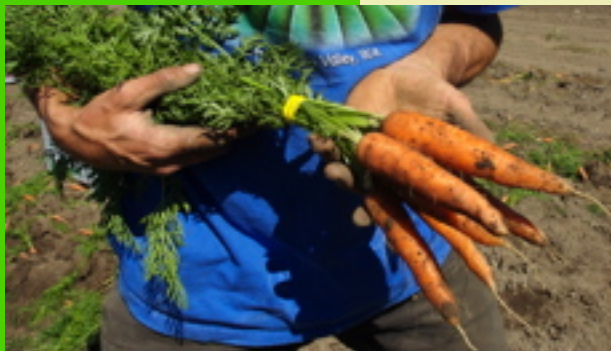
1 small cabbage, cored and sliced
1 bunch baby dill, chopped
1 large onion, sliced
1/4 cup butter
1 bunch spinach

Heat skillet over a medium heat and add butter. Saute the onion and baby dill in the butter until onion is just translucent. Add sliced cabbage. Place lid on skillet to allow cabbage to soften. Cook 4-5 minutes, stirring occasionally. Turn heat up to high and stir fry for a few minutes. The cabbage should begin to colour and caramelize with the onions. Season with salt and pepper. Serve it hot on a bed of spinach topped with carrot slaw.

Carrot Slaw

1 bunch carrots, shredded
1 Tbsp. lemon juice
1/4 tsp. kosher salt
1/4 tsp. white pepper

Stir all the ingredients together and let it stand in fridge for 1/2 hour. You can also make it up the night before.



Using Every Last Edible Bite!

Get the best bang for your vegetable buck and reduce your kitchen waste by getting creative about using your trimmings:

- Simmer root peelings, onion skins, and vegetables scraps to make sumptuous stock, which can be used as a base for soup, or to cook risotto/rice/quinoa etc.
- Shave broccoli stalks with a peeler & sprinkle with lemon zest and Parmesan cheese for a refreshing salad
- Use cauliflower, broccoli or Brussels sprouts leaves as you would bunched greens. Slice/shred/dice and toss into stirfry, soups or salads.
- Carrot tops can be blended into raw smoothies (as can most green trimmings) or used in a soup stock.

Refreshing Salad Mix*!

The 3/4lb bag of salad greens in your box this week contains a refreshing blend of these vitamin-rich greens:

- Mizuna** spiky, light green in color w/ white stem
- Lettuce** blend of red leaf, green leaf and romaine
- Amaranth** almost hot pink/dark red, small leaves
- Red Beet Greens** dark maroon color, med size leaves
- Pepper Cress** spicy, parsley-looking greens

**Salad mix has not been prewashed.*

Salads—more than meets the eye

When you eat a generous portion of green, leafy vegetables, you can fill up on only a couple of hundred calories. But those calories pack a nutritional punch that gives you benefits beyond weight maintenance:

- High fiber raw veggies to lower cholesterol and ease the digestive process.
- Powerful antioxidants, like vitamin C in broccoli, and bell peppers; vitamin E in sunflower seeds and spinach; folate in romaine lettuce and asparagus; and beta-carotene in orange veggies like carrots and sweet potatoes. Antioxidants may also play a role in preventing cancer. One study by the American Cancer Institute found that a diet heavy in fruits and vegetables can even reduce cancer risk in smokers.

A caveat—eating salad greens covered in croutons and cheese and dripping with a creamy high-caloric dressing is pretty much negating any benefits the salad may have. Try sprinkling a little crumbled Feta and sunflower seeds on top, and dressing your salad with balsamic vinegar and olive oil.

Salad Topping Ideas this Week:

- Fresh dill and parsley are AWESOME in salads!
- thinly sliced cabbage, marinated in lemon juice
- raspberries paired with a balsamic vinaigrette
- shredded carrots

