



## Eating Locally: A Step Towards Reducing Our Carbon Footprint

Our “carbon footprint” is simply a measure of our contribution to global warming. CO<sub>2</sub> is the best known of the greenhouse gases that trap heat in the atmosphere, but others, including water vapor, methane, and nitrous oxide, also play a role. Virtually every human activity, from watching television to buying a quart of milk, has some carbon cost associated with it, because most of our activities involve using energy.

A concept related to carbon footprints is that of “food miles,” the distance food travels from where it was grown to where it is ultimately consumed. The more food miles attached to a given food, the less sustainable and the less environmentally desirable that food usually is.

If the goal is only to reduce the emission of greenhouse gases, food miles are not the only consideration. Other factors that influence the carbon footprint of food include water use, cultivation and harvesting methods, fertilizer usage, packaging, and *how* a product is transported. Eating a local tomato is certainly better than eating one flown in from Chile. But if an organic food product is transported by ship, it may actually have a smaller carbon footprint than the same product grown with chemical fertilizers and herbicides/pesticides closer to the consumer.

However, eating locally involves more than reducing the number of food miles for any given product. When you eat locally, you support your local economy and provide jobs in your community. You establish a connection with the land and water where you live. Your Farm Share also brings you fresh, organic food grown without chemical fertilizers, pesticides and herbicides. Real food in its whole state is better for your health and further reduces your energy consumption because it is not processed or packaged. All these aspects of your Farm Share contribute to the reduction of the size of your family’s carbon footprint.

## Meet the Crew—Ramiro Tapia

Ramiro Tapia was born and raised in Morales, Mexico, and has been working at Nash’s Organic Produce for one year. When he first arrived in Sequim, he worked in a restaurant. “It was very stressful,” he remembers. “I had worked in either construction or agriculture in Mexico and I was not accustomed to being indoors so much of the time. A friend told me that Nash’s was hiring and I came to the packing shed as soon as I could to apply!”

No matter what the weather, Ramiro is happy to be working outdoors. He also works on other farms, producing lavender and cut flowers on the weekends. “I do not have family here,” he says, “but I find that there are good people working on the farms here and I have made many friends.”

Ramiro is part of the transplant crew at Nash’s but, like most of the people at the farm, he is versatile and willing to work wherever there is need—in the greenhouses, harvesting, preparing shipments for wholesale, carrot washing, and many other jobs.

*Ramiro Tapia with freshly harvested garlic*



### What’s in Your Box This Week!

#### Small Box

Carrots  
Golden Beets with Greens  
Green Onions  
Basil  
Red Chard  
Spinach  
Arugula

#### Standard Box

Carrots  
Golden Beets with Greens  
Green Onions  
Basil  
Red Chard  
Spinach  
Arugula  
Broccoli  
Red Radishes  
Mizuna  
Cucumber



## From Karolina's Kitchen

### Roasted Beet Salsa with Skillet-Browned Broccoli

- 4 medium golden beets
- 4 tablespoons extra virgin olive oil
- Salt and pepper
- 2 teaspoons shallots, finely diced
- 2 teaspoons fresh ginger, grated
- 1 teaspoon jalapeño, finely diced
- 1/2 teaspoon garlic, minced
- 1/4 cup fresh mint, minced
- 1/4 cup fresh cilantro, minced
- 2 teaspoons lime juice

To roast beets:

Preheat the oven to 375 degrees F. Trim the tops off the beets and drizzle with the olive oil. Season the beets with salt and pepper, wrap them in aluminum foil and roast until tender, about 40-50 minutes. Let cool in the foil.

While the beets are roasting, place the shallot, jalapeno, ginger, garlic, mint, cilantro, lime juice and 6 tablespoons of olive oil in a small bowl and stir to combine.

When the beets are done, carefully remove the foil. Peel them by slipping the skins off with your fingers. Dice the beets and add salsa mixture, stirring to combine. Taste for seasoning. Served on a bed of arugula or spinach

### Browned Broccoli

- 2 tablespoons oil
- 2 large stems of broccoli
- 1 large cauliflower
- 2 to 3 cloves garlic

Heat a skillet over medium heat. While it's heating, slice the garlic, broccoli and cauliflower from top to bottom into 1 inch slices. Toss in olive oil and sprinkle with salt and pepper. Place the veggies in a hot skillet, pressing them into the pan with a spatula. Cook them for 5 to 7 minutes, or until nicely browned. Once cooked, serve with shredded carrots or radishes.

## Beautiful Basil

Basil has been cultivated in India and Asia for over 5,000 years. Small wonder—anything that tastes this good is bound to be treasured by many cultures. The early Romans made it a symbol of love and fertility, and through the centuries, it became a custom of young Italian suitors to wear a sprig of basil as a sign of their marital intentions.

Basil is commonly used fresh in cooked recipes, generally added at the last moment, as cooking quickly destroys the flavor. The fresh herb can be kept for a short time in plastic bags in a refrigerator, but eventually the edges will turn black. It can be frozen, but it does not retain as much of its signature pungent flavor. Dried, the herb also loses flavor, and what little remains tastes more like hay!

The best way to store your fresh basil is to trim the ends off of the stems and put in a short jar filled with water and place the jar in a cool spot out of direct sunlight. Don't worry if the basil droops at first; it should perk right up after about 12 hours. Change the water in the jar daily. When stored this way, basil will stay fresh for weeks. In fact, if you leave the stems in water, they will eventually root and you can replant them in a pot or out in your own garden.

Eat fresh basil for maximum flavor. Add it to sandwiches and experience them anew. Try a different BLT. . . basil, lettuce and tomato, on a hearty artisan bread. Add basil to salads for a refreshing splash of flavor.

Basil is one of the main ingredients in pesto—a green Italian oil-and-herb sauce. Its other ingredients are olive oil, minced garlic, grated Parmesan cheese and crushed pine nuts.

At Nash's, we grow basil in greenhouses because it requires heat and humidity (see picture on page 1, top left). Basil is harvested before the plant produces flowers, because after flower production, foliage growth stops, the stem becomes woody, and essential oil production declines. To prevent this, flowering stems are pinched off before they mature. Since only the blooming stem is affected, the others still produce harvestable leaves.

Called "the king of herbs," fresh basil is delicious in sauces and soups, chicken, pasta, eggs, fish, and pizza.

