



### Standard Size Box

Red Gravenstein Apples

Kailaan (Asian Green)

Italian Parsley

Green Chard

Purple Turnip w/ Greens

Red Radishes

Beans (Mixed Variety)

Gypsy Peppers

(cert. organic from Alvarez Farms)

Bok Choi

Red Potatoes

Bunching Celery

### Small Size Box

Red Gravenstein Apples

Kailaan (Asian Green)

Italian Parsley

Green Chard

Purple Turnip w/ Greens

Red Radishes

Beans (Mixed Variety)



*Irrigation Crew Member  
Patrick Drum*

## The Irrigation Dance

Irrigation starts in late March as we begin prepping infrastructure in anticipation of the water being turned on and flowing through the ditches on April 15<sup>th</sup>. The season wraps up on September 15<sup>th</sup>, when the ditches are turned off until the following spring. A heavy snowpack in the mountains ensures that we will not have to worry about the possibility of a drought. In low snow years however, water easily becomes the focus of the entire season as we would have to drastically change our cropping patterns without irrigation water from the snow-pack fed Dungeness River.

Because Nash's fields are at the end of the Cline and Dungeness Irrigation Ditches, several other farms have access to the water before we do. Making sure the water is distributed evenly takes patience and a lot of relationship-building. Irrigation equipment such as pumps, main lines, lateral lines, sprinkler heads, seals, gaskets and pipe trailers also have to be kept in working order for everything to run smoothly. If all goes according to plan, the three-person irrigation crew spends their days moving 40 foot aluminum pipes around fields and laying them in rows several hundred feet long. After soaking an area about 40 feet on either side of the pipe, the crew moves the line piece by piece 60 feet over to the next section of field. There are six pumps throughout the farm, and one pressurized gravity system. Patrick Drum, Tyler Bond and Eric Schneider are a hard working team, and walk an average of 7-9 miles a day schlepping pipe!

In addition to hand-lines, irrigation can also be done with a huge cannon that shoots water about 300 feet and broadcasts it in the shape of a fan. Its mechanism slowly pulls it backwards over several hours, inching it across the field. This works well with grains and some vegetables, but the force of the water limits its use. We also lay black drip tape and utilize drip irrigation for some crops, including cucumbers, basil and summer squashes. However, the lion's share of irrigation at Nash' is the familiar pump and pipe system.

Nash Huber has served on the Soil Conservation District for the past 8 years. One of the District's most important efforts has been the piping and covering of the old irrigation ditches, preventing water loss from evaporation and ground absorption, protecting the quality of the water and leaving more of it in the river for salmon.

## Meet the Crew- Patrick Drum

Originally from Astoria, Patrick Drum has moved to Sequim in 1990 and has worked at the farm since last fall. A hard worker, Patrick has jumped in to help with lots of different jobs, including harvest crew, irrigation, store set-up and grain bagging. A poet, animal lover and former boxer, Patrick is saving up to buy an espresso stand and would like to be self-employed some day. He loves hiking and one of his favorite spots is Silver Lakes. He also has non profit aspirations and hopes to begin a 501c3 to prevent 32 million trees from being cut down annually at Christmas time. Patrick envisions giving people potted trees to enjoy during the holidays, with the stipulation they plant them in the New Year. Contact him at the farm if you want more info or to help him get this idea off the ground! His favorite vegetables? Cucumbers, brussels sprouts and lacinato kale and cabbage. "I like the farm because it's community oriented—everyone helps each other out."

## What's in the Box This Week—

The Clapp field is overflowing with delightful, succulent Asian greens. They grow well in our late summer and fall climate, and so we've been increasingly experimenting with lesser-known varieties. Your box this week features **Kailaan**, also known as **Gailaan**.

Sometimes called Chichese Broccoli or Chinese Kale, Kailaan has a sweeter flavor than some of its cousins. Leaves, stalks buds and flowers are all edible. Simple to prepare, use it as you would broccoli or kale. Its exceptionally delicious stir-fried with beef, chicken, pork, or tofu and a little ginger, garlic, soy sauce and a splash of lime or orange juice. High in calcium, iron, and vitamins A and C, one stalk provides 1.5 times the daily requirement of vitamin C.

Your **purple turnip** can be used raw or cooked. Grate it on salads for color and kick, or cube it up with other roots and roast it in the oven. Also try slicing into thin wafers and making some refrigerator pickles by marinating the turnip in vinegar, salt and spices.

**Turnip greens** are an excellent source of vitamin A (through their concentration of carotenoids, such as beta-carotene), vitamin C, vitamin E, vitamin B6, folate, copper, calcium, and dietary fiber. Three conditions for which they are of special importance are rheumatoid arthritis, colorectal cancer and atherosclerosis.

The **Italian (Flat Leaf) Parsley** and **Bunching Celery** look very similar, so here's a few tips for distinguishing them in your box: the bunching celery is in the end of the box, the parsley is laying lengthwise. The leaves of the bunching celery are more frilly, and they taste like celery! So if you're wondering which is which, give 'em a taste. Bunching celery adds great flavor and nutrition to soups, salads and stirfrys.

We grew four kinds of bush **Beans** this year: Purple, Green, Yellow and Scarlet Runner. They are all excellent raw,



Beautiful Bok Choi (in standard size boxes this week)

steamed or stirfried. We haven't had enough of just one variety to supply all the boxes, so we've been picking some of each and distributing them randomly. Hopefully you have had the chance to enjoy a few different kinds.

The **Red Gravenstein Apples** this week are an early-ripening variety that grows well in our climate. Nash's small orchard is located next to the packing shed at the Dungeness Field. Although some of the apples are small in size, they're crunchy & flavorful—perfect for back to school lunch boxes!

## Spicy Stir-fried Chicken with Peanut Sauce

2 Tbsp. soy sauce, divided  
2 Tbsp. dry Sherry, divided  
3 tsp. sesame oil, divided  
2 tsp. honey, divided  
1-1/4 pounds skinless boneless chicken breast halves,  
cut crosswise into 1/3-inch-wide strips  
3 Tbsp. peanut oil, divided  
4 green onions or 1 med onion  
2 tsp. chopped dried chilies  
1 large bunch Kailaan cut into 1-inch strips  
1 cup small-diced turnip w/ greens  
1 cup green beans, cut into 1 inch pieces  
1/4 cup chopped roasted salted peanuts

—Whisk 1 Tbsp. soy sauce, 1 Tbsp. Sherry, 1 tsp. sesame oil, and 1 tsp. honey in medium bowl. Add chicken; marinate 20 to 30 minutes.

—Whisk remaining 1 Tbsp. soy sauce, 1 Tbsp. Sherry, 2 tsp. sesame oil, and 1 tsp. honey in small bowl and reserve.

—Heat 2 Tbsp. peanut oil in large nonstick skillet over high heat. Add onions and garlic and chili flakes; stir 30 seconds. Add chicken; stir-fry just until cooked through, about 3 minutes. Transfer chicken mixture to bowl.

—Add 1 Tbsp. peanut oil to same skillet; heat over high heat. Add turnips, green beans and kailaan by large handfuls; stir just until beginning to wilt before adding more. Sauté just until tender, 1 to 6 minutes, depending on type of veggies being used.

--Return chicken to skillet. Add reserved soy sauce mixture; stir until heated through, about 1 minute. Season with salt and pepper. Transfer to serving bowl; sprinkle with peanuts and serve.

*Recipe sourced from epicurious.com*

## Save the Date!

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| -Jefferson County Farm Tours  | Sept 19, 10-6pm   |
| -Incredible Edible Festival, Sequim   | Sept 25           |
| 100 Mile Harvest Dinner, fundraiser to save farmland<br>(Friends of the Fields) | Sept 26th, 5:30pm |
| -Clallam County Farm Tours  | Oct 2nd, 10-4pm   |
| -Nash's Fall Potluck & Barndance  | Oct 2nd, 6:00pm   |
| -Tilth Producers of Washington Annual Farming<br>Conference. Fort Worden, PT    | Nov 12-14         |