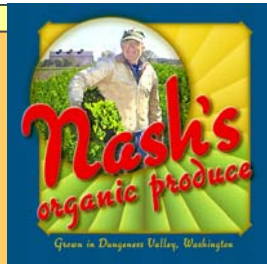


9/5/09

Corn
Red Chard
Green Bell Peppers
Baby Bok Choi
Cucumber



Box 8 of 25

Leeks
Red Radish
Green Leaf Lettuce
Nectarines
Pears

The waters of life flow into the Delta

The Dungeness River starts in Heather Basin, high up in the Olympic Mountains at the base of Mount Mystery. Along its 32 mile journey, it winds through steep canyons, through the Sequim-Dungeness Valley and enters the Strait of Juan de Fuca. These waters carry a special cargo—minerals that were originally sediments on the ocean floor. The Olympic Peninsula was formed by tectonic uplift, a collision of the earth's plates to create a mountain range. As the Dungeness scours mountainsides on its journey to the sea, it carries with it ancient sea minerals.

Unlike other areas of the Pacific Northwest, Sequim must irrigate for agriculture because it is in the 'rainshadow' of the Olympics. The Dungeness Valley's average rainfall is around 10 inches per year, closer to a Mediterranean climate. To compensate for low rainfall during the driest part of the year, the Sequim-Dungeness Valley has a set irrigation season from May 1st to September 15th. During this time, the Sequim-Dungeness Valley Agricultural Water Users Association routes some of the Dungeness River's water through a series of ditches which feed the irrigation system for the Dungeness Valley.

During the summer months, farmers depend heavily on the irrigation ditches which receive their water from the Dungeness river. Maintaining the health of the river is equally essential to the farmers to ensure future use of this precious resource. For this reason, the Water Users Association monitors the level of the river carefully and will impose restrictions if the water level is not sufficient for fish and wildlife populations. "Its about the fish, we will always make sure they have enough water in the river, even if our crops have to suffer," said Sam McCullough who helps oversee the farm's irrigation and field preparation.

As farmers irrigate with the waters of the Dungeness River, they replenish the soils with many of the minerals that their crops take away every year. The special nature of the Dungeness River is yet another aspect of the Sequim-Dungeness Valley that makes it uniquely suited to excellent agriculture.

Meet the Crew! James and Sallie have been working on the Farm since March, and are nearing the end of their time on the Olympic Peninsula. James Burtle came to the farm from an aikido farming connection he developed while training in Oakland, CA. He has worked with food & people for 15 years in the restaurant biz, & enjoys traditions of responsible use. As a member of the irrigation crew, James has been moving about 300, 20'-60' long aluminum pipes a day, setting up water lines and dealing with pumps. He enjoys the physical nature of such work & finds it satisfying to turn the water & watch it flow. He has also enjoyed working among the amazing birds on the delta, and finds them captivating. James will be heading back to his home state of Michigan to pursue farming & aikido training



Photo by Margie Diffner

Good luck in MI Sallie & James... we'll miss your energy & smiles!

Sally Constant was drawn to Nash's because she was interested in working on a farm of this scale that produces a wide range of vegetables. Formerly a University of California at Santa Cruz Farm and Garden Assistant Field Manager, Sally has played a key role on Nash's Harvest Crew for the past 6 months. She enjoys looking at mountains while scrambling around to various fields picking veggies, and is excited about the corn coming on! Sallie looks forward to moving to Michigan with James, and is excited about her future as a farmer or gardener.

VEGGIE TACOS WITH CUCUMBER-RADISH SALAD

1/2 a leek, cleaned & chopped (see below)
1 med. green pepper, chopped
2 ears of corn, kernels sliced off cob
1 bunch of chard, shredded (reserve a few big leaves to use as "tacos" roll-ups if you're not doing corn or wheat these days.)
A big chunk of cucumber, grated
Several radishes, grated or thinly sliced
A fresh lime
Apple cider vinegar
Several cloves of garlic, pressed or finely chopped
Cumin & coriander (seeds toasted/ground are great!)
Salt & pepper
Tortillas

Make the salad first so it has a few minutes to marinade. Combine cucumber, radishes, some garlic, splash of apple cider vinegar & salt & pepper to taste. Set aside.

Heat large sauté pan (cast iron works great!) on med-high heat & add onions & green peppers. A splash of olive oil will help things sizzle, but you should also be able to dry-toast the first three ingredients. After the leeks & pepper have some color and have begun to soften, add the corn & garlic & cook for a few more minutes on high heat, trying to toast (but not overcook) the corn. Add the chard, four or five large pinches of cumin & coriander, and salt and pepper to taste. Splash with water, cover & let simmer for 5 minutes or so, stirring occasionally.

Roll up filling in steamed or raw chard leaves or in corn/flour tortillas. Top with salad and fresh herbs! This sauté and salad are also wonderful over rice, quinoa or cooked grains such as wheat, triticale or rye berries.

Original Recipe by Kia Armstrong of Nash's Organic Produce

Bok Choi Facts: Bok choy, or *brassica chinensis*, is classified as a cabbage, although it bears little resemblance to the standard round headed European cabbages that we know so well. Rich in fiber and potassium, bok choy also packs a calcium-punch: 1 cup of bok choy is equal in calcium to 1/2 cup of milk! Bok Choi is a good source of folate (Vit B9) and has more beta-carotene than other cabbages.

A wonderful additional to soups and stir fries, bok choy adds a light crisp texture to the mix while soaking up all the yummy flavors of the broth or seasoning. Smother Bok Choi stalks with peanut butter for an alternative kid treat and then use the vitamin C rich leaves as a substitute for lettuce in your sandwich.

The **Leeks** in your box this week are the first ones we've harvested this season. Tender and delicious, young leeks can actually be used raw in salads or in any recipe in place of green onions. Cleaning leeks is simple but takes a few quick steps to remove the dirt that gets trapped between the layers as it grows. Slice the leek from top to bottom, and run the leeks under cold water while massaging dirt out from between layers. Then slice and dice it into your favorite dish. Leeks can be used in most recipes that call for onions, and are particularly wonderful in soups and stirfrys.

The **green bell peppers** in your box this week are certified organic from Inaba Farms in Eastern WA. (another hot weather crop we just don't try to wrestle with anymore!) Check out PCC Natural Market's 'Produce Profile' about the four generation Inaba Farm at: <http://www.pccnaturalmarkets.com/products/producers/inaba.html>

The **nectarines** are certified organic from Sunny Slope Ranch in Sunny Slope, E. WA. They are #2 quality (the only kind we could get from them) but are superb! Please let us know if you have any quality issues with your nectarines and we will credit you. More info about Sunny Slop at: <http://www.sunnysloperanch.com/>

The **Pears** are certified organic from Jerzy Boyz in Chelan. We are LUCKY to get our hands on these Purple Goddess pears, direct from our fabulous fruit growing friends. Here's a note from orchardist Wynne: *Pears do not ripen well on trees. They are harvested when they are mature but unripe and need to be ripened after harvest. Bartlett pears change from green to yellow as they ripen. Non-Bartlett pears (Anjou, Bosc, Comice, Concorde, Seckel and Forelle) do not dramatically change color as they ripen. Because pears ripen from the inside out, the best way to check for ripeness is to "check the neck." To do this, gently press near the stem with your thumb. When it gives to gentle pressure it is ripe, juicy, and ready to eat. If you wait until the pear is soft around the middle, then it will be overripe.* **Q: How do you ripen pears? What is the fastest way to ripen them? A:** *Pears need to ripen at room temperature, so leave them on the kitchen counter or on the dining room table to enjoy their beauty as they ripen. Placing pears in a paper bag will help them ripen faster. Be sure to check them daily so they don't get overripe. Add apples or bananas to speed up the process, as ripening fruit naturally gives off ethylene, so more ethylene in the air around the pear will help speed ripening. Place ripe pears in the refrigerator to slow further ripening.* More info about Jerzy Boyz at <http://www.rodaleinstitute.org/2004913/wynnescott>