



Grown in Dungeness Valley, Washington

Standard Size Box

- Juice Carrots
- Cilantro
- Anaheim Peppers (certified organic from Alvarez Farms)
- Cucumber
- Cylinder Beets with Greens
- Eggplant
- Triticale Berries
- Green Onions
- Blackberries
- Garlic (variety – ‘Musik’)
- Lacinato Kale

Small Size Box

- Juice Carrots
- Cilantro
- Bok Choy
- Cucumber
- Cylinder Beets with Greens
- Eggplant
- Triticale Berries
- Green Onions



A native bee homes in on a phacelia flower.



Nash's News

Box 9 of 20

September 10, 2010

Flowers Abound!

Meet Michaela Niclas

A part of Nash’s farm community for over seven years, Michaela makes time to help out with a wide variety of field and Farm Store projects, despite her busy life as a wife, mother of two, and a lampworking glass artist. This year she partnered with the farm and her family to fulfill her dream of growing flowers on a larger scale.



The garden behind the packing shed is brimming with colorful, edible and medicinal blooms from ‘Amaranth to Zinnia’, including echinacea, gladiolas, bells of Ireland, iris, calendula, straw flowers, violas, borage, bachelor buttons, and suworowii statice.

“All plants have a purpose,” shares Michaela. “I’m passionate about their amazing ability to heal and bring beauty to our lives. I love working in harmony with the soil and mother nature to create honey bee habitat and grow gorgeous flowers—its an important part of a healthy farm.”

Michaela’s entrepreneurial spirit, combined with her interest in herbs and medicinal plants, led her to begin her own business, Practical Plants. Based out of their home garden in Carlsborg, it specializes in growing culinary and medicinal herbs and processing them into teas, steams, culinary salts and relaxing, rejuvenating remedies.

Michaela’s unique bouquets and healing products can be found at the Farm Store, traditional and on-line farmers markets such as www.sequim.locallygrown.net, and local florists and restaurants have been snatchin’ them up as well.

Folks are invited to visit the farm on Oct 2nd for the annual Clallam County Farm Tours, and to take a stroll through Michaela’s garden. She’ll be sharing info about what she’s been growing and inspiring people to plant their own health and beauty at home.

Promoting Pollinator Productivity

In the past 50 years, the U.S. has lost about 50% of its wild and domestic bee populations, and numbers have fallen dramatically around the world. This is cause for alarm as 80% of insect pollination for U.S. agriculture is done by honey bees, and over 90% of the food we eat must be pollinated. Commercial beekeepers truck hives all over the country, from almond orchards in California to citrus trees in Florida, to ensure crops are properly pollinated.

It is becoming clear that many modern agricultural practices are responsible for the decline in bees: pesticides kill them along with the pests, herbicides destroy plants that bees need for forage, and genetically modified crops alter pollen in yet unknown ways. These factors weaken the bees’ short and long-term health and they fall prey to diseases like tracheal mites, varroa mites, nosema, and now colony collapse disorder.

At Nash’s, we strive to assist our precious pollinators by providing habitat and planting forage for them in various fields throughout the entire farm. Phacelia, alyssum and cilantro are all examples of plants we grow specifically for insect habitat. *(continued on page 2.)*

What's in the box —

We've got a lot of juicer-grade carrots coming out of the Willits Field this week (see email for more info), so your box is loaded-up with **5# of Juicing Carrots!** We hope you will use them as you would any other carrot, and perhaps be inspired to start juicing—a fast, delicious way to get vitamins and minerals directly into your system. More info about juicing in your email from Sid this week.

We grew 9,600 lbs, about 4.8 tons of nutritious, delicious **Triticale** in 2009, and we're just finishing up that inventory as the 2010 crop fully matures and is almost ready to harvest. (Keep your fingers crossed for dry weather—90% of our 2010 grain is still in the field and we need sun to harden the kernels and dry it out so Sam can get the combine-harvester going!) Because the energy, nutrients and naturally occurring oils in grain are not released until its cooked, flaked, cracked or ground, grain has a long-term storage life.

The triticale in your box this week is actually a cross between wheat and rye, and was developed relatively recently in the early 1970's. High in protein and lysine, trit has exceptional flavor & is great for breakfast cereal, cold salads, stews, casseroles and meatloaf. See email for more cooking tips!

The **Aneheim Peppers** and **Eggplant** are from the 120 acre certified organic Alvarez Farm in the upper Yakima Valley. Hilario and Soledad Alvarez grow over 200 varieties of vegetables and melons, including peppers, tomatoes, eggplant, potatoes, zucchini, peas, beets, green onions, corn, okra, garlic, summer and winter squash & peanuts. We purchase a few items from them directly to round out our cooler-weather product line. The Aneheim peppers are relatively mild, and are wonderful stuffed, sautéed or roasted. The eggplant is also a treat, and can be easily grilled, baked, breaded or stir-fried.

Small box members have their first hit of full sized **Bok Choi** this week. Similar to the baby bok choy last week, this parent veggie is juicy and delicious raw dipped in hummus, or sautéed. Experiment by sizzling some garlic, green onion, orange zest and thyme in olive oil, adding several handfuls of thinly sliced bok choy and a few Kalamata olives. If you've got some fresh tomatoes, add them in too. Sauté until everything is crisp-but-tender, about 8 minutes. Toss with fresh parsley or cilantro and enjoy over rice or quinoa!

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Helping Bees at Nash's

Called “bee pastures,” these small floral havens are ideal for bees and other beneficial insects to find refuge, food, and places to nest. In return, they pollinate nearby crops and often prey on harmful, unwanted insects. Because Nash's is an organic farm, we don't use any pesticides or herbicides, nor do we grow any genetically modified crops. These age-old growing practices assist pollinators in the Dungeness Valley.

In your home yard or garden, you can also provide for nature's miraculous pollinators. Here are some tips:

- DO NOT USE any herbicides and pesticides. (If you feel you must spray, do so at night when bees are not flying, and spray directly on the plant. Do not broadcast spray.)
- Plant bee-friendly flowers in clumps, not rows, and select plants that bloom at different times of year.
- Bees love fruit and nut trees; vegetables; herbs like sage and thyme; wildflowers like asters, phacelia, sunflowers, clover, and dandelions; and ornamentals like ice plants and honeysuckle.

Colorful Whole-Grain Salad

1 cup triticale berries, soaked overnight
2 cups water Salt to taste
2 green onions, white and green parts, chopped
2 carrots, grated
1 beet, grated
1/3 cup fresh parsley or cilantro, chopped
1/3 cup chopped walnuts
2 Tbsp. olive oil
1 tsp. toasted sesame oil (optional)
2 tsp. plum vinegar, balsamic vinegar
Juice of 2 lemons or limes
2 cloves garlic, pressed or finely minced/grated
Salt and freshly-ground black pepper to taste

1. Bring salted water to a boil and add grain. Return to a boil, then reduce to simmer and cook until grain is tender, about 45-55 min. Drain and cool.
2. Place cooked grain in a medium salad bowl. Add scallions, carrots, beet, cilantro/parsley and walnuts, tossing to combine.
3. In a small bowl, whisk together the olive oil, garlic, sesame oil, vinegar, lemon/lime juice, and salt and pepper to taste. Pour over salad and mix to distribute evenly. Serve immediately, or refrigerate for a couple of hours.

Eggplant Bruschette

Halve eggplant lengthwise and make shallow 1/2-inch-long incisions all over cut sides with tip of a paring knife. Arrange eggplant, cut sides up, in a shallow baking dish and add an unpeeled garlic clove or two. Sprinkle thyme, rosemary, oregano, sea salt, and pepper over eggplant, then drizzle eggplant and garlic with 2 tablespoons oil. (toss in other veggies to fill up the pan if you want!)

Bake until eggplant is tender and then roughly chop it up. Squeeze out garlic flesh from shell and combine the two. Season with salt and fresh pepper, and spread over toasted baguette slices. Top with optional cheese.