

1-22-10

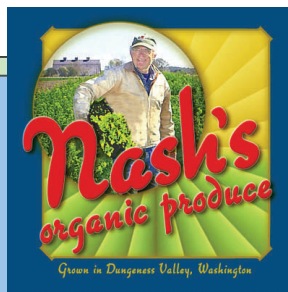
## What's in the box?

Sunchokes

Red Onions

(organic from Hedlin Family farms in La Conner)

Green Cabbage



Box 1 of 10

Green Kale

Cylinder Beets

Rutabagas

Carrots

## Welcome to Nash's Winter Farm Share Program!

Thank you for sharing the harvest with Nash's Organic Produce all through the Winter months. We hope you enjoy the experience of eating fresh, local, organic vegetables during the coldest time of the year, when keeping healthy is so important, and the deep, rich flavors of Nash's veggies help to take the edge off the long nights. By the end of this farm share season, we will have reached the Spring Equinox and our days and spirits will be brighter. Meanwhile, enjoy your farm share!

If you have any questions or comments about the program, please call our Farm Share Coordinator Sid Maroney (right) at 360-681-6274.



## PCC Farmland Trust Farm Tour

On Saturday, January 16, about 150 farmers, distributors, bakers, PCC Farmland Trust Members and community members, from Oregon to British Columbia, participated in a tour of the different fields that make up the 400-acre operation of Nash's Organic Produce. Traveling in three large buses, the tours were led by experienced farm crew members, including Nash Huber, Chris Tipton, Josh Gloor, Jared Zyskowski, Scott Chichester, and Kia Armstrong. The tour included a seed-cleaning demonstration at the Delta Farm and a lively discussion in the evening about sustainable agriculture with Nash Huber and Clallam County Extension Agent Curtis Beus. Entitled "Farmer 2 Farmer 2 You," participants on the tour explored the ins and out of farming in the winter in the Sequim-Dungeness Valley, and got a tutorial on organic practices for vegetables, seed and local grain production. The event was also sponsored by Tilth Producers of Washington and Friends of the Fields.

**-The knobby SUNCHOKES in your box** are nutty & slightly sweet. Don't bother peeling them, just scrub 'em up & enjoy raw, grated into salads, sliced into stir-frys, or roasted or baked like you would a potato. Great for diabetics cause they're wont spike your insulin, 'chokes also help with symptoms of arthritis.

**-Please return your boxes!** To flatten them, please use a knife or scissors to cut the tape on the bottom of the box, instead of ripping the tape off. This will help reinforce the box instead of weakening it, ensuring it can be reused!

## Beet Soup

Recipe adapted from Deborah Madison's, Vegetarian Cooking for Everyone

6 Cups veg, chicken or beef stock, including 1/2 tsp dill seed, 1/2 tsp caraway seed and 1/4 cup lentils.

3 large beets, cut into 1/2 pieces

2 onions, finely diced

2 tablespoons butter or olive oil

1 large or two small sunchokes, turnips or rutabagas

2 cups chopped kale, beet greens or collards

Salt and freshly milled pepper

1 tsp lemon juice

Chopped dill, optional

Sour cream or drained yogurt, optional

Prepare your stock, straining everything at the end so you have 6 cups to make your soup with.

In a soup pot over medium heat, cook the onions in the butter until soft, about 7 min, stirring now and then. Add all the roots and 1 tsp salt and cook 5 minutes more, stirring occasionally. Add the stock to the vegetables. Simmer until the beets are tender, about 10-15 minutes, adding the kale during the last 5-10 minutes. Taste for salt and add the lemon juice to bring up the flavor. Serve the soup sprinkled with dill, seasoned with pepper, with an optional spoonful of cream in each bowl.