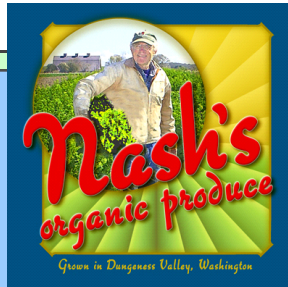


2-5-10

What's in the box?

Triticale
Purple Potatoes
Detroit Beets



Box 3 of 10

Nash's Red Kale
Melrose Apples
Delicata Squash

The Winter Farm Share—Yes, it's smaller

Some of our Winter Farm Share members have expressed disappointment that their box is not as large as the one that the Farm Share Program runs from July to the end of Fall. We apologize for any misunderstanding.

We tried to make it clear in our brochure that the contents of each box "should provide the foundation for 2 to 4 people's meals per week" and that each weekly box would contain 5 to 7 different items. The current boxes are indeed smaller than the Summer/Fall boxes and were priced accordingly.

New for the Summer/Fall Farm Share Program—two options: a large or small box! More information on the new program will be available by March 1st when early bird pricing begins!

Stuffed Delicata Squash

- 2 Tbsp. butter
- 1 large onion, finely chopped
- 2 minced garlic cloves
- 1/2 tsp. salt
- 1 Tbsp. chopped fresh sage
- 1/4 cup each of the following, chopped: walnuts, pistachios, almonds, and pine nuts
- 1/4 cup plain low-fat yogurt
- 2 eggs, lightly beaten
- 1/2 cup freshly shredded Parmesan cheese
- 1 large or 2 small delicata squash, halved lengthwise and seeded



Preheat oven to 350. Melt butter in a large frying pan over medium-high heat. Add onions, garlic and salt. Cook, stirring occasionally, until onion is soft, about 3 minutes. Stir in sage and cook until fragrant, about 1 minute. Stir in nuts. Set aside.

In a large bowl, combine yogurt, eggs, and 1/3 cup Parmesan. Stir in nut mixture. Divide stuffing among squash halves, sprinkle with remaining parmesan, and bake until tender when pierced with a fork and tops are golden, about 45 minutes.

The combination of the nuts, sage, and onions almost makes the dish taste like there's sausage in it! We thank MyRecipes.com from *Sunset* magazine for the recipe.

Enjoy a delicious breakfast and help protect farmland!
Join Friends of the Fields for the

Fourth Annual Farmers Breakfast

Sunday, Feb 7th, 8am-1pm
Macleay Hall, Sequim

Live music from Cort Armstrong and from the Kentucky Bullfrogs. Enjoy this hearty meal as a brunch or lunch and get the whole families feet tappin' to live country blues and bluegrass. \$12 per person, \$6 children under 10.

About Triticale

Triticale (rhymes with daily) is a hybrid between wheat and rye. It has more gluten than rye and more protein than either rye or wheat. It also has a more healthful amino acid balance, and double the lysine as wheat. The word triticale comes from the Latin words for wheat (*triticum*) and rye (*secale*).

Triticale has received attention as a potential energy crop and research is currently being conducted on the use of the crop's biomass in bioethanol production.

When eaten in moderation, whole grains like triticale are a great energy food for people, too! Triticale can be prepared like rice and eaten as a side dish or added to soups and salads. It can also be rolled or eaten whole as a hot cereal. You can roll your triticale at Nash's Farm Store, 1873 East Anderson Rd. in Dungeness. The roller is located right as you enter the main doors. Hours are Tuesday through Sunday, 9:00 a.m. to 5:00 p.m.

Delicata Squash

Delicata squash has edible skins! A versatile squash that can be used in many dishes, Delicata is sweet and tender. Cut it lengthwise, scoop out seeds, and slice it thin into a stirfry or bake it with the skins on alongside purple potatoes and Detroit beets...YUM!

The Delicata squash in your box is from Hedlin Family Farms. We also thank Lazy J Tree Farm in Agnew for growing the delicious Melrose Apples.