

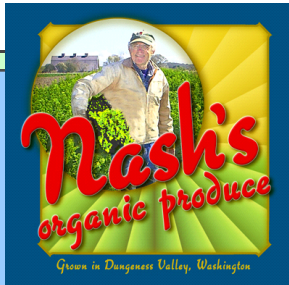
3-5-10

What's in the box?

Green Savoy Cabbage

Cylinder Beets

Root Medley



Box 7 of 10

Rainbow Lacinato Kale

mixed with its Raab

Rye Berries

Gearing up for Spring!

It's happening. The weather is warmer and we are already planting in the greenhouses on the Dungeness Farm.

The crew is putting seeds into trays in the four long greenhouses that you can see next to the Dungeness River. They are currently planting early lettuces, broccoli and early kales. In about four weeks (weather permitting) they will plant the starts in the fields.

One of the most important things we do in the spring is to prepare the soils for the coming year, including spreading composts and plowing in cover crops. Learn more about soils at our Farm Store at 1873 East Anderson Road where the monthly theme for March is "Soil: It Feeds Your Food."



Farming — World's Greatest Gamble

Nash Huber is not a gambling man. That is to say, he doesn't go to casinos or buy lotto tickets. But he does farm, and farming has to be one of the riskiest of all human endeavors. Fortunately, most of the time it works for people because they have learned over the millennia how to work with nature to meet their needs. But nature can still fool us from time to time.

Weather is probably the biggest risk factor. We plant our fields from spring to early fall, but who can say what the weather will be like by the time the last of those crops are due to be harvested. Last year, we had a deep freeze in December, but we did not have the snow that usually accompanies such cold weather. Snow is an excellent insulator for veggies, whether root crops like carrots or potatoes, or a leafy green above ground. But if the temperature drops below freezing for more than a few days, and there is no snow cover, they get mushy.

This winter was also extremely wet, which made it difficult to harvest or to use equipment in the fields. We are grateful to our dedicated crew who put on their rubber boots this winter and got out in it every day to bring in the crops. And now, we have beautiful spring weather! Yessss!!!

Rye Berry Timbales

- 3/4 cup raw rye berries
- 1/3 cup chopped celery
- 2 Tbsp. grated onion
- 1 tsp. minced garlic
- Safflower oil for coating ramekins
- 1 cup chopped tomatoes
- 3/4 cup finely chopped kale leaves or raab
- 1/2 tsp. ground dill seed
- 1/4 tsp. dried sage
- 1 tsp. minced cilantro
- 2 Tbsp. low-sodium soy or tamari sauce
- 1 egg, beaten
- 1/2 cup grated low-fat mozzarella cheese

In a large pot over medium-high heat, bring 2 cups of water to a boil. Add rye berries, celery, onion, and garlic. Simmer until berries are tender and all water has been absorbed (about 45 minutes). Preheat oven to 350 degrees F. Lightly oil 8 ramekins (small 4-ounce individual souffle dishes) and place in a shallow baking pan. Fill pan with 1/2 inch of boiling water. In a large bowl combine tomatoes, kale, dill, sage, cilantro, soy sauce, egg, and cheese. Stir in cooked rye berries and vegetables. Spoon mixture into ramekins, filling to within 1/4 inch of top. Bake until firm (about 45 minutes). Unmold and serve hot. We thank the California Culinary Academy File for this recipe.

Rye is a good source of fiber and richly endowed with noncellulose polysaccharides, which have a high water-binding capacity and quickly give a feeling a fullness. Rye bread or cooked rye berries, either as a hot breakfast cereal or a pilaf, are a real help for anyone trying to lose weight. A cup of cream of rye cereal provides 17.3% of the daily value for fiber. Rye berries have a pleasant nutty flavor that makes them quite versatile.

Root Medley This Week

Your root medley this week is made up of rutabagas, parsnips, both types of turnips, sunchokes, plus cylinder, Detroit and golden beets. Cut the root veggies and one apple and one pear into 2" pieces. In a large bowl, mix pieces with 3 Tbsp. olive oil, 3 Tbsp. maple syrup, 2 Tbsp. soy sauce, and salt and pepper to taste until evenly coated. Transfer to an oven-proof baking dish and sprinkle with a little thyme. Bake about 1 hour or until veggies are tender. Serve hot. We thank Kelly Cannon of Full Circle Farm for the recipe.