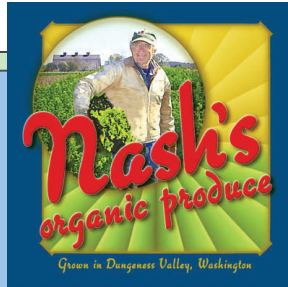


3-19-10

## What's in the box?

Chard, Red/Rainbow  
Green Field Peas  
Red Cabbage Raab



### Box 9 of 10

Brussels Sprouts  
Sunchokes  
Red Cabbage

### More About Seeds

Nash's saves seed primarily from open-pollinated plants. All heirloom seed is open pollinated. When a breeder raises an open-pollinated crop and keeps other varieties' pollen far enough away to prevent contamination, he has the ability to save open-pollinated seed. If the patch contains enough plants to be a viable population, the best two-thirds of the patch can be used for seed, and the variety will generally hold its quality through generations. If the very best half or fewer plants are saved, the variety will generally improve.

When two plant varieties are grown next to each other, they cross-pollinate, creating hybrids. The seed from the cross-pollinated hybrid plants can then have attributes from both of the parent plants. However, the seed from the offspring plants have unpredictable characteristics and are not as likely to produce desired traits as the original seeds from the first cross. So the use of hybrids is limited.

Organic farmers do not support the use of genetically-modified seed. This involves taking a gene from one species and implanting it into another species in a laboratory, where it would have never naturally occurred. Organic farmers have a host of concerns with this breeding technique.

That does not mean that organic farmers do not create new plant varieties. They just do it the same way farmers have been doing it for 10,000 years, crossing open-pollinated plants to develop new varieties, and winnowing out undesirable traits over years. Over the past 20 years, Nash developed a new variety of curly purple kale that grows very well in our climate and stands a little taller than its parent stock for ease of harvesting. The farm also tries to grow varieties developed by other farmers.

We planted seed for starts in our greenhouses earlier this month. Most of these starts will be transplanted into our fields over the next one-to-two months as soil temperature rises. We grow very little produce to maturity in our greenhouses (only warm weather crops, such as basil and tomatoes). We want to take full advantage of our outdoor diversity of soils and mini-microclimates. Also, moving crops around is very important for an organic farmer to help control diseases and pests while rebuilding soil fertility. Direct seeding into the fields will start later this month.

Go to [nashorganicproduce.com](http://nashorganicproduce.com) and check out the **Summer/Fall Farm Share Program**

*"Early Bird" pricing available until May 31.*

**Call 681-NASH with questions and to sign up.**

### Field Peas

Cover 2 cups dried peas with warm water. Stir in 2 Tbsp. lemon juice and leave in a warm spot for 24 hours. Drain, rinse and transfer to a pot. Add 1 tsp. salt, water to cover, and bring to a boil. Lower heat to simmer and let cook until the peas are tender. Use Nash's field peas in soups and salads instead of lentils or beans, or in our hummus recipe.

### Hummus

*Hummus is usually made with chick peas, but Nash's field peas give it a delicious flavor.*

2 cups cooked field peas, drained (save some liquid)

5 Tbsp. tahini

1 tsp. salt

Juice of 2 lemons (about 1/3 cup)

2-3 cloves garlic

3 Tbsp. olive oil

1/4 cup water or cooking liquid

Chopped parsley

Dash paprika

Place peas in food processor or blender with tahini, salt, lemon juice, garlic, and olive oil. Blend until smooth. Add liquid a little at a time to get desired consistency. Garnish with chopped parsley and paprika. Stores refrigerated for a week.



### Chard

Why do we have chard in this week's box when it should have frozen out last December when the temperatures went down into the teens? The answer. . . chickweed! That particular patch of chard was covered in a layer of chickweed, which insulated the small chard plants, enabling them to survive the cold.



### More About Sunchokes

Sunchokes are one of the few foods used in European cooking that originated in North America. Native Americans enjoyed their delightful crunchy texture and nutty flavor long before the Europeans came to the New World.

Sunchokes contain a substance called inulin. It is a type of starch that can be well tolerated by people with diabetes because it breaks down into fructose instead of glucose. This makes sunchokes a good substitute for potatoes for diabetics. But everyone can enjoy their great flavor and healthful nutrients!