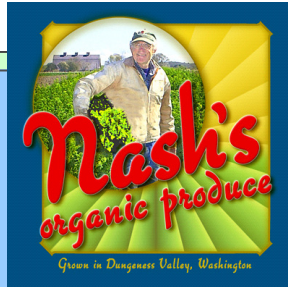


3-26-10

## What's in the box?

Carrots  
 Baby Chionga Beets with Greens  
 Parsnips



### Box 10 of 10

Hard Red Wheat Flour  
 Brussels' Sprout Raab  
 Leeks

### Thank you!

We appreciate your participation in our very first Winter Farm Share Program. We have been delighted with the number of people who signed up and with the overall response, and welcome your continued feedback. (Stay tuned for an electronic member survey coming your way.)

Throughout the last 10 weeks your box has included 4 kinds of kale, 3 varieties of cabbage, turnips, sunchokes, rye, wheat, triticale, peas, flour, winter squash, carrots, 3 kinds of beets, rutabagas, parsnips, leeks, Brussels sprouts, garlic, onions and apples.

We hope to continue to provide you and your family with healthy organic vegetables in our upcoming Summer/Fall Farm Share Program. Check out new changes to the 2010 program and download the brochure/registration form, on our website at [www.nashsorganicproduce.com](http://www.nashsorganicproduce.com).

The Port Angeles Farmers Market and our Farm Store continue to be open year round.

### Curried Parsnips with Yogurt and Chutney

- 1 pound parsnips, peeled and chopped into bite-sized pieces
- 3 Tbsp. butter or vegetable oil
- 1 small onion, thinly sliced
- 2 small apples, cored and thinly sliced
- 1 tsp. curry powder
- Salt and pepper
- 1/4 cup yogurt
- 1/4 cup chutney
- 1 Tbsp. chopped cilantro

Steam the parsnips until barely tender. Melt 2 Tbsp. butter in medium skillet. Add onion, apples and curry and cook, stirring frequently, for 10 minutes. Add parsnips, season with salt and pepper, and cook 5 minutes more with additional butter to help them brown. Remove from heat.

Stir in yogurt, chutney and cilantro. Serve on a bed of braised beet greens.

Parsnips are unjustly underestimated. They are sweet enough to eat for breakfast, and are amazingly versatile. Size should not be a deterrent to goodness. Freshness is the key.

Go to [nashsorganicproduce.com](http://nashsorganicproduce.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.**

### Our Soils: A Precious Resource

*Stop by our farm store before the end of March at 1873 East Anderson Road to see a display about the soils found on our farm.*

On an organic farm, we don't *use* soil—we *partner* with it to produce crops in a sustainable way. A healthy soil makes healthy plants, ones that are better able to fight off disease and pests.

We would not be able to survive on this planet without soil. The food we eat either grows in soil or comes from animals that eat plants, or from animals that eat other animals that eat plants. Soil is a mixture of decayed organic material, living organisms, and minerals. The organic materials come from dead plants, insects and animals. The living organisms range in size from moles to microscopic bacteria. The minerals come from the bedrock underneath.

Soil has many layers. This is due to the fact that plants grow on top of the soil and rocks are found underground. The type of soil that forms in any given region will depend on the climate, the type of bedrock present, and the plants growing there. Although all soils are made of these basic ingredients, there are many variations. In forests, for example, the soil may be deep, rich, and have a dark brown color, while in sandy areas the soil will be dry and dusty gray.

One of the major causes of soil erosion is the removal of plants and trees. Plants provide a protective cover on the land and prevent erosion. They slow down water as it flows and their roots hold on to the soil to keep it from moving downhill with surface runoff.

One way to conserve soil is by making sure that there are always plants growing and by mixing different types of plants to grow together. One important rule in farming is to change a crop's location every year. This is called crop rotation. Planting the same crops in the same place will make the soil lose its nutrients and healthy structure, causing erosion.

The amount of soil that is fertile for growing crops is now only one quarter of the earth, which is a very small amount. Good, arable soil is becoming endangered. One reason is because we like to put houses, commercial buildings, lawns and parking lots on nice flat pieces of ground. Soils that are good for agriculture are also flat and well drained, perfect for development. Another reason is because of the chemicals we use to produce vegetables and fruits faster. They change the chemical balance of the soil, making it far more acidic than normal. Eventually, the soil loses its fertility.

*Thanks to Edward J. Denecke, Jr., "Soils," Earth Science: The Physical Setting, Second Edition.*