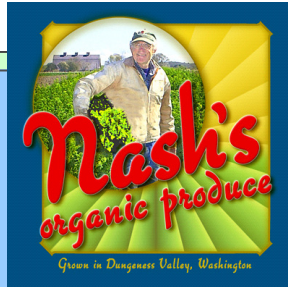


1-29-10

What's in the box?

Brussels Sprouts
Green Savoy Cabbage
Garlic



Box 2 of 10

Turnips
Parsnips
Golden Beets

Winter Farm Shares—How is that possible?

There are few farms in the state of Washington that can offer a traditional Farm Share (or CSA) during the winter. We are able to do so because the Olympic Peninsula has many micro climates and the farm is situated in a particularly unique one. The Olympic Mountains offer protection from violent storms and since we're basically surrounded by water on three sides near the mouth of the Dungeness River, the marine climate protects us as well. Yes, we get cold snaps into the low teens, but not weather that typically does severe damage to the vegetables we grow that are bred for cold climates, such as cabbages, Brussels sprouts, collards, kales, and root crops. When intense cold hits that is not preceded by an insulating layer of snow, we may lose part of our winter field inventory. Last December's exceptional cold spell, for example, did some significant damage to cabbage, carrots and kale, but many of our greens and roots are still hanging tough and we're still able to hand harvest fresh food through the spring.



The combination of moderate winters and dry summers make the Sequim-Dungeness Valley an ideal place to also raise seeds for winter vegetables (members of the *brassicae* family). As you drive around the Valley, you'll see occasional seed crops for Brussels sprouts, cauliflower, spinach, kales, etc.

Snow on the Delta Farm. Snow actually acts as an insulator and many veggies create sugar to act as a natural antifreeze, becoming sweeter as the weather gets colder.

The Goodness of Garlic

Although garlic may not always ward off vampires (or *Twilight* sequels), it is guaranteed to transform any meal into a bold, aromatic and healthy culinary experience.

Whole books have been written about garlic, in light of its numerous therapeutic benefits. A member of the lily or *Allium* family, which also includes onions, garlic is rich in a variety of powerful sulfur-containing compounds. While these compounds are responsible for garlic's characteristically pungent odor, they are also the source of many of its health promoting effects. In addition, garlic is an excellent source of manganese, a very good source of vitamin B6 and vitamin C, and a good source of selenium.

Store fresh garlic in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight. This will help maintain its maximum freshness and help prevent sprouting, which reduces its flavor. The garlic in your box this week was grown by Terri Crockett who is a seed saver and farm cook at Nash's. Check out her super yummy Brussels sprout casserole recipe that was served up at the farm tour a few weeks ago!

Brussels Sprouts Casserole

- 4 cups cubed and dried bread (any mixture or type)
- 1 large onion, chopped
- 2 Tbsp. butter (can use ½ oil, ½ butter)
- 1 Tbsp. ground or dried rosemary, OR 2 Tbsp. fresh, minced
- Salt to taste
- 2 cups milk, or more as needed
- 2 eggs
- Grated cheddar cheese
- 6 to 8 cups Brussels sprouts, halved
- Pumpkin or sunflower seeds to sprinkle on top

This dish may be prepared in a skillet on the stovetop, or baked in the oven. **STOVETOP:** Wash and trim Brussels sprouts, cutting large ones in half or quarters. Heat butter in large skillet and sauté onion and rosemary. Add bread and continue cooking until bread starts to absorb moisture. Blend milk and egg. Add Brussels sprouts and blended milk/egg mixture to bread in pan and cover. Cook at medium temperature until Brussels sprouts are tender but not overcooked. Sprinkle with cheese and top with seeds. Remove from heat. Let sit for a few minutes before serving. **OVEN:** You can also double this and cook in a large casserole dish with lid in oven. Sauté onions with rosemary and bread, then add remaining ingredients, cover, and bake until Brussels sprouts are tender. Then remove cover and broil a couple of minutes to brown top.

PARSNIPS! Use these sweet white-ish roots as you would a potatoe...mashed, steamed, in soups, roasted, grated into hash browns, sliced into stirfrys. Kids especially love parsnips' sweetness!