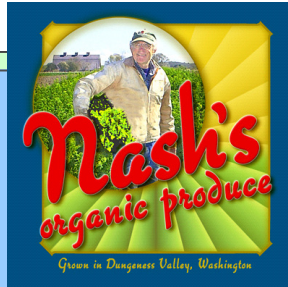


2-12-10

What's in the box?

"Lincoln's Birthday Box"

Brussels Sprouts
Sunchokes



Box 4 of 10

Parsnips
Green Cabbage
Carrots
Red Onions

Sunchoke Dip

Thanks to Julie Grattan of Good to Go Grocery in Port Angeles for this delicious recipe. It serves 6 to 8 people.

- 3 cups cleaned, chopped and steamed sunchokes
- 2 Tbsp. olive oil
- 3 cloves minced garlic
- 2 shallots, chopped
- 8 oz. fromage blanche or cream cheese
- 1 cup grated Parmesan cheese
- 1 cup garlic aioli or mayonnaise
- 1 cup sour cream
- Dash of cayenne
- Salt and pepper to taste
- 1 Tbsp. chopped parsley
- 2 Tbsp. bread crumbs for topping (optional)
- 1 cup Dungeness crab meat, shredded

Preheat oven to 350. Chick sauté sunchokes, garlic and shallots in olive oil. transfer to large bowl and add all other ingredients except bread crumbs. Put in lightly greased ovenproof dish and top with bread crumbs. Bake until hot and bubbling. Serve with pieces of local whole wheat bread or crostini.

The above recipe is rich, perhaps for special occasions. Here's a simple and nutritious stir-fry.

- 1/2 head green cabbage, shredded
- 1 cup carrot, shredded
- 1 medium onion, chopped
- 1 apple, chopped
- 1 clove garlic, minced
- 2 Tbsp. canola oil
- 1 or 2 Tbsp. balsamic vinegar
- Salt and pepper to taste

Sautee onions in oil until golden, then add the cabbage and apples & garlic & sauté until tender but not mushy. Add vinegar and carrots last, stir another minute until everything is hot. Add tamari or salt to taste and serve over rice and beans.

Soil Fertility Management, Part 1

Plants pull nutrients and minerals out of the soil as they grow. Maintaining soil fertility is an ongoing challenge for organic farmers and we must actively manage the health of our soil to prevent it from becoming depleted and mined, as it already has in the areas such as the Mid West. Soil fertility is also critical to growing delicious vibrant veggies, so the reputation of our products depends on the health of our soil.

At Nash's, we take our role as caretakers of the earth seriously, and we work hard to amend the soil and maintain its health and vitality. Since organic producers do not use unsustainable "quick fixes" such as chemical fertilizers to boost fertility, it is essential to plan ahead for future crops.

The primary ways that organic farmers amend the soil are through cover cropping and compost applications. Here at Nash's our primary cover crops are vetch and rye grain. We are also fortunate that irrigation with Dungeness River water brings micro-nutrients to our fields from deposits in the Olympic Mountains, and that the soil in the Dungeness Valley is very fertile to being with.

After harvest of a field, vetch and rye grain are often planted as cover crops. Not only does this prevent wind and water erosion, but the vetch, which is a legume, fixes nitrogen into the soil through its roots.

Rye grain is different in that it captures nitrogen from the air and holds it in the green portion of the plant. When the cover crop is about a foot tall, it is turned under into the soil where it releases its nitrogen along with the green portion of the vetch. Depending on the soil's needs, the rye grain seeds can be harvested and separated from the vetch seeds with our seed cleaner. We sell rye berries both as grain and as cover crop seed. Vetch seeds are sold as cover crop seeds as well.

In 2009 we grew over 55 tons of cover crop seed, and are still selling it in bulk quantities to fellow farmers. Folks are seeing fantastic results in their soil fertility, and sales are going well! Home gardeners can also use cover crop seed. It is available in 2lb bags at the Farm Store & at all our Farmers Markets locations.