

Nash's News

Box #3 of 20
July 22, 2011



Dances with Weeds

Nature abhors bare ground. If you see places where the soil has been bare for a long time, it has been either treated chemically, or damaged to such a degree that life is having a hard time reestablishing itself. In the fertile soil of the Dungeness Delta, however, there is a very short window between the time soil is prepped and planted, and the return of nature's own ground covers.

At Nash's, we are really only concerned when the crops are newly seeded or transplanted and could easily be choked out. Once the plants are tall and mature, we may leave weeds, like chickweed, because they keep moisture in the soil and prevent erosion. But it is important that newly planted crops don't have to compete too much for moisture and sunlight.

There are several methods for dealing with weeds in these situations, and for all of them timing is critical. Once seeds are in the ground, germination time is estimated and the weeds are burned one or two days ahead of germination. This gives the crop a head start. We also have several older tractors (circa 1940 or 1950) with different cultivating mechanisms. Each piece of cultivation equipment is directed to specific uses, such as tilling the soil and undercutting weeds.

These pieces of equipment require absolute precision and a lot of skill to operate in order to prevent damaging the crop. Scott Chichester, Waylon Barrett, Lloyd Yada and Cory Fischer are the tractor cultivating operators at Nash's Organic Produce.



Top, the "Dixie," which can be used to cut weeds and thin crops. Below, the basket cultivator. The tractor operator must keep the crop in line between the baskets!

What's in Your Box This Week!

Standard Box

Spinach
Romaine lettuce
Fava beans
Raspberries
Golden beets w/
greens
Red leaf lettuce
Italian parsley
Green cabbage
Arugula

Small Box

Spinach
Romaine lettuce
Fava beans
Raspberries
Golden beets w/
greens
Broccoli

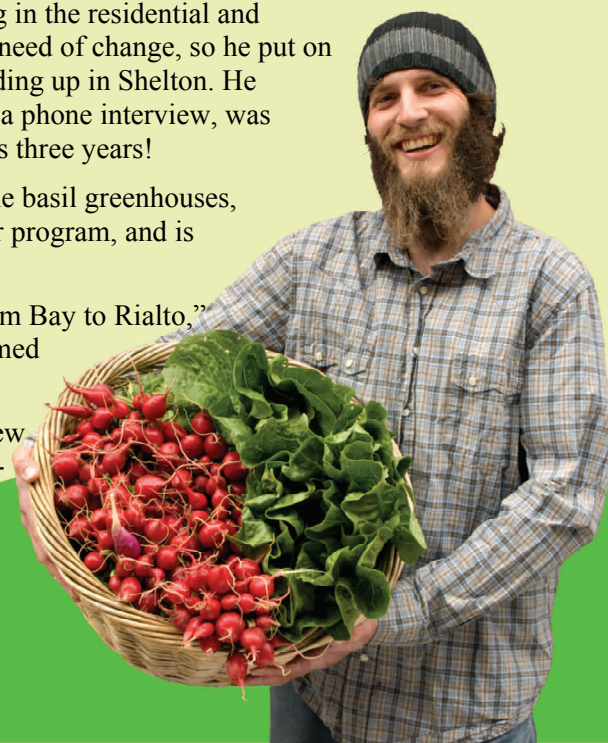
Meet the Crew—Chris Tipton

Chris Tipton is from Auburn, Washington, a fertile alluvial valley that was once farmland, but now home of the Supermall. After working in the residential and commercial construction industries, he found himself in need of change, so he put on a pack (two, actually), and went for a 100-mile walk, ending up in Shelton. He applied to Nash's on a computer at the local library, had a phone interview, was offered a trial work period and has now been with Nash's three years!

Chris co-manages sales and farmers markets, tends the basil greenhouses, occasionally harvests and pulls weeds, manages the flour program, and is learning about seed production and pest management.

"It's been awhile since my last long walk from Clallam Bay to Rialto," Chris says. "Most of my out-of-work time is now consumed with my new passion: family man!"

Chris met his beautiful wife, Sarah, on the harvest crew at Nash's. Today, they have a delightful nineteen-month-old son who lights everyone's day named Johnathan, and are in the thirteenth week of preparing to welcome a new baby into their family.



From Karolina's Kitchen

Grilled golden beets with brown butter vinaigrette on a bed of fresh greens

1 bunch golden beets, washed and cut into 1-inch slices
(Keep the tops. Cut and reserve for salad)

1/2 cup olive oil
2 Tbsp. smoked Hungarian or sweet paprika
1 Tbsp. ground fennel
1 Tbsp. ground coriander
2 garlic cloves, minced
4 thyme sprigs or 2 Tbsp. ground thyme
4 Tbsp. unsalted butter
2 Tbsp. sherry vinegar or vine vinegar
1 Tbsp. water
1 bunch spinach
1 bunch reserved beet tops
1 bunch red leaf lettuce
1 bunch arugula
1 bunch romaine lettuce
1 bunch Italian parsley

In a bowl, combine olive oil paprika, fennel, coriander, garlic and thyme. Add beets and let marinate for 2 hours.

Preheat a grill pan. Remove the beets from the bowl and sprinkle with salt and pepper. Grill on medium heat for 10 minutes until they turn brown, then transfer to a bowl.

Meanwhile cook butter until it turns brown and starts to have a nutty smell (about 5-10 minutes). Add the sherry or vine vinegar and water. Mix well and season with salt and pepper. Add the vinaigrette to the beets and serve it on the bed of greens.

Greens

Chop the spinach, beet tops, red leaf lettuce, arugula, romaine, and parsley into bite-sized pieces and combine in a bowl. Put a serving of greens on each plate and top with grilled browned buttered beets.



Fava bean hummus

1.5 lb. fava beans, shelled and cooked
2 or more garlic cloves
1 tsp. tahini
2 tsp. extra virgin olive oil
2 tsp. lemon juice
1/4 tsp. cumin
1 tsp. kosher salt

Combine all the ingredients in a food processor and blend until smooth.

Left, favas on the bush at Bell Farm.

Don't underestimate the humble Romaine

Romaine lettuce was well-known to the ancient Romans, which is why we call it Romaine. It was also grown and eaten raw or cooked in China in early history. Romaine is a sturdier lettuce than most, and its delicate, slightly bitter flavor stands up well to intensely-flavored salad dressings, like Caesar.

Romaine is a powerhouse of vegetable protein, vitamins and minerals. Check out these amazing facts:

- **Protein.** Believe it or not, romaine lettuce is 17% protein with 7.7 grams per head. It is also a complete protein in that it has all 8 essential amino acids.
- **Calcium.** One head of romaine has 206 mg of calcium (about 21% Required Daily Allowance). Blend it with calcium-rich fruits like oranges and you get more calcium than a glass of milk!
- **Omega-3.** One head of romaine lettuce contains 44% RDA of Omega-3 essential fats.
- **Vitamin C.** One head of romaine contains 167% RDA of vitamin C while an average-sized orange contains only 92%.
- **Iron.** One head of romaine contains 6 mg of iron, which adds a significant source of iron to the diets of vegetarians and vegans.
- **B-vitamins.** Thiamine (B1) – 38% RDA, Riboflavin (B2) – 32% RDA, Niacin (B3) – 12% RDA, Pantothenic Acid (B5) – 18%, Pyridoxine (B6) – 36%, Folate (B9) – 213%, per head of Romaine.
- **Water.** One head of romaine provides 16% of your daily water needs with about 20 ounces of water per head.
- **Vitamin A (as beta-carotene) and K.** Romaine is super rich in beta-carotene with 1817% RDA per head and 535% RDA of vitamin K.
- **Oxalic Acid.** If you have problems with calcium oxalate kidney stones, romaine lettuce might be a good choice for leafy greens since it is VERY LOW in this anti-nutrient.
- **Minerals.** Don't let the lighter color of romaine lettuce fool you. This not-so-dark leafy green is rich in minerals. One head contains copper (33% RDA), magnesium (22%), manganese (42%), phosphorus (27%), potassium (33%), selenium (5%) and zinc (13%).

Thanks to Davy Russell of incrediblesmoothies.com, for compiling these amazing Romaine facts.

