



Grown in Dungeness Valley, Washington

Nash's News

Box 4 of 20

August 6, 2010

Standard Size Box

- Russet Potatoes
- Red Butter or Green Leaf Lettuce
- Green Cabbage
- Spinach
- Baby Dill
- Bunch Carrots
- Cilantro
- Summer Squash
- Cucumber
- Raspberries or Gooseberries
- Frisee Endive

Small Size Box

- Russet Potatoes
- Red Butter or Green Leaf Lettuce
- Green Cabbage
- Spinach
- Baby Dill
- Bunch Carrots
- Cilantro

Women Farmers Rock!

The face of working agriculture around the globe is often female, although the public face is more often male. In the United States, immigrant and women farmers are the fastest growing demographic sector of U.S. agriculture. The Olympic Peninsula is home to dozens of phenomenal female farmers, including Christie Johnston of Johnston Farms, Penny Lujan of Fairview Farm, Karyn Williams of Red Dog Farm and the woman on the cover of *Peninsula Woman* this week in the *Peninsula Daily News*, Lela Copeland of Lazy J Tree Farm.

Lela leases three acres from Steve Johnson, owner of Lazy J. She and her partner Mike Gwalthey constructed a greenhouse and have planted a large variety of produce that they sell at the Sequim and Port Angeles farmers markets, and to several local restaurants and stores. Read about how Lela started organic farming in the full article at www.peninsuladailynews/apps/pbcs.dll/article?AID=2010308019999.



We also recommend checking out Temra Costa's new book, *Farmer Jane*. A compilation of profiles of farmers and food activists, the book groups the women it profiles by what they do into six chapters—Building new Farm-to-Eater Relationships, Advocates for Social Change, Promoting Local and Seasonal Food, Networks for Sustainable Food, Urban Farm Women and The Next Generation of Sustainable Farmers), each with a "recipe for action," and ends with a handy appendix full of resources and essays on topics like genetic engineering the upcoming Farm Bill. Kia Armstrong of Nash's was invited to participate in a book discussion sponsored by the Seattle Chapter of the Chef's Collaborative with

Temra a few months ago in Seattle, and was joined by fellow female farmers and foodies. Fun times!

Meet the Crew

Karolina Tracz has been a part of Nash's Market Team at the Ballard and University District Farmers Markets for almost a year. A long-time baker, cook and local food advocate, Karolina credits her family roots for her life-long passion for food.

"I was raised by my grandmother in Poland. Some of my fondest memories are working with her in the kitchen. There, eating local isn't just a trend, it's a way of life," shares Karolina.

Last week, Karolina spent a four-day 'vacation' at Nash's farm, working with crew members, exploring the fields and enjoying the Dungeness River Valley. A hard worker, Karolina was eager to rise early to pick berries, or jump on the wash line to clean bunch carrots. "Now that I've been to the farm I can connect the dots more for customers at the markets," she explains. "It was so amazing to meet the people and walk the land that produces this food. My visit was too short—I'll be back!"

Karolina's favorite parts about working with Nash's crew at the Seattle farmers markets are the customers and the community. The combination of her knowledge and outgoing personality make her a natural for the job.

"Karolina is often the highlight of the market weekend," confessed full-time farmer Chris Tipton of Nash's. "We go over to Seattle Friday night with a full refrigerated truck and she is a big part of the reason we can return with an empty one Sunday evening. It's a long weekend of markets, but Karolina shows up first thing in the morning with tons of infectious energy and enthusiasm. As the consistent face of Nash's in Seattle for the past year, she's been awesome. I think folks have even asked if she's Nash!"



Above, Karolina checks out the green chard at the Wilson Field. Above right, she holds some freshly harvested potatoes.



Check out the Farm Store's Newest Exhibit—Flour Power!

During August, come see a colorful and informative display about the many kinds of grains grown on Nash's farm that can be ground into flour. A small hand mill is also available to grind your own—great fun for kids! Resources available include data about the grains' nutritional value, their protein content, and uses of each. Take a look at what the grain "berry" looks like, and what it's flour turns out to be. You'll also find recipes, storage tips and inspiration for incorporating fresh local grain into your diet!



Sumptuous Summer Salad

Combine 1 head of lettuce w. bunch of spinach & 1/2 shredded green cabbage. Add gooseberries or raspberries, cooked chickpeas or beans, some ripe avocado as desired, finely diced walla wallas or green onions, fresh cilantro and 1/4 cup each raisins and pumpkin seeds.

To make the dressing, combine the following in a bowl or whisk, or in a jar and shake: 1/4 cup olive oil, 4 tablespoons balsamic vin, 3 teaspoons Dijon mustard, 3 teaspoons maple syrup or agave nectar, 1-2 cloves of garlic minced, 1 teaspoon tamari.

What's Happening on the Farm

What does an organic farmer do about slugs? Lots of people ask about that, and many times Nash has thought about a very efficient and effective organic method to control slugs and snails, but has never had the time to look into it—ducks!

Not just any duck, but two specific breeds called Khaki Campbell and Indian Runner ducks, known for their prolific egg laying, and more importantly, their tremendous appetite for slugs and snails.

Scott Chichester, production manager, and field crew member Joe Wells, decided it was high time to verify the slug control capabilities of these ducks. Consequently, this week 120 baby ducks arrived on the farm and are living in incubator bins in the barn of the Delta Farm. They will eventually be transferred to the strawberry patch on the Dungeness Field where the slugs took more than their fair share of strawberries this year. The ducklings will be protected by poultry netting, and, if necessary, an electric wire to discourage predators. They will forage all they want for 12-14 weeks, at which point the females will be easily distinguishable from the males. If Scott and Joe feel it was a successful venture, they will keep as many females as they can, but most of the males will become meat birds.

This is a good example of a sustainable type of pest control. The ducks get to feast on slugs and simultaneously fertilize the soil. We also get protein from the duck eggs and meat. It's a great example of how livestock fits in the nutrient and ecological cycles of the farm.



Khaki Campbell ducklings

Roasted Vegetable Splendor!

Although its still summer and most people aren't thinking roasted veggies this time of year, its not too early to get the oven fired up—especially since its been such a cool summer on the Peninsula.

For those of you who are new to the roasted veggie scene the good news is that they are EASY to make, wonderfully colorful, and that kids and adults alike love 'em! The bad news is that you'll want to eat 'em all in one sitting and will have to restrain yourself so you have left-overs for lunch the next day.

1. Rinse and scrub clean (no need to peel) any firm veggies you have lying around, including beets, carrots, parsnips, rutabagas, turnips, fennel bulb, zucchini, potatoes, leeks, onions, cauliflower, fava beans, etc.
2. Chop them all uniform sized pieces and toss with olive oil, salt, pepper, thyme, Italian seasoning, garlic and any other spice you love, such as curry powder, cumin, chili pepper, etc.



3. Arrange veggies one or two layers deep on cookie sheet or glass dish. Cover and bake at 400 degrees for 35-45 minutes, depending on how large the veggies have been cut up, and how deep they are layered in the pan. Uncover for the final 10 minutes of baking, as desired. Veggies are done when you can easily poke a fork through them.

Leftover roasties are delish cold on salads, for lunch the next day, or over sautéed greens or a whole grain like cooked rice or wheat berries. Drizzle with your favorite dressing or pesto for an extra rich treat.

Tips for using fresh herbs

such as dill, parsley & cilantro:

- blend into salad dressings and pestos
- roughly chop & add to cold salad/slaw
- use in meat/tofu/veggie marinades
- stuff them into sandwiches and wraps
- add to omelets & egg scrambles
- blend w. water or soup stock and add puree in last stages of cooking soup
- combine w. cooked grains for additional flavor and nutrition.