



**Fava Beans  
Bunch Carrots  
Green Leaf Lettuce  
Nash's Red Kale  
Broccoli**

**Box 4 of 25**  
8/7/09

**Cucumber  
Italian Parsley  
Yellow or Purple Beans  
Beets w/ greens  
New Potatoes**

## *Mow, Mow, Mow Your Crops...*

We have already started mowing the tops of all our potatoes and chard, in anticipation of the fall harvest ahead. The spuds get mowed so that the plant puts more energy into "hardening off" the skins, rather than producing foliage. The skins become more established during this process, thus creating a protective layer that will prevent bruising and discoloration of the potatoes, as we move into mechanically harvesting our winter inventory of spuds in September.

Josh Gloor (who has worked with Nash for over 11 years!) also mowed our first rotation of chard this past week. The chard gets cut down so that the plants can regroup, and re-grow. We don't have the harvest crew time or market demand to pick all the chard that Scott planted in our first rotation of red, green, rainbow and golden chard at the Wilson Field. We harvested what we could off it, but the plants were getting ready to go to seed, so we hit the entire patch with the mower. If all goes according to plan, they will re-grow and we'll get another round of harvesting off the Wilson rotation before the cold weather takes it out entirely, usually around late October or early November.

### **In Your Box This Week:**

-We are hand-harvesting the first new **Yukon Gold Potatoes** of the year! Although they are freshly picked, they may not appear that way as their young delicate skins peel easily and become discolored. The good news is that these potatoes are as tender and mouthwatering as they get! Simply steam or bake, drizzle with dressing or pesto, chop into a cold salad or layer into a baked casserole or gratin. If you are into butter, just steam the spuds, throwing in the broccoli on top of the steamer for the last 7-9 minutes and slather the whole deal in garlic butter. Serve with salmon, on the side of a green salad or sautéed kale, or with thick slices of cucumber topped w/ sunflower seeds or chopped walnuts.

-**Yellow & Purple Beans** are low in calories and loaded with nutrients! They are a superb source of vitamin K, C, & A, manganese, fiber, potassium, calcium, omega-3 fatty acids, folate and iron. The vitamin K in green beans is critical for maintaining strong bones and plays a key role in the development of the fetus.

## **Meet our friends from Thundering Hooves & Check out a 20% OFF Coupon!**

*(coupon tucked into Puget Sound Fresh Guide)*

We want to let you know about a great opportunity for your family to buy healthy Washington-raised meats from our friends at Thundering Hooves. They offer humanely raised beef, lamb, pork, and poultry. The beef and lamb is 100% grass fed, and all of their meat products are hormone-free and are processed by Thundering Hooves at their own USDA-inspected meat shop in Walla Walla. And best of all, they ship or deliver their meats throughout much of the Puget Sound region.

**Thundering Hooves** is one of Nash's sister-farms because they manage a farm in the Walla Walla Valley that was purchased by the PCC Farm Land Trust in 2003. (The PCC Farm Land Trust purchased the Delta Farm and leased it to Nash in 2001.) Thundering Hooves is a fourth generation farm that became certified organic in early 2005. We invite you to learn more about their family and their meat products by visiting [www.ThunderingHooves.net](http://www.ThunderingHooves.net).



**Joel Huesby & his turkey flock.**

*Photo courtesy of PCC Farmland Trust*

**PCC Farmland Trust** secures, preserves and stewards threatened farmland in the Northwest, to ensure that generations of local farmers productively farm it using sustainable, organic growing methods. The PCC Farmland Trust is an independent, community-supported 501(c)(3) land trust. It was founded in 1999 by PCC Natural Markets as a separate, non-profit organization. For more info about the PCC Farm Land Trust, check out <http://www.pccnaturalmarkets.com/farmtrust/>

## *LETTUCE & YELLOW BEAN SALAD*

*For the Dressing whisk together in a small bowl:*

- 2 cloves of garlic put through a garlic press,
- 1/4 cup walnut or olive oil
- 1 TBS white wine vinegar.
- Season with salt and pepper.

*For the Toppings:*

- Hard boil 3 eggs, then cool, peel and coarsely chop.
- In a small skillet toast 1/4 cup chopped walnuts until lightly browned

*For the Salad:*

- Take the stems off of 1 bunch of yellow or purple beans. Steam beans for 5 minutes until just tender. Drain beans.
- Refresh the beans under cold water and drain well.
- Transfer to a large bowl & add 1 head of washed and dried lettuce leaves (or arugula, mizuna, etc) & 1/2 the eggs.
- Drizzle with dressing, add a few TBS of chopped chives (optional) and toss to coat.
- Top with the remaining eggs and toasted walnuts, adding some crumbled chevre style goat cheese if desired.

*Recipe adapted from Helsing Junction's Recipes*

**Parsley Nutrition Info:** Parsley derives its name from the Greek word meaning “rock celery” (its related to celery). It is a biennial plant that will return to the garden year after year once it is established, and will continue to re-grow as you cut it throughout the spring and into the fall. Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, is rich in vitamin A and contain folate, potassium and calcium. Parsley is also recognized for its cancer fighting potential...go parsley go!

## *SIMPLE FRESH BEAN SOUP*

This ridiculously simple soup is specifically designed for fresh green, yellow or purple string beans. The simplicity assumes the beans are delicious in and of themselves. If you try this recipe with out-of-season beans, we can't guarantee the results!

*Ingredients:*

- 1 1/2 pounds very fresh green beans, trimmed
- 2 cups hot milk (or soy milk)
- salt and freshly ground black pepper, to taste
- optional: a small amount of minced fresh basil, chives, parsley or dill.

NOTE: you can use half rich chicken stock and half milk (or even cream) for a more intense soup.

*To Make the Soup:*

- Steam the green beans until just tender and bright yellow or green (purple beans will turn green when you cook them).
- Use a blender to purée the beans in the milk until very smooth.
- Return the purée to the pot and season to taste. Heat it very gently (don't boil it) just before serving. You can also chill the soup and serve it cold. Top each serving with a scattering of minced fresh herbs, if desired.

*Recipe adapted from Molly Katzen's, The Enchanted Broccoli Forest*