



# Nash's News

Box 5 of 20

August 13, 2010

## Standard Size Box

Favas  
Green Onions  
Salad Mix  
Rainbow Carrots  
Garlic Bulbs  
Sugar Snap Peas  
Red Wheat Flour  
Red Cabbage  
Globe Artichokes  
Basil  
Detroit Beets w/ Greens

## Small Size Box

Favas  
Green Onions  
Salad Mix  
Rainbow Carrots  
Garlic Bulbs  
Sugar Snap Peas  
Red Wheat Flour



Above, Scott Chichester at the Delta Farm barn.

## Meet the Field—the Delta Farm

According to Scott Chichester, Production Manager at Nash's, the fields of the Delta Farm are the most fertile of all the 400 acres that comprise Nash's Organic Produce because of its location close to the Dungeness River. No matter the river, delta soils are typically young and very fertile. Over time, a river's course moves back and forth across a delta and heavier soil particles, such as sand and loam, drop out closest to it. Lighter particles, like clay, drop out further away. The soils on the 80-acre Delta Farm are called silt loam, and are some of the richest in Washington state.

For years, the land was a dairy farm and a cow/calf operation. Cattle create a rich microbial environment in the soil, like a compost. They don't eat grasses down to the roots, like goats or sheep. Cows chomp off the tops of the grasses, causing part of the root system to die and become new soil. The remaining roots make the grass regrow. Meanwhile, the cows return fertility to the soil with their manure, which they kindly spread around as they walk.

The excellent soils of the Delta Farm were the reason that Nash Huber approached PCC Natural Markets, the farm's largest wholesale buyer, to save it from development in 2001. PCC then formed its Farmland Trust and Delta Farm was its first purchase. Today the farm is protected by a conservation easement and Nash's Organic Produce has a long-term lease. For more details, see [www.pccfarmlandtrust.org/our-farms/delta-farm/](http://www.pccfarmlandtrust.org/our-farms/delta-farm/).



The Delta Farm is also home to livestock, and the farm's compost operation.

## Meet the Crew—Scott Chichester

Scott Chichester, Production Manager at Nash's Organic Produce, was raised in Sequim. He liked to garden and was curious about where food comes from, so it was natural for him to find a job at Sunny Farms after he graduated from Sequim High School. He worked there for three years, acquiring skills in retail sales, produce displays and customer service.

Organic agriculture was what really intrigued Scott and he also realized that he wanted to find work that would allow him to be outdoors most of the time. So in 1996 he started working at Nash's which was then a 60-acre vegetable farm. He has had a front row seat to watch the farm's steady growth to 400 acres.

Scott had an Associate of Applied Science degree from Peninsula College but still wanted to complete a bachelor's degree. He took the 1997-98 academic year to go to Olympia and study at The Evergreen State College where he received a Bachelor's of Science degree. At Evergreen, students create their own programs, and Scott took the opportunity to study fungal biology and taxonomy and soil microbial ecology—how microbes and other life forms interact in soil environments. "I really learned how to learn," explains Scott. "I love farming, but I want to comprehend the entire nutrient cycle. Soil and the life forms in it are the foundation."

Another of Scott's goals is learning how to produce seed, not just for the farm's use but to protect genetic diversity for organic agriculture in general. One of the most problematic results of decades of industrial agriculture has been the degradation of crop diversity. It is critical that young farmers like Scott learn how to restore that diversity.

"Farming can be hugely stressful, but amazingly rewarding," says Scott. "It's incredible to do such important work outdoors in this beautiful place."

## Growing Great Garlic

Last summer we sorted and saved the garlic bulbs we needed for seed and broke up the cloves. In late November, Josh planted the cloves and the plants got a little size on them heading into the winter. Spring arrived and they continued growing, assisted by two rounds each of irrigation and hand-weeding.

Some young plants were harvested as bunched spring green garlic, leaving the rest to size up and fully mature. We were also able to harvest the curly garlic scapes off of all the plants this early summer. In mid July about 70% of the plants had started to die back and it was time to harvest!

We were shooting for a slight increase in production this year and thanks to good soil fertility at the Bell Farm, Josh's careful planning, and the volunteer crew who harvested the crop, we yielded about 15% more garlic than in 2009 (about 3,500 lbs. of untrimmed, garlic).

To harvest garlic, we pull the plant, clip the tall stalk, and lay out the bulbs in the drying shed at the Delta Farm (left). There, they warm up to about 75 degrees and remain there for two weeks for a final cure, at which time we start the process of sorting, sizing and cleaning the inventory for seed and winter storage. Most of our



hardneck varieties store well for about four months.

The garlic in your box this week is Red Russian. We also grow Polish Jen, Musik and Delta Giant. We don't wholesale any garlic, and instead sell it direct at markets, the farm store, and include it in the Farm Share Program.

If you don't use your garlic right away, we recommend storing it in a paper (not plastic) bag, in a dry area that is about 50-55 degrees.

## Carrots of a Different Color

An essential source of vitamin A, just one crunchy carrot can fulfill an adult's daily dose of this essential vitamin.

While colored carrots have been around for thousands of years, it is breeding work of recent decades that brings these carrots in your box.

Red carrots derive their color mainly from lycopene, a type of carotene believed to guard against heart disease and some cancers. Yellow carrots accumulate xanthophylls, pigments similar to beta-carotene that support good eye health. Purple carrots possess an entirely different class of pigments, anthocyanins, which act as powerful antioxidants.

People often ask if the colored carrots taste different than the orange ones. The answer is yes, but it's a subtle difference. We encourage you to do your own in-home taste test. Experiment by tasting the various colored carrots raw, cook them up without any seasoning and do the taste test again. You'll notice slight differences in their flavor profiles when they are raw, steamed or roasted.

## Sorrel Salad Mix

The salad mix in your box this week is a refreshing blend of lettuces, sorrel, bronzed fennel and frisee, which are high in vitamin A, B, C and E. An acidic, spinach-looking leaf, sorrel is surprisingly tangy and lemony. The bronzed fennel has an anise flavor, and the frisee is a mild variety of endive that adds body and depth to summer salads.

## Catalan Bean Stew

1 dried red or brown chili, such as pasilla or New Mexican reds, or 1.5 tsp. sweet paprika  
3 cups vegetable broth  
1 medium onion, peeled and quartered  
2 ripe tomatoes  
4 cloves garlic, peeled  
1 slice country-style white bread  
2 carrots, diced  
1 small potato, peeled and diced  
1/4 cup finely chopped flat-leaf parsley  
2 cups cooked fava beans (removed from husks)  
1/2 cup cooked corn kernels  
1 Tbsp. sherry wine or to taste  
1.5 tsp. sherry vinegar or to taste  
Salt and freshly ground black pepper

1. Boil the fava beans in the husks for 10 minutes. Rinse under cold water. The husks will easily open and you can separate the beans without any problems. You will need 2 cups for this recipe.



2. Tear the chili in half and remove the stems and seeds. Soak it in the stock for 1 hour or until soft. If using paprika, dissolve it in the stock. Preheat the oven to 350 degrees.
3. Place the onion and tomatoes on a baking sheet lined with foil and roast them for 20 minutes. Add the garlic and continue roasting for 20 minutes, or until the garlic is soft and the onions are golden brown. Darkly toast the bread in a toaster.
4. Transfer the chili to a blender (not a processor) with a slotted spoon, reserving the stock. Add the onions, tomatoes, garlic, and toast and puree until smooth, adding stock as necessary to obtain a thick paste.
5. Transfer the chili/paprika mixture to a large, nonstick frying pan and cook over medium heat, stirring often, for 3 minutes or until fragrant. Stir in the reserved stock, carrots, and potatoes and half the parsley and cook, uncovered, stirring often, for 15 to 20 minutes, or until the vegetables are just tender. The recipe can be prepared ahead to this stage.
6. Stir in the fava beans, corn, sherry, and vinegar and simmer for 5 minutes, or until the beans and corn are thoroughly heated. Add salt, sherry, or vinegar to taste. The mixture should be highly seasoned. If the stew is too thick, add a little more stock. If too thin, simmer uncovered, to evaporate the excess liquid.
7. Transfer the stew to a bowl or platter and sprinkle with the remaining parsley. Rice or polenta would make a nice accompaniment.

Adapted from *The Tra Vigne Cookbook*, by Michael Chiarello