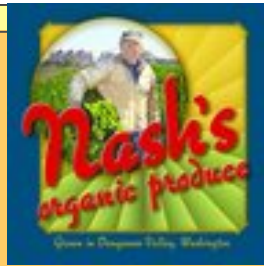


**Baby Dill
Scarlet Runner Beans
Garlic, Musik & Red Russian
Red Leaf Lettuce
Broccoli**



*Box 5 of 25
8/14/09*

**Romaine Lettuce
Red Bunched Onions
Green Cucumber
Lacinato Kale
Basil**

Garlic Harvest—weedy & wonderful!

Two weeks ago Mark Langeman, Mike Shethar, Waylan Barrett and Josh Gloor pulled up all four varieties of garlic that we planted last fall on the Delta Farm. This summer's heat produced the best garlic the farm has seen in eight years. Yield was fantastic and clove size was about 25% larger than last year. What does that mean for Farm Share Members? Beautiful, easy to peel garlic is coming your way!

Polish Jen, Red Russian, Musik and Delta Giant are all hardneck varieties. The farm has been trying to increase its seed stock of certain varieties and consequently the Polish Jen inventory won't be touched until its time to plant again in the fall.

“Last year we only sold about 25% of our total harvest. We didn't have a lot of garlic to begin with because yield was poor in '08, and we had to save enough to plant again,” says Josh. “This year I'm not as concerned about setting enough seed aside because it was such a great production year. Over the next few months we should be able to part with 50-60% of last year's harvest.”

Getting our entire crop of this culinary must-have in the drying shed is no easy task. This year it was especially difficult as we had let the weeds get out of control and it was challenging to struggle through them to find the garlic. Let's just say this patch was really proof that we don't use herbicides on the farm!

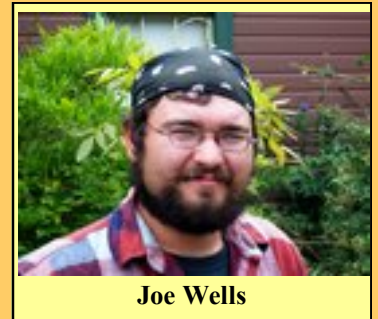
After the garlic was de-weeded and pulled from the ground, its main stalk was clipped and it was transported to the drying shed (at the Delta Farm) where it lingered for at least two weeks before it can be sold or shared. We shield the south facing opaque-plastic wall of the shed with black plastic so as to minimize the ultra violet (UV) exposure to the drying garlic. We also use fans as necessary to keep the shed around 78 degrees, which is ideal for curing.

Stay tuned for more info in a few months about fall garlic planting!

Garlic Fun Fact: During its two-week rest in the drying shed, the garlic actually loses about 20-30% of its weight. Garlic freshly dug up is sold as “green garlic” as the cloves' tips still have a greenish hue when peeled.

Meet the Crew!

This is Joe Wells' second year in the Dungeness Valley. He is a hard-working member of our harvest team as well as an experienced marketer on Wednesdays in Port Townsend and Saturdays in Sequim. Originally from Michigan, Joe came to the North Olympic Peninsula 3 years ago to work with AmeriCorps tutoring and mentoring disadvantaged youths. He will be returning to Evergreen State College this fall to complete the final year of his bachelor's degree in chemistry. Joe enjoys backpacking, biking, home brewing and cooking. Joe likes having a job that encourages people to eat more local, naturally grown foods.



Joe Wells

Although the work is often strenuous, being outside and working closely with other crew members has plenty of rewards all by itself, especially on the Peninsula. Joe likes the physical exercise the job provides and the good feeling at the end of each action-packed day that comes from a job well done. Joe finds the state of the current conventional food system in this country and much of the world to be “disgusting.” “We no longer know where our food comes from or how it was grown. It is important that more people understand their food system and trust the farmers that grow it.” Being a part of Nash's farm and growing and eating organic food is important to Joe.

Reminder >> Please return your Farm Share boxes to us for reuse!!

LEMON-SOY BROCCOLI AND BEAN LETTUCE WRAPS—SERVES 3-4

Ingredients:

2 oz Extra Virgin Olive Oil
4 oz Soy Sauce
1 oz Lemon Juice
1 oz Honey

3 Medium Heads Broccoli, cut bite size florets
1 Handful Scarlet Runner Beans , cut 1+sections
3 Cloves Garlic, minced
1 oz Fresh Ginger, Minced
1 Head Lettuce, split into individual leaves
½ oz Sesame Seeds, toasted

Top with chopped Dill and Green Cucumbers

Optional: Chicken or Pork cut into thin strips, about bite size. Throw these in when the Veggies go in just delicious!

- Place first four ingredients in a saute pan or sauce pan (with a lid) and bring to a simmer.
- Add next four ingredients (and meat if using) and simmer until nice and tender.
- Remove all veggies and meat and quickly reduce sauce (boil) until it thickens and is slightly syrupy.
- Roll veggies in lettuce leaves, and garnish with sesame seeds, dill and cukes.
- Enjoy!

Original Recipe by Mike Shethar of Nash's Organic Produce

Kale Tips: Kale has one of the highest levels of antioxidants and carotenes of any vegetable. It's exceptionally high in lutein and zeaxanthin, which prevent macular degeneration (vision loss in old age). As a member of the cruciferous cabbage family, kale is packed with anti-cancer phytochemicals as well as chlorophyll, calcium, b-vitamins and fiber. Kale tops the charts when it comes to nutrition, so use it liberally in salads, stir-frys, soups or sauces.

To chop kale, lay a bunch of kale on the cutting board and cut crosswise into strips. Turn the cutting board 90°, and cut again if you want smaller pieces. (Raw kale will have more vitamins available to you, so chop it up small and get it into those salads!) Get kids involved in meal preparation and help them practice their dexterity and scissor skills by cutting kale leaves crosswise with a kitchen scissors, or just tearing into pieces with their hands.

KALE WITH RED BEANS, DILL AND FETA CHEESE

Ingredients:

1 ½ cups dried red beans, soaked overnight
2 bay leaves
½ teaspoon thyme leaves
Sea salt

1 bell pepper, finely diced
1 bunch kale
1 bunch rainbow chard
2 Tablespoons olive oil

2 cloves garlic, minced or through a press
¼ cup snipped dill
3-4 ounces Feta cheese, crumbled

- Drain the beans, cover them with plenty of cold water, and bring them to a boil.
- Remove any scum that rises to the surface, and then add the herbs, 1 1/2 teaspoons salt, and the bell pepper.
- Lower the heat and simmer 1 1/2 hours.
- Slice the kale and chard into ½+strips, removing any large or heavy stems.
- Bring a pot of salted water to a boil, add kale cook for 2-3 minutes, then add the chard and cook for 3 minutes longer.
- Pour into a colander and drain.
- Heat the oil in a wide skillet. Add the garlic and half of the dill.
- Cook over medium heat 2-3 minutes or until the garlic has softened and is lightly browned.
- Add the kale and the beans with enough of the cooking liquid so that there is plenty of sauce.
- Simmer together for at least 10 minutes. Serve in bowls garnished with Feta and dill.