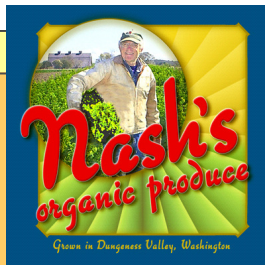


**Tomatoes  
Globe Artichokes  
Golden Beets w/ Greens  
Lemon Cucumbers  
Bulk Spinach**



**Box 7 of 25**  
9/28/09

**Broccoli  
Italian Parsley  
Scarlet Runner Beans  
White or Purple Cauliflower  
Baby White Turnips**

(Sorry to tease you about corn- we thought it was going to be ready, but it'll be 1 or 2 more weeks!)

## *Late Summer Vegetable Seed Harvest*

In addition to all the fresh vegetables we grow here at Nash's, we are also producing several varieties of vegetable seed crops. While there are many reasons why we are unable to produce all of the vegetable seed varieties we use here on the farm, we try to produce several varieties every season. This year we are growing cabbage, kale, carrot, rutabaga, cilantro, and three varieties of spinach. Some of these crops are specifically for us to use next year, others are grown for the commercial seed market, and others are plant breeding projects meant to maintain and improve the quality of individual vegetable varieties.

Many people who garden understand that a cabbage is not a cabbage is not a cabbage, but rather, Columbia green cabbage is much different than Early Jersey Wakefield green cabbage or Bartolo hybrid green cabbage. Each has its own particular traits when grown and may have very different culinary uses. These traits may shift over time as the plants go through successive generations unless someone, either a plant breeder, or a knowledgeable farmer, continually selects for the desirable traits. This selection allows a farmer to have a level of consistency and know what the crop will look like when grown as a vegetable. During the spring and early summer we selected the traits we wanted to continue and removed the plants displaying the traits we didn't want.

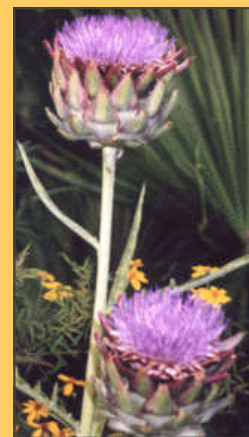
Now, using our reliably dry, sunny late summer weather, we are beginning to harvest those vegetable seed crops. First came the rutabaga two weeks ago. Then the kale last week. This week we have begun to pull the spinach plants in order to get them dry and finish maturing the seed. The cabbage is still a bit green and will need a couple weeks longer at least. The carrots will be our last vegetable seed crop of the year, usually maturing in the latter part of September.

While small amounts of seed can be harvested and cleaned by hand, we are growing enough volume of some varieties to warrant the use of machinery. A small combine will be used to separate the spinach seed from the chaff, all the other dry parts of the spinach plant. However, we may employ the age old techniques of seed stomping and winnowing for the small amounts of kale and rutabaga we are producing this season.

**The globe artichokes** that we enjoy in our meals is actually a flower head that has not completely matured. When fully matured and opened, the inedible bloom becomes a brilliant bluish-purple thistle (see picture). The plant itself, an herbaceous perennial, grows to about five or six feet tall in our rich Dungeness Field.

Our artichokes plants die back in the winter but because we mulch them, they re-grow the following spring. We start new transplants in the greenhouse in mid March and we transplant them about 30" apart in long beds around mid May. They begin to fully mature in the late summer, and continuously send off tender shoots and chokes until about mid October or early November when the hard frost finally takes them down for the winter. We harvest off our plants for about 3 years until their production slows down, at which time we begin a new rotation.

The reason our chokes are smaller than typical ones you see in the grocery store (mostly from California) has to do with several reasons. One is varietal selection, another is spacing and a third has to do with growth hormones. We chose to use a variety that is not known for extraordinarily large buds, or "chokes". The spacing we use is much closer than conventional artichoke farmers use. While they commonly will use 72"-80" between rows, we use a mere 30" in order to shade out the late growing weeds. This compromises the amount of fertility available to each plant, but allows us to avoid the use of herbicide. The final reason of growth hormones is that conventional growers will use gibberelic acid to induce bud formation. This is the same growth regulating plant hormone responsible for the larger than real life appearance of the modern table grape.



*Low in calories  
(about 60) & high in  
flavor 'chokes' are  
wonderful steamed,  
grilled, sautéed,  
pickled or roasted.*

# Globe Artichokes

Scientists believe that artichokes contain phytochemical compounds that possess powerful antioxidant properties that may be beneficial in helping the liver to regenerate tissue growth. Artichokes are truly a no-fat, non cholesterol treat that offer a host of vitamins and minerals including potassium, phosphorus, iron, calcium, fiber, vit. A, B's, folic acid & vitamin C.

Because artichokes are so high in nutrients phytochemicals, many health researchers believe eating them may contribute to the prevention of certain types of heart disease, cancer, and birth defects.



Photo by Kia Armstrong

## Grilled Globe Artichokes with Chive Blossom Aioli

4 Globe Artichokes, prepped (explained below) and halved  
4 oz White wine  
2 oz Butter  
Salt and Pepper

**Grilling** Grill chokes cut side down until just browning. Turn over and place on foil, (maybe even on an upper rack if available) and add wine and butter to the cavity, and sprinkle with a bit of salt and pepper. Cook, with the top down, until the wine and butter have absorbed a bit...and the artichokes are tender to a fork poke. Dip and scrape the leaves in the aioli, eat the heart and the stem! Young artichokes are delicious tip to stem!

### Aioli (all ingredients room temp)

2 Med to Large Cloves Garlic  
Pinch of Salt  
1 Egg Yolk  
½ t Water  
1 Cup Olive oil  
1 oz picked Chive Blossoms (dandelion, rosemary, sage blossoms are great too!)  
1 oz chopped dill or fennel fronds, parsley or basil

In a blender, place first three ingredients, and pulse quickly three or four times (until eggs are bubbly). With blender on medium speed, add just about an ounce of oil, until absorbed and thickened, then slowly stream in oil. If too thick, thin with a couple drops of water. Season with salt, pepper and add some chive blossoms and chopped dill, fennel, parsley or basil.

*Original Recipe from Mike Shethar of Nash's Organic Produce*

**Small, fresh artichokes** cook to such tenderness, almost the entire plant can be eaten! There are several ways to prep your chokes depending how you intend to cook them. ***Our artichokes do not have hairy, bristly centers, so no need to worry about removing those before or after cooking!*** The stems are also tender and comparable in taste to the heart of the plant, so we recommend leaving them intact.

To steam chokes, simply wash them off and trim a thin slice off the bottom of the stem, where it has browned. Then steam the chokes for about 8-12 minutes, or until you can reach into the pot and easily remove one of the leaves from the plant. When the leaves begin to release from the rest of the plant with a little tug, you know your choke is cooked!

If you plan to roast, sauté or grill your chokes, you might consider prepping them a little more thoroughly. Cut off the top 1/4-1/2 inch of the 'choke, removing the bulk of the tough tips. Trim a thin slice off the bottom of the stem to remove the browned base, and cut the choke in half or quarters, depending on your intended use. If you are not going to cook the artichokes right away, rub them with lemon juice or store them in lemon-water to prevent them from browning.

**Both the beets and greens** in your box this week can be eaten! Use the greens as you would spinach or chard, raw in salads, sautéed or in added to red sauce or soup. Our **cauliflower** is totally mouth-watering when roasted. Cut the cauli into slightly larger size pieces than the beets, potatoes, artichokes or turnips, toss with olive oil and fresh or dried herbs and salt and pepper, and roast at 400 degrees, covered for 25 minutes, then flip veggies around and return to oven for another 20-25 minutes. You CAN eat the greens on the baby white bunched turnips. Try sautéing them or adding them to a spinach salad topped with boiled eggs and bacon crumbles! **Lemon cucumbers** are lemony-colored, but do not have a citrus flavor. **Spinach** was bagged this week because it was too tender to wrestle into a bunch!

Questions, Comments, Suggestions? [sid@nashsorganicproduce.com](mailto:sid@nashsorganicproduce.com) or 1-360-681-NASH