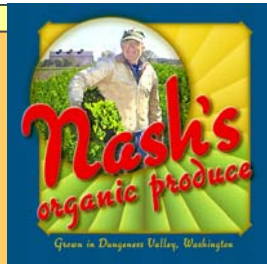


9/11/09

**Soft White Winter Wheat
Red Gravenstein Apples
Lettuce, Farmer's Pick
Arugula
Basil**



Box 9 of 25

**French Breakfast Radish
Cylinder Beets w/ Greens
Red Dandelion Greens
Green Cabbage
Carrots**

Late Summer Apples

Your box this week features Red Gravenstein Apples from our small orchard in the Dungeness Field, North East of the Packing Shed. Considered by many to be one of the best pie & saucing apples out there, early gravs' are also fabulous for eating fresh. Tart & crisp, they are crunchy when fresh picked! If left at room temp, they will begin to soften. If you prefer crunchy apples, store these in the fridge instead of on your kitchen counter.

You might notice that some of your apples have a bit of apple scab. A cosmetic blemish on the skin of the apple that looks, well, scab-like, apple scab is prevalent in Western WA due to our cool moist spring weather. There are dormant oil sprays that you can apply to the trees several times in the spring to mitigate scabbing, but we don't find it to be enough of a detriment at this point to spray. Since scab doesn't harm the flavor or edibility of the apple we are ok with a little scab if it means spending less time & money on certified organic sprays!

Early Gravs' are so popular, Sonoma County, CA actually hosts a Gravenstein Apple Fair annually in late August. Google "gravenstein apples" (www.farmtrails.org/gravensteinapplefair/gaf_about_apple.html) for more info and for links to mouthwatering recipes for Slow-Cooked Applesauce, Smoky Apple Chutney & Fresh Apple Chutney, Smoked Chicken Pate with Gravenstein Apple Relish, Apple Pie and Apple Brandy Dessert Crepes. YUM!

Olympic Gleaners

The Olympic Gleaners coordinate volunteers to harvest surplus local produce and distribute it to food banks and meal programs in Port Angeles and Sequim, such as the Salvation Army Soup Kitchen, Serenity House Shelters, Head Start Day Cares, and Peninsula Mental Health Center. The program was begun in 2008 by Marissa Ortega Welch, at the Olympic Community Action Program office in Port Angeles. From 9/09-12/09, fifty volunteers harvested for donation more than 4,000 pounds of fresh fruits and vegetables from private home owners and local organic farmers. A whopping 1,500 pounds came from Nash's alone!

This year, the Gleaners are on a consistent schedule at Nash's and arrive every Monday to pick left-over or imperfect vegetables that we don't have a market for. They have been harvesting chard, beets, cucumbers, zucchinis and spinach, to name a few items. For more info about volunteering with the Gleaners, or if you know of a potentially gleanable site, check out www.olympicgleaners.org, or call 360-452-4726 ext. 6282.

Amelia Robertson, a member of the harvest crew and a regular marketeer in Port Angeles and Kingston, is wrapping up her second summer on the Farm. This fall she will head back to Evergreen State College in Olympia to finish the final year of her English and Literature BA Program. Amelia, who grew up in Sequim, initially came to the farm because she enjoys working outdoors. During her two summer's aboard the harvest crew, she has enjoyed the beautiful scenery, joking and talking with her Harvest Crew Leader, and keeping a close connection to her food. "Its great to be able to pick the vegetables and take them home for dinner, " says Amelia.

Amelia has a great attitude and a strong work ethic, and has spent long days from sun-up to sun-down harvesting the farm's bounty. She says she enjoys that every day is different and there are always new challenges and solutions to getting the job done. We hope that Amelia's future weaves its way back to the farm and we wish her well during her final year at Evergreen.



Photo By Ellen Russel

Amelia will be missed on the Harvest Crew.

DOUBLE CHOCOLATE ZUCCHINI COOKIES FOR A CROWD

Margie is one of those angels who walks around with plates of cookies, pies and freshly baked goods that melt in your mouth. We don't know when she finds the time to do so much baking in between shifts at the Farm Store, or where her creative inspiration wells from, but we are fortunate that she insists on making her fellow employees her guinea pigs! When you try out these cookies, you will understand what we're talking about. (And hey, they've got zucchini in them...they MUST be good for you!!!)

- 1 cup chilled butter
- 1 1/2 cups of grated zucchini pureed with 4 eggs
- 1 tsp vanilla
- 1/8 cup strong coffee
- 3 cups fresh ground wheat flour* (from Nash's organic soft white or hard red wheat berries)
- 1 1/2 cups cocoa
- 4 cups old fashioned oats
- 2 tsp baking soda
- 2 cups of dark chocolate chips

- Cream butter with sugars and cocoa, blend in egg and zucchini mixture.
- Stir together flour, soda and oats and stir into creamed mixture.
- Add chocolate chips.
- Drop by eighth of a cup measure on lightly greased cookie sheet and bake 11-13 minutes.

**Wheat Berry Tip: Freshly grind your berries right before backing for optimum flavor and nutrition. If you don't have a home mill or VitaMix (which will totally turn berries into flour!) than use your coffee grinder or food processor to whip up small batches of coarsely ground flour. Consider finding a coffee grinder at a thrift store and designating it in your kitchen as the spice and flour grinder!*

Original Recipe by Margie Diffner of Nash's Organic Produce

Delicious Edible Radish Greens! Go ahead, get crazy with your bad self...munch down those tasty radish tops! Radish greens can be prepared as you would chard or spinach. Experiment with them raw or cooked, some folks find they have a fuzzy texture that subsides when cooked. With a strong flavor and lots of kick, radishes and their tops can be pickled, sautéed, roasted, or enjoyed raw.

PICKLED RADISH GREENS—simple and satisfying. The credit for this recipe goes to *Japanese Country Cookbook*, by RussRudsinski.

- 1 bunch of young radish greens
- 1 teaspoon salt
- 1 tablespoon sugar
- ½ cup of water
- Soy Sauce to taste

Use perfect leaves, discarding yellow and bruised leaves. Leave whole if small or tear into smaller pieces for larger leaves. Combine all ingredients in a bowl except for Soy Sauce. Refrigerate 30 minutes to several hours. When serving, drain and squeeze dry with a paper towel. Add soy sauce to taste, if you like, and top with toasted sesame seeds.

Roasted radishes are wonderful and extremely easy. If you're one of those people who don't fully appreciate the spicy kick that radishes throw down, try roasting them as it takes the bite away and leaves their sweetness behind. To prepare roasties, just cut the radishes into quarters and toss with olive oil until coated. Sprinkle salt and sesame seeds, and place into a baking dish and roast at 400 degrees for 30 minutes or until you receive desired texture.

In the News: A new report by the French Agency for Food Safety (AFSSA) has found that organic foods are better for you and contain less pesticides and nitrates, which have been linked to a range of health problems including diabetes and Alzheimer's. DUH!!! Check out <http://www.organicconsumers.org/> for more info!

Questions, Comments, Suggestions? sid@nashsorganicproduce.com or 1-360-681-NASH