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# July 25th 2008

Red Butter Lettuce  
Bunch Carrots  
Green Onions  
Rainbow Chard

## In The Box

Red Dandelion Greens  
Baby Bok Choi  
Golden Beets  
Fava Beans  
Curley Parsley

### Transplanting: It Isn't Just For Hearts

By Sebastian Edgerton

Dusty, hot and the glorious outdoors are all part of life on the transplanting crew, but the transplanting crew has an integrated effort in the organic system. As Scott Chichester, Nash's vegetable production manager said "for our farm, transplanting in the summer is the key for having brassica crops all winter long." First though it takes Nash's workers to put it all together.



There is one person that drives the tractor, while two or four more are seated at the rear of the tractor. There's also one person following behind making sure that the plants aren't planted too shallowly or too deeply as the tractor's blades cut rows in the soil, and the farm hands do the planting.

The plants are first sown into trays or directly into a transplanting field where they are watered, weeded and cared for. Chichester says that he'd "rather water an acre than ten acres." He means that by sowing them close together, in a smaller space, it takes less water and less weeding to maintain the young seedlings.

When the seedlings get big enough, they are lifted from the dirt with pitch forks and packed into boxes by the transplanting crew. Before the crew packs the seedlings, they tear off most of the leaves. Chichester states that "you can be really rough on a plant and it still can survive." This controls *transpiration* so the seedlings don't lose a lot of water and wilt as they're waiting to be loaded onto the tractor and planted in rows over a much larger field.

Brassicas, which are cabbage, broccoli, brussel sprouts and cauliflower, they are mostly what are transplanted this way according to Chichester. He says that it "makes more sense economically and just time wise for us to do it that way."

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## Baby Bok Choi

Baby bok choy (*Brassica chinensis*) has white stalks with light green leaves. The stalks are crunchy and juicy, while the leaves are tender with a light cabbage taste. Baby bok choy can be cooked whole by steaming or braising. Stalks can be added to a veggie tray to be enjoyed as a raw snack or even pickled.

### 15 minute Steamed Halibut with Bok Choy

This one-dish meal is incredibly easy to prepare, giving you an easy way to enjoy the many nutritional benefits of vegetables and halibut. Because it is steamed and served with a tasty dressing it is a healthier way to enjoy these foods without compromising flavor.

#### Ingredients:

4 pieces of halibut steaks, 5 oz each  
1 cup green onions, diced  
2-3 cups baby bok choy, chopped

#### Dressing:

3 medium cloves garlic, pressed  
½ tbs finely minced fresh ginger  
3 tbs fresh lemon juice  
1 tbs soy sauce  
1 tbs extra virgin olive oil

#### Directions:

1. Mix together garlic, ginger, lemon juice, soy sauce, and olive oil in a bowl and set aside.
2. Bring lightly salted water to a boil in a steamer with a tight fitting lid.
3. Layer bok choy and halibut, in this order, in the steamer basket. Cover and steam for about 3-5 minutes.
4. Serve on a platter with halibut nestled on top of vegetables and drizzle sauce over halibut. Sprinkle with freshly chopped green onions. Can be served with brown rice or couscous.

Serves 4

## Golden Beets

The beet (*Beta vulgaris*) has been cultivated since pre-Christian times. Both the roots and the foliage of the golden beet are edible, as is the foliage of Swiss chard and similar varieties. You can either enjoy your beets raw on salads or sandwiches or cook them in a variety of ways, including boiling, baking or sautéing with other vegetables

### Roasted Beets in Rosemary Vinaigrette

#### Ingredients:

1/3 cup balsamic vinegar  
1 teaspoon chopped fresh rosemary  
1 clove garlic, peeled and crushed  
1/2 teaspoon herbs de Provence  
3 medium beets, sliced into rounds

#### Directions:

1. In a medium bowl, mix balsamic vinegar, rosemary, garlic, and herbes de Provence. Place beets in the mixture, and marinate at least 20 minutes.
2. Preheat an outdoor grill for high heat, and lightly oil grate.
3. Place the beets and marinade mixture on a piece of foil large enough to wrap all ingredients, and seal tightly. Place the foil packet on the prepared grill, and cook 25 minutes, or until beets are tender.

We recycle clean plastic grocery bags and farm share boxes. Please drop off recyclables at market locations or Nash's Farm store.