

Nash's organic produce

2014 Farm Share Program

Week 16, October 24

Both boxes have: Red wheat flour, broccoli, pears, collard greens, red beets

The **Small box** also has: Baby leeks, Savoy cabbage

The **Standard box** also has: Rainbow chard, parsnips, Italian parsley, Brussels sprouts

About Your Beets

Nash's beets are sweet and tender. The sweetness is enhanced by roasting them.

Wash the beets thoroughly, then wrap in foil and bake at 375 degrees F for 40 minutes. When done, unwrap and hold under cold water. Now you can slide the skins off easily. Cut into quarters, and slice.

You can leave the skins on, of course. They are tender and delicious, and have lots of nutrients. Cut your raw beets into bite-sized pieces, put in a bowl with a tablespoon of olive oil, salt and pepper to taste, and a little garlic powder, if desired. Toss well so that all the pieces are coated. Put on a cookie sheet in a 425° F oven for 15 minutes. Turn the pieces and roast for another 5 to 10 minutes, or until tender. Serve hot or cool down and slice on to a salad.

Beets are heart healthy because they lower blood pressure and levels of bad cholesterol. They are also excellent cleansers for the kidney, liver and blood, and are high in powerful antioxidants, which means they help fight cancer. They have been used for centuries to treat anemia and fatigue. The Romans thought they were an aphrodisiac and modern science has backed that up!

Beets also contain a substance called betaine that is used to treat depression. They have tryptophan, as well, a substance that relaxes the mind and increases our sense of well-being.



The Brussels sprouts and the broccoli in your boxes this week are both from the Wilson Field, located practically across the street from the Farm Store. The variety of sprouts is called Titan and it was planted in greenhouse flats in March and transplanted into the Wilson field mid-June. A month later, the broccoli plants were put in nearby, all part of a large block of fall and winter *brassicas*. As part of our natural pest control program, we alternated the brassicas with beds of bright purple phacelia, which attract wasps and ladybugs that feed on aphids.

Your beautiful pears came from Alvarez Organic Farms in Mabton, WA. Founded in 1988 by Hilario Alvarez, this farm is one of the most successful and innovative farms in Washington.

Collards Sauté

- 1 Tbsp. olive oil
- 3 slices bacon
- 1 large Walla Walla onion, chopped
- 2 cloves garlic, minced
- 1 tsp. salt
- 1 tsp. pepper
- 3 cups chicken broth
- 1 pinch red pepper flakes
- 1 lb. collard greens, cut into bite-sized pieces

Heat oil in a large pot over medium heat. Add bacon and cook until crisp. Crumble it and add onion. Cook until tender. Add garlic and continue cooking until fragrant. Add collard greens and sauté until just wilting. Pour in chicken broth, add salt, pepper and pepper flakes, and reduce heat to low. Cover and simmer 30 minutes until greens are tender.

We thank allrecipes.com for this recipe.

Kia's Biscuits & Gravy

Biscuits

1.5 cups Nash's soft white flour
1.5 cups Nash's red wheat flour
2 Tbsp. baking powder
1/2 tsp. salt
1.5 stick (3/4 cup) cold/frozen butter, grated
1.25 cup buttermilk or raw milk

Preheat oven to 400° F. Put flour, baking powder, and salt into a bowl, add grated butter and mix thoroughly with your fingers. Drizzle in the milk and incorporate it with a wooden spoon, until dough just comes together and is no longer crumbly. Drop in clumps on baking sheets, and bake for 15-17 minutes, or until golden brown.

Sausage Gravy

1 lb Nash's breakfast sausage
1/3 cup white or red wheat flour
4 cups whole milk
1/2 tsp. salt
1.5 tsp. black pepper

With your finger, tear small pieces of sausage and put them in a single layer in a large heavy skillet. Brown over medium-high heat until no longer pink. Reduce heat to medium-low. Sprinkle in half the flour and stir so that the sausage soaks it all up, then add a little more until just before the sausage looks too dry. Stir it around and cook it for another minute or so, then pour in the milk, stirring constantly.

Cook the gravy, stirring frequently, until it thickens, about 10-12 minutes. Sprinkle in salt and pepper and continue cooking until thickened. If it gets too thick too soon, add 1/2 cup of milk or more. Taste and adjust seasonings. Spoon sausage gravy over warm biscuits and serve immediately!

Soil Health

The basis for healthy food is healthy soil. For soil to be healthy, populations of soil microbes should be just as diverse underground as populations of flora and fauna are above ground. These microbes are responsible for a multitude of soil properties, like moisture content, soil structure, conversion of elements into forms that plants can use, and transferring nutrients to plants, and ultimately to us.



Just one cup of healthy soil contains more microorganisms than there are people on the planet! They form a complex food web, based on decaying plant and animal matter, and involving countless forms

of bacteria, fungi, nematodes and bugs. As they go about their living and dying, they create structures that stabilize the soil and convert nutrients from one chemical form to another.

Soil biota can sustainably produce nutrient-dense foods, as long as nutrients are somehow returned to the soil. But since the beginning of industrial agriculture, this efficient and productive nutrient recycling system has been completely disrupted.

Our reckless use of herbicides, pesticides and chemical fertilizers based on cheap fossil fuels are the basis of the destruction. Monocultures—growing single crops on a very large scale—is the core of industrial agriculture and it relies completely on chemical inputs that destroy soil organisms.

As we lose soil organisms, we lose soil health, and our food is losing nutritional value. Levels of iron, calcium, phosphorus, and vitamins B and C, among others, have decreased in all kinds of vegetables, grains and meats since the 1950s, according to a landmark study by Donald Davis of the University of Texas (UT) at Austin which was published in December 2004 in the *Journal of the American College of Nutrition*.

Here at Nash's, we work very hard to keep our levels of organic matter, and consequently the soil biota, high. We do that by building our own compost, cover cropping, and crop rotation, so that nutrients are not sucked out of the soil by the same crop year after year. On our organic farm, we consider every microbe in our rich alluvial soils to be a partner in producing healthy, nutritious food.

Get Ready for the Holidays!

Thanksgiving is just around the corner and Nash's Farm Store is your source for turkeys from Mary's Organics in CA

only \$4.99/lb!

First shipment arrives Nov 12. Pay for your bird in full before November 19 and get a FREE 5# bag of Nash's Best Carrots! Turkey sizes: 8 to 16 lbs

Please reserve & pay for your turkey at the Farm Store.

Note: Turkeys may not be purchased with Nash Bucks.

