



# Farm Share

# News



*Welcome to our 2015 Farm Share program! This year will be even more of an adventure than normal, thanks to the drought and unseasonably warm weather. We're trying new ways to keep the produce coming.*

## Standard Box

Spinach – 1 bunch  
Fava beans – 1.5 lb.  
Garlic scapes – 1 bunch  
Baby dill – 1 bunch  
Red chard – 1 bunch  
Lettuce – 1 head  
Cornmeal – 1 pint coarse ground  
Strawberries – 1 pint  
Lacinato Kale – 1 bunch  
English cucumber

## Small Box

Spinach – 1 bunch  
Fava beans – 1.25 lb.  
Garlic scapes – 1 bunch  
Baby dill – 1 bunch  
Red chard – 1 bunch  
Lettuce – 1 head  
Cornmeal – 1 pint medium ground

## Doing more with less water

The question we have been asked more this year than any other is "What are you doing on the farm to cope with the drought?" We have actually been planning for it ever since last winter when it became obvious that the snow pack was not dense enough to last.

Nash's team estimated that the irrigation system would remain on until the middle of the summer, and then the various irrigation districts would shut down to keep the required minimum of 60 cfs of water in the Dungeness for the salmon. Normally, the shutdown comes in the middle of September, when the salmon are ready to launch themselves up the river to spawn. But this year is different.

Knowing we would have to raise crops without much water this year, we cut down on our vegetable production. We are raising enough for the Farm Share program, the farmers markets and our Farm Store, but not for our wholesale accounts. This means we have about half the acreage in veggies than normal. We also have put the vegetables for later in the year in fields that have adequate wells, and are now in the process of hooking up drip tape to many of these crops. Some crops don't lend themselves to drip systems, like fava beans or grain. But others, like Brussels sprouts or potatoes (above) work well due to their spacing and water requirements.

Drip systems are so common in California that farmers there take them for granted. But we have been spoiled with our wonderful climate and mountain snow pack that provided great irrigation water every year for decades. We have used drip tape on occasion, but now we will work with it seriously to use it effectively on a regular basis. To that end, we will roll it up to reuse it again next year, should the drought continue.

**2015 Farm Share Season**  
**July 3 • Week 1**

4681 Sequim-Dungeness Way • 360-681-7458  
[www.nashsorganicproduce.com](http://www.nashsorganicproduce.com)  
Nash's Farm Store, Daily 9:30 am to 7 pm

# Ways to enjoy your fresh baby dill

- Add finely chopped dill to tuna, egg or chicken salad sandwiches.
- Easy Cucumber-Tomato-Dill Salad: Mix 1/4 cup fresh dill with 1/4 cup vinegar, 1 tsp. sugar, 1/2 tsp. salt, 1/4 tsp. black pepper, and 2 Tbsp. olive oil. Add 2 sliced cucumbers, 1 cup sliced red onion, and 2 cut-up tomatoes. Toss, and let rest 15 min+ before serving.
- Use the delicate dill fronds as a delicious garnish, or to sprinkle on soups and stirfrys.
- Season fish or chicken with a combo of minced dill and garlic, S & P
- Add to Greek green salads, with Romaine, sliced scallions and crumbled feta.
- Brighten any bowl of salad greens with roughly chopped dill.
- Season roast chicken: Combine 1/2 cup finely chopped dill with 2-3 Tbsp. butter, salt, and pepper. Spoon mixture under skin of breasts, thighs, and legs, and massage it around the meat. Stuff some into the cavity of the chicken with lemon slices and garlic.
- Add to everything from Cole slaw and omelets, to lentil dahl and borscht.
- Dip veggies, chips, or pita in this easy dill sauce, or enjoy over steamed veggies and rice: 1/2 cup plain yogurt or sour cream, 1.5 Tbsp. Dijon-style mustard, 1 Tbsp. lemon juice, and 2-3 tablespoons minced dill and optional 2 clove garlic.



# About your cornmeal

Most of the dried corn grown in the United States today is genetically modified (GMO). But organic, non-GMO corn has been carefully preserved by concerned individuals and institutions. The source of the organic yellow dent cornmeal in your box is Dr. Walter Goldstein of the Mandaamin Institute in Wisconsin. Dr. Goldstein gave Nash's Farm a small quantity of his organic seed about five years ago and we have carefully grown it out each year to preserve the variety (Wiger) and to provide some of the tastiest cornmeal ever!

The medium ground cornmeal in the small box is ideal for baking muffins, quick breads, or cornbread, like [Kia's Skillet Cornbread](#) (photo). The course ground cornmeal in the standard box is wonderful for polenta, like [Mary's Corn Polenta](#).



These recipes, plus many others, are available on Nash's website on our [Recipe Blog](#) ([www.nashsorganicproduce.com](http://www.nashsorganicproduce.com). The link is in the left-hand column) If you have a special recipe you'd like to share, or some tips for preparing the items in your box, please share them with us, using the link in the left-hand column of the [Recipe Blog](#) homepage.

# Fava Beans

Favas are great in soups, stir-fries or pasta. Roast them with garlic, olive oil and salt to taste, or use them raw, chopped into salads. Puree favas for an alternative green base to pizza or pasta. Boil and mash them, and spread the paste on crostini.

To shuck favas, remove the beans from the pods by pulling off the string and splitting the pod. There are about 4 to 5 beans per pod. To remove the second skin, there are two different methods. The first is to make a small slit with a knife along the edge of the bean to pop the bean out of its skin. The alternate, and more popular, method is to blanch them for 30 seconds. Remove the beans from the boiling water and submerge them in ice cold water to stop the cooking process. This step softens the second skin, making it easier to remove. With your fingers, squeeze the bean out from its skin.