



Farm Share

News



Suzy Strom—Greenhouse Manager

Suzy Strom was born and raised in Alaska. She got into farming when she was living in New Hampshire for a few years and worked on a farm there. “It was a joy to learn how to bring food out of the ground—a foreign concept in Alaska!”

Suzy started on the packing crew in November 2013. She was very quickly singled out as an innovative thinker. For years, Nash had wanted to grow greenhouse tomatoes, but did not have an employee with the expertise to take charge of such a project. Suzy had learned the skill in New Hampshire and Nash asked her to do some research and find out what it would take to make it happen here.

She jumped in with diligence and enthusiasm. She researched the best and most cost-effective greenhouse structures and appropriate tomato varieties. Once the greenhouse components were delivered, she directed its construction. She acquired the tomato seeds and starts and the tomato greenhouse has been growing ever since!

The farm in New Hampshire was a conventional commercial enterprise, so changing to organic greenhouse growing has given Suzy some challenges. She has found variety selection to be a little problematic. “Nash’s farm is so close to the Strait, and is a little cooler than other places on the Peninsula,” she says. “People recommend varieties that sometimes don’t meet expectations.” She also is continuously educating herself about tomato diseases, since she does not apply any pesticides or fungicides to her plants. “I am so grateful to my colleagues Waylon Barrett and Chris Tipton, because they turn me on to resources where I can find answers, and they inspire me with their love of organic farming.”

Despite the challenges, Suzy also finds rewards being a greenhouse manager. “I love finding new varieties and having unexpected successes,” she laughs. “The Gold Nugget cherry tomato was one of those, and the Indigo Cherry Drops. They are a deep purple color until they get ripe, then they turn to a deep black-red. They taste great!” She says her best moment of the year is when she finds the first ripe tomato of the season.

Standard Box

Carrots, 1 bu.
Green Onions, 1 bu.
Broccoli, 1.75 lbs.
Cucumber
Golden Beets & Greens, 1 bu.
Yellow Zucchini
Cilantro, 1 bu.
Green Beans, .5 lb.
Apricots, 2 lbs., Sunnyslope Ranch

Small Box

Carrots, 1 bu.
Green Onions, 1 bu.
Broccoli, 1 lb.
Lacinato Kale, 1 bu.
Cherry Tomatoes, 1 pint
Apricots, 1.5 lbs.,
Sunnyslope Ranch

2015 Farm Share Season
July 17 • Week 3

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Nash’s Farm Store, Daily 9:30 am to 7 pm

First of the Carrots

Nash's carrots have a reputation for sweetness and crunch. The carrots in your box are very young and tender, and their sweetness may not be as intense as when they have had a chance to grow more in our mineral-rich Dungeness soils. You will be seeing those carrots later in the season. Meanwhile, try roasting these baby carrots.

Start by preheating your oven to 400°F. Scrub and wash the carrots. Wipe dry. Slice off the tops and tails. Line a roasting pan with foil. Put in the carrots in one layer. From a small bunch of fresh thyme, remove the leaves and sprinkle on carrots. Chop 4-5 garlic cloves into big pieces and add. You can also add a layer of sliced medium onion, but this is optional. Salt the carrots and add a couple of tablespoons of olive oil and mix everything well with your hands. Bake for 40-45 minutes at 400°F. Serve as a side dish or use in a wrap or sandwich.

The thyme-carrot combination is fantastic but you could substitute any of your favorite herbs like rosemary or oregano.

Golden Beets with Greens & Bow-Tie Pasta

1/4 cup pine nuts
2 Tbsp. olive oil, divided
1 large onion, quartered and sliced (about 2 cups)
2 garlic cloves, minced
1 bunch 2-inch-diameter golden beets with greens
6 ounces bow-tie pasta
1/4 cup grated Parmesan cheese

Peel beets (optional) and cut into 8 wedges. Cut greens into 1-inch-wide strips. Toast pine nuts in dry skillet, about 3 minutes. Transfer to bowl. Sauté onions in 1 Tbsp. oil until beginning to turn golden, about 10 minutes. Reduce heat to medium-low and continue until tender and browned, about 20 minutes. Add garlic and stir 2 minutes. Scatter beet greens over onions. Drizzle remaining oil over; cover and cook until beet greens are tender, about 5 minutes.

Cook beets in boiling, salted water until tender. Transfer to bowl. Add pasta to beet-cooking liquid and cook until tender but still firm, stirring occasionally. Drain, reserving 1 cup cooking liquid. Return pasta to pot.

Stir onion-greens mixture and beets into pasta. Add enough cooking liquid to moisten. Season with salt and pepper. Stir in cheese and sprinkle with pine nuts.



Baby Walla Walla Onions

Onions in general have a whopping load of polyphenols, an important class of phytonutrients. Phytonutrients are plant chemicals that offer a whole host of benefits for human health.

Walla Walla onions are famous for being "sweet," but it is actually a lack of pungency, due to the low-sulfur soils in that region of Washington state. The onions in your box were grown in Dungeness, of course, but they have a sweetness all their own!

Cucumber, Radish, and Baby Walla Walla Onion Salad with Chili-Lime Dressing

6 Tbsp. rice vinegar
1/4 cup sugar
1 tsp. salt
2 English hothouse cucumbers, halved lengthwise, thinly sliced crosswise
2 1/2 cups thinly sliced radishes (about 2 bunches)
1 1/2 cups matchstick-size strips baby Walla Walla onions (about 8)
1 Tbsp. chopped fresh mint

Mix first 3 ingredients in large bowl to blend. Add cucumbers and toss to coat. Let stand 1 hour, tossing occasionally.

Drain cucumber mixture. Return cucumbers to large bowl. Add radishes and green onions. Toss salad with Chili-Lime Dressing. Sprinkle with mint.

Chili-Lime Dressing

1/4 cup fresh lime juice
2 Tbsp. soy sauce
1 Tbsp. chili oil (available at Asian markets and in the Asian foods section of some supermarkets.)
1 Tbsp. packed brown sugar, maple syrup or honey
1 tsp. minced garlic

Whisk lime juice, soy sauce, chili oil, sugar and garlic in medium bowl to blend. Season dressing to taste with pepper. Cover and refrigerate. Can be made 6 hours ahead. Recipe from www.epicurious.com.