



Farm Share

News



Ivy Phillips, Crew Leader

Ivy Phillips started with Nash's in 2012. She and her little brother Abe were born and raised in Low Gap, AR in the beautiful Ozark Mountains. She attended Drury University, a liberal arts college in Springfield, MO, but her love of the outdoors and hiking in the mountains drew her to the Olympic Peninsula where she can indulge that passion in Olympic National Park.

Ivy is a very hard worker and has never been afraid to do all the tasks required of a produce worker and member of the packing crew, including pulling weeds, planting seeds, transplanting, caring for the greenhouses and working the packing line, bunching carrots and bagging all sorts of root crops. She also anchors Nash's farmers market in Port Angeles, and she drives tractor! Her enthusiasm and dedication impressed the management team so much that when Chris Tipton decided to step down, he recommended Ivy take his place.

Since January 2015, Ivy has been the crew leader and liaison between the managers on the farm and the crew workers. She brings their concerns and suggestions to the team and conveys decisions and announcements to the crew. "I make sure everyone stays on task and has things to do," Ivy says. "We are a pretty tight group and we work really well together."

Ivy takes real pride in her crew's accomplishments, especially this year, when the farm has had to cut back on labor costs, but still stay on top of all there is to do. She is particularly excited about the fact that starting next Spring, the packing crew will be all women for the first time.

"So many of our staff support families, and I love the fact that we are hard-working families growing food for other hard-working families. Farm share members are the people who 'get it' and really appreciate organic food. We are fortunate to have them as part of our community."

Standard Box

Lettuce, 1 head
Walla Walla Onions, 2
Fresh Dill, 1 bunch
Cucumbers, 2
Spinach, 1 bunch
Cauliflower, 1 head
Green Cabbage, 1 head
Red Chard, 1 bunch
Carrots, 1 bunch
Heirloom Tomato, .75 lb

Small Box

Lettuce, 1 head
Walla Walla Onions, 2
Cucumber
Cauliflower, 1 head
Beans, Green or Runner, .5 lb
Cilantro, 1 bunch
Yellow Zucchini, 1
Edible Flowers, 13 count

2015 Farm Share Season
July 24 • Week 4

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

Grilled Cauliflower

1 large head cauliflower, trimmed, core intact
6 Tbsp. vegetable oil, divided
1 bunch scallions or baby Walla Wallas, trimmed
Salt and freshly ground pepper
1 1-inch piece ginger, peeled, grated
1 garlic clove
½ cup (packed) fresh cilantro leaves
2 Tbsp. fresh lime juice
Toasted black sesame seeds, and sesame oil
Edible nasturtiums

Starting at the midline of the cauliflower, slice from top to bottom into four ½" "steaks." Reserve any loose florets. Prepare grill for medium-high heat and lightly oil grate. Drizzle cauliflower steaks, florets, and scallions with 4 Tbsp. oil; season with salt and pepper. Grill scallions, turning occasionally, about 2 minutes. Grill steaks and florets until tender, 8-10 minutes per side.

Blend ginger, garlic, cilantro, lime juice, and remaining oil in a food processor, thinning with water if needed, until consistency of yogurt; season with salt. Arrange cauliflower and scallions on a platter. Sprinkle with sesame seeds and drizzle with sesame oil. Top cauliflower with a few edible nasturtium flowers or a sprinkle of calendula petals for spicy colorful garnish. The flowers are also wonderful on green salads, stir-fries, cold salads and sandwiches.

We thank bonappetit.com for the basis of this recipe.

Cilantro Pesto

Basil isn't the only herb that's great in pesto. Try your cilantro for a refreshing, zingy taste!

3 garlic cloves, peeled and coarsely chopped
2 cups fresh cilantro, lightly packed
¼ cup olive oil
2 Tbsp. toasted sesame oil
2 Tbsp. lemon juice
½ tsp. salt
½ tsp. freshly ground black pepper

Place the garlic and cilantro in a food processor with a metal blade. With the processor running, slowly add oils, lemon juice, salt, and pepper. Process until smooth.



Kia's Roasted Cauliflower and Walla Walla Onions

Fresh, uncured Walla Walla onions are seasonally available in July and August at Nash's farm, and are one of the veggie highlights of the summer. Roasted with cauliflower until golden brown in this dish, they just melt in your mouth.

Kia Armstrong, Farm Store manager and a most excellent cook, suggests making a big batch of these roasties so you have leftovers. "They are a wonderful edition to scrambled eggs, sandwiches and cold salads, or as a snack on their own." she says.

1 medium-large Walla Walla onion, rough cut into 1- or 2-inch pieces
1 medium-large head cauliflower, stems, leaves and florets roughly chopped into 2- or 3-inch pieces
3 or 4 Tbsp. melted coconut oil
Salt and pepper to taste

Preheat oven to 400°F. Toss veggies in coconut oil until thoroughly coated. Sprinkle with salt and lots of freshly ground pepper. Spread a single layer in one or two large baking sheets or baking dishes as needed. Bake uncovered for about 25 minutes or longer if you have two trays in the oven. Check and flip veggies if desired. Bake until well browned and starting to crisp.

Spice it up!

Add curry, chili powder or Italian seasonings when you toss veggies with salt and pepper.

Oil it up!

Use alternative oils to coat the veggies. Coconut oil adds a unique flavor and has many health benefits, but you can use any high-heat oil you might have on hand.

Mix it up!

Toss in other non-root veggies you have on hand to use up. Zucchini, peppers, fresh beans, broccoli, etc., all work well in combo.

