



# Farm Share

# News



## Standard Box

Lemon cucumbers, 2  
Red chard, 1 bu  
Cilantro, 1 bu  
Hard white wheat flour, 4 lbs  
Garlic, .5 lb  
Walla Walla onion  
Curly parsley, 1 bu  
Spinach, 1 bu  
Zucchini or bulk beets, 2 lbs.  
Nectarines, 2 lbs

## Small Box

Basil, .25 lb  
Lemon cucumbers, 2  
Red beets with greens, 1 bu  
Carrots, 1 bu  
Red chard, 1 bu  
Nectarines, 1 lb  
Cherry tomatoes, 1 pt

## Rachel Covault, Packing Shed

Rachel Covault was born and raised in Waukesha, WI, and attended the University of Minnesota, Twin Cities. Since February 2013 she has been the packing shed assistant at Nash's Organic Produce. She keeps the packing shed organized and running smoothly. This means making sure the correct produce gets to the people who ordered it, i.e., Nash's Farm Store, the farmers markets, other grocery stores, restaurants, and wholesalers. She also makes sure the marketers have what they need for their farmers markets, maintains the cleanliness of the packing shed, organizes the cooler, and does lots of special projects, like managing the Recipe Blog on the Farm's website or jumping in on the harvest crew for big orders.

"I sort of think of myself as the traffic cop in the packing shed," Rachel laughs. "Someone has to make sure the orders go to the correct places, and that the shed is organized so that there is a definite flow." A good example of that is the shed cooler. "There's a very limited amount of space in there," she explains. "Sometimes we joke that on Fridays, when all the markets and special orders have to be ready and in the cooler in a specific order, it's our own game of Cooler Tetris!"

Rachel is also helping the farm to mill flour and has become pretty adept operating the new grain mill that the farm purchased from the now-closed Bell Street Bakery. When needed, she joins the harvest crew, and twice a month she helps at farmers markets. "I like markets because they are the best place to find out how our customers are feeling, what they want, and how best to market to their needs."

In her spare time, Rachel likes to hike and is a member and volunteer with the Washington Trails Association to help maintain our local hiking trails in the Olympics. If she's not at a farmers market, you can find her high up in the Olympic Mountains, taking beautiful photos!

2015 Farm Share Season  
August 7 • Week 6

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



## Lemon Cucumbers

Round and yellow, this tennis ball-sized cucumber is a perfect serving for one or two people. Lemon cucumbers do not have a lemon taste, only the color. They have a thin, tender skin with a flavor a little milder than a regular cuke. Try hollowing out the cukes for a cold soup summer appetizer.

Cucumbers are one of the earliest cultivated food crops. They contain over 90% water, which is why they are so refreshing on hot summer days. They are also an effective diuretic.

Although cukes cannot boast tons of vitamin and mineral content, they do offer us benefits through the form of phytonutrients such as cucurbitacins, lignans, and flavonoids, which provide anti-oxidant, anti-inflammatory, and anti-cancer benefits. They also have a unique combination of lignans that offer anti-cancer properties as well as cardiovascular protection.

Lastly, cucumbers are a superior source of the mineral silicon, often lacking in our diets, but an integral component of calcium absorption. It may also play a role in bone and collagen formation.

### Creamy Cucumber Salad

1/2 cup plain yogurt

Juice of 1 lemon, about 2 Tbsp.

2 Tbsp. chopped fresh dill, plus more for garnish (optional)

1–2 cloves garlic, minced

Salt to taste

4–6 cucumbers, lemon or standard (about 1 lb.), halved lengthwise and thinly sliced crosswise

In a medium bowl, combine yogurt, lemon juice, dill, and garlic. Season with salt, and whisk well with fork to combine. Add cucumbers, and toss to coat. Garnish with more dill, if desired. Serve immediately or refrigerate. Best eaten within a few hours.

## Hard White Wheat

There are a myriad of types of wheat in the world, and sometimes their names can get quite confusing. In general, hard red wheat is for bread and soft white wheat for pastries. But thanks to Tom Hunton, owner and operator of Camas Country Mill in the Willamette Valley in Oregon, we acquired a small quantity of an organic hard *white* wheat, and flour made from that wheat can be found in the Standard boxes this week.

Both hard varieties have hard starch granules (the endosperm where the gluten is found) that are larger and jagged-shaped so that they fit tightly together making the kernel strong and hard to crack or break. The soft starch granules of soft white wheat are small and round and break apart easily. Soft white also usually has a lower protein content than hard white or red.

Hard white wheat can be used for the same baked products as hard red wheat, but for some customers, color can be important, such as Asian restaurants looking for a bright white color for Asian noodles. Bakers the world over like hard white because it also has a naturally sweet flavor so they can use fewer sweeteners. Hard white wheat is an excellent ingredient for all yeast breads, artisan breads, Asian noodles, tortillas, pizza crusts, breadsticks, flatbreads, and quick breads.

In contrast, soft white is used mainly for bakery products other than bread, such as pastries, cakes, cookies, cereals, flat breads and crackers.

## Chard Frittata

Saute 1 small chopped onion and stems from 1 bunch chard in olive oil in a skillet with 1/2 tsp. dried basil and salt and pepper to taste until tender. Cover and stir occasionally. Add chopped chard leaves. Pack it in and replace lid. When shrunk, add 6 whisked eggs, stir quickly and press evenly in pan. Cover and turn heat down very low. Top with cheese and sprinkle with pepper. Cut with pie server when egg is cooked, and top with sauce:

1 cup yogurt

6 garlic cloves, minced

1/4 cup parsley

1/4 cream (optional)

Mix together and serve generously on chard frittata with fresh tomato.

*We thank Teri Crockett for this recipe.*

