



# Farm Share

# News



## Gabe Mills, Irrigation Crew

You could call Gabe Mills a Sequim native, except that he was born in Bremerton. In 2009, he heard that Nash's was hiring and came down to check the place out and apply. He has become one of those flexible and versatile people who has acquired experience in several important areas of the farm, like the harvest crew and packing crew, and now he is the lead for the irrigation crew.

"I was raised in town and never had any connection with the farms in the area," he says. "I never thought about what I was eating, and I figured organic food was something 'new age' people did."

But working at Nash's gave Mills a different perspective. "You change how you think about food when you see it come out of the ground. Everyone that works here talks about food, how it is produced, and how it affects your body. I think about it more now than I did before."

Gabe admits that growing food is hard work, but that it has its perks. "The people at the farm are like a family or community," Mills comments. "This is the first time I've encountered that in a work environment."

In his spare time, Gabe likes to play guitar and any other instrument that comes his way. When he started at Nash's, he was still the drummer for a progressive rock band in Port Angeles called *Govinda*, and also wrote songs.

Several years ago, he started going to a retreat center in Santa Fe, NM, to train in meditation. He does work for the center in exchange for the training. "I work in the kitchen, on the grounds, and with the housekeeping staff," he says. "Santa Fe is very beautiful and a very special place to practice meditation." Gabe will return there to spend the winter.

But if he really wants to unwind, he's happy playing video games, or picking up his beloved guitar.

## Standard Box

Slicer tomatoes, .75 lb  
Carrots, 2.5 lbs  
Rolled oats, 2 lbs  
Dill, 1 bu  
Lettuce, 1 hd  
Cilantro, 1 bu  
Cucumber  
Spinach, 1 bu  
Potatoes, 2 lb

## Small Box

Green cabbage, 1 hd  
Carrots, 2 lbs  
Dill, 1 bu  
Garlic, .5 lb  
Curly parsley, 1 bu  
Cucumber  
Spinach, 1 bu

2015 Farm Share Season  
August 14 • Week 7

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



## NEW—Nash's Rolled Oats!

We've been growing oats for years, but in July we finally purchased a grain roller (above, with Sid Maroney) to produce rolled oats.

For centuries, oat groats (oats whose inedible outer husks had been removed by thrashing them) were first steamed to soften, and then rolled into flat flakes under heavy rollers before being lightly toasted to allow for longer storage. The groat still had the outer bran, which is nutritious, but makes the grain a little chewy.

In modern times, we have "improved" oat flakes by further processing them to cook more quickly, be less chewy, and have a longer shelf life. The cost has been a loss of healthy soluble fiber, vitamins, and enzymes.

Nash's oats are a variety that has such loose husks, they come off in one seed cleaning, so we never need to steam or thrash them. You may find a few hulls that can be easily removed. They are simply rolled without any further processing, so you have the entire whole grain. They can be cooked and eaten as old-fashioned porridge oats, or used as an ingredient in granola. You can also make oat flour by pulsing them in a food processor.

Whole oats are an excellent source of thiamine, iron, and dietary fiber. Whole oats are also the only source of antioxidant compounds known as avenanthramides; these are believed to have properties which help to protect the circulatory system from arteriosclerosis. Oats also contain beta-glucan, which may help people with Type 2 diabetes control their blood glucose levels.

### Basic Rolled Oats Recipe

Combine 1 cup oats and 2 cups water/milk or a combination, in a pot over medium-low heat. Bring to a simmer, stirring frequently. Once the oats begin to soften and the liquid thickens, you can add a pinch of salt, plus an optional pad of butter, or a teaspoon of honey, etc. Simmer and stir until the oats reach your desired texture and consistency. You may need to cook them for about 20 minutes to soften the bran. When serving, top with chopped fresh or dried fruit and lightly crushed nuts.

## Granola

- 4 cups Nash's rolled oats
- 2 cups shredded coconut
- 2 cups sliced almonds
- 3/4 cup high-heat vegetable or coconut oil
- 1/2 cup honey

Preheat oven to 350°F. Mix the oats, coconut and almonds together. Whisk the oil and honey together then pour over the dry ingredients and mix well. Spread out on a cookie sheet and bake, stirring occasionally, for about 45 minutes, until mixture turns golden brown. Allow to cool, and mix in chopped dried fruit, chocolate pieces, or additional nuts.



## Simple Braised Cabbage

- 1 medium green cabbage
- 1 medium onion
- 1 carrot
- 1/4 cup olive oil
- 1/4 cup chicken or veggie broth
- Salt and pepper
- Red pepper flakes to taste

Preheat your oven to 325°F.

Cut the cabbage into 8 wedges, removing most of the core. Arrange in a lightly-oiled baking dish with minimum overlapping. Thickly slice the onion and cut the carrot into 1/4" rounds. Scatter over the cabbage. Drizzle with a mixture of the olive oil and chicken or veggie stock. Sprinkle with salt and pepper, and a dash of red pepper flakes, if desired.

Cover tightly with foil and bake till tender, about 1 hour, turning the cabbage about halfway through. Add a bit of water if it seems too dry. When tender, remove the foil, raise temp to 400° and roast another 15 minute or until veggies are beginning to brown. Serve warm or at room temperature.