



Farm Share

News



Standard Box

Basil, .25 lb
Rainbow Carrots, 1 bu
Rainbow Chard, 1 bu
Nectarines, 2 lbs
Broccoli, 2 lb
Baby Leeks, 1 bu
Red Beets, 1.5 lbs
Cherry Tomatoes, 1 pt
Lettuce from Red Dog Farm
in Chimacum, 1 hd

Small Box

Rainbow Carrots, 1 bu
Rainbow Chard, 1 bu
Nectarines, 2 lbs
Heirloom Tomatoes, .75 lb
Potatoes, 2 lbs
Mixed Herbs, 1 bu
Lettuce from Red Dog Farm
in Chimacum, 1 hd

Bumper crop this year!

Pardon the pun! It's the first time that the farm has so many new babies due so close together. From left, Kia Armstrong (Farm Store Manager) is due in late September; Amber Barrett (wife of vegetable production manager Waylon Barrett) is due in mid-October; and Sarah Salazar-Tipton (wife of harvest/packing crew member Chris Tipton) is also due in late September. Kia and Amber are expecting their second child, and Sarah her third.

The three mamas were photographed at the Olympic Nature Experience (ONE) board retreat, which was held outdoors at the Voice of America County Park, also the location of the Owl's Hollow Nature Preschool. Sarah Salazar-Tipton is founder and Director of ONE, an experiential pre-school that emphasizes learning out-of-doors. Amber Barrett is Secretary and Kia Armstrong is Chair. These are very dynamic, family-focused women who believe in good health and good education for their children. Stay tuned in future issues for further news on these wonderful families.

Kia's Final Shopping Tour

If you are on the Peninsula, don't miss Kia's final Organic Shopping Tour this Saturday, August 22, at 10 am in the Farm Store. Kia's tours and cooking talks are not only informative and full of health tips, they are also FUN! This last tour will emphasize involving your children in producing food and helping prepare food in the kitchen.

Save the date! Saturday, Oct 3, is Farm Day in Clallam County. Nash's will have a Community Potluck starting at 6 pm, and *Stringology* will perform during dinner. *Blue Rooster* takes the stage at 7:30 pm. The North Olympic Land Trust will sell local beer and wine. Bring a potluck dish to this family friendly event. \$10 for adults & kids are free. 1865 E. Anderson Rd., Dungeness. 681-6274 for details.

2015 Farm Share Season
August 21 • Week 8

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



Here are Farm Store manager Kia Armstrong's favorite ways to use these delicious nectarines—

Pie: For a quick fruit filling, combine sliced nectarines, wild blackberries, lemon zest and a few tablespoons of rapadura (unrefined sugar). Tuck the pastry on top to seal in the bubbling fruit. Make it in a big baking dish for a crowd, when wild blackberries are in season and free for the pickin'. Works great as a one-crust pie, too. Don't forget the vanilla ice cream!

Jam: Free-stone nectarines are perfect for making low-sugar or honey sweetened jams. Have you tried Pomona's Pectin? Their sugar-free, preservative-free pectin is great for making jam or jelly with low amounts of sweetener. Honey-sweetened jam is a huge hit all winter long on pancakes, instead lieu of syrup.

Honey-Broiled: Halve and pit 4-5 nectarines. Arrange cut-side up in a baking dish and brush with ¼ cup melted honey and a few tablespoons of lemon juice. Broil for 6-8 minutes, or slow roast at 400° for longer in the oven.

Frozen Pops & Smoothies: Blend with yogurt and other fruits or veggies, to fill popsicle molds for kids of all ages. Start your day off with a nutritious smoothie of nectarines, frozen banana, spinach, yogurt or nut milk, a few ice cubes and some chia seeds.

Salads: Slice into fresh green salads, accompanied by fresh basil and feta, and drizzle with balsamic vinegar.

Grilled: Halve nectarines, rub on some olive oil, and pop on the grill or better yet, in the wood fire oven. Melt-in-your-mouth results guaranteed!

Rainbow Carrots

Colorful carrots are not new. Purple and yellow carrots were grown in Afghanistan about 1,000 years ago, but for some reason, as carrots migrated into Europe, orange carrots were preferred. In the last 50 years, plant breeders have sought to bring the old varieties back.

Lots of color in produce indicates lots of phytochemicals. The more color, the healthier it is for you. Phytochemicals are compounds found naturally in plants that have only recently been studied in any depth. They are not considered "essential nutrients," but appear to have effects on many human diseases. There are thousands of phytochemicals, affecting plant characteristics like color, taste and ability to resist diseases or pests.

Carrots of any color are such an easy and delicious way to get nutrition into your day. They are easy to pack for a snack on the go and they make delicious additions both raw and cooked to any meal.

Carrots are packed with nutrition and Nash's carrots don't need a whole lot of preparation because they are so sweet. Below are some quick ideas on how to prepare carrots so that you can enjoy them in many easy ways:

- Shredded raw carrots and chopped carrot greens make great additions to salads.
- Combine shredded carrots, beets and apples, and eat as a salad.
- For quick, nutritious soup that can be served hot or cold, purée boiled carrots and potatoes in a blender or food processor, and add herbs and spices to taste.

Minted Carrots with Pumpkin Seeds

6 medium-sized carrots cut into ½ inch pieces

½ Tbsp. of chopped parsley

1 Tbsp. of chopped mint

1 Tbsp. of coarsely chopped pumpkin seeds

2 Tbsp. lemon juice

Extra virgin olive oil to taste

Salt and pepper to taste

Bring lightly salted water to a boil in a steamer. Steam carrots in basket until slightly crunchy inside. Chop the rest of the ingredients and toss with carrots. Serves 6. Recipe from www.whfoods.com.

