



# Farm Share

# News



## Standard Box

Field Peas, 2 lbs  
Potatoes, 2.5 lbs  
Cantaloupe from Tonnemaker Farm, Yakima Valley, 2  
Leeks, 2  
Parsley, 1 bu  
Cucumber  
Lettuce, 1 hd  
Poblano Peppers, 1 lb  
from Alvarez Farm, Yakima  
Heirloom Tomatoes

## Small Box

Broccoli, 1.5 lbs  
Cantaloupe from Tonnemaker Farm, Yakima Valley  
Leeks, 2  
Parsley, 1 bu  
Cucumber  
Beets, 1.5 lbs  
Poblano Peppers, 1 lb  
from Alvarez Farm, Yakima

## Jeremy Buggy, Lead Grocery Buyer

Jeremy Buggy was born in Phoenix, and spent part of his childhood in California. At the age of 12, however, he and his family moved to the town of Palmer in Alaska.

Three years later, he had his first farming experience. “I got a job on a farm called, optimistically, Gold Nugget Farm. It was a vegetable operation and we raised all kinds, including brassicae, which the moose just love. They would walk down a row of cabbages, taking one bite out of each head! Very frustrating, especially when your growing season is only 4 months long.”

At age 17, Jeremy started working in the Three Bears Grocery in Palmer. That’s where he got his start in grocery retail. He continued his career path back in Phoenix where he went to study to become a priest. “The monastery was pretty expensive,” he remembers. “So I got a job at Whole Foods, managing the cashiers. That’s where I met Julia, who worked in the supplement department, and I changed my mind about becoming a priest!”

They were married in 2011 and today are parents of two beautiful daughters, Amara, age 3, and Rayna, age 1-1/2.

The family came to Sequim in 2013. Jeremy got a job at Nash’s Farm Store in the produce department, but he missed the actual farming, so in 2014 he joined the field crew and from June to December he transplanted, weeded, harvested and packed produce. But the Farm Store needed his skills so he returned there last winter. Currently, he is the Lead Buyer and our expert on the POS system (cash register computer program). He also anchors the Capitol Hill Farmers Market for Nash’s farm every Sunday.

Julia is an inspiring yoga teacher and teaches at the YMCA, SARC, for the Jamestown Tribe, and locally in Dungeness.

Away from the farm, Jeremy and his family love being in the mountains and by the Dungeness River. Jeremy also loves playing baseball. He currently plays for the Peninsula Baseball League as pitcher and first baseman.

2015 Farm Share Season  
August 28 • Week 9

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

# Dried Field Peas

Dried field peas is a small but nutritionally mighty member of the legume family, and a very good source of cholesterol-lowering soluble fiber.

Soluble fiber helps to prevent constipation and digestive disorders like irritable bowel syndrome and diverticulitis. They also help lower cholesterol and are of special benefit in managing blood-sugar disorders, since their high fiber content stabilizes blood sugar levels and prevents them from rising rapidly after a meal. If you have insulin resistance, hypoglycemia or diabetes, legumes like dried peas can help you balance blood sugar levels while providing steady, slow-burning energy.

Field peas also provide good-to-excellent amounts of five important minerals, three B-vitamins, and protein—all with virtually no fat. As if this weren't enough, dried peas also feature isoflavones, phytonutrients that act like weak estrogens in the body and whose dietary consumption has been linked to a reduced risk of certain health conditions, including breast and prostate cancer.

In addition to their stellar fiber content, dried peas also feature other heart-healthy nutrients. They are a good source of potassium, which may decrease the growth and development of blood vessel plaques and is also good for lowering high blood pressure.

## Traditional Field Peas

- 1 pound dried field peas
- 1 meaty ham bone
- 1 large onion, chopped, about 1 cup
- 1 to 2 ribs celery, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon Cajun or Creole seasoning
- 1/4 teaspoon dried leaf oregano
- Salt and pepper, to taste
- Hot cooked rice for 6
- Sliced green onions, for garnish

Rinse, pick over (for pebbles that may have escaped the cleaning process), and simmer field peas in water about 1-1/2 hours. Rinse and drain the peas. In slow cooker combine peas with ham bone, onion, celery and garlic. Add 1 cup water or broth. Cover and cook on LOW for 5 to 6 hours. Add Cajun seasoning, oregano, and salt and pepper to taste. Continue cooking for 1 to 2 hours longer. Serve with hot cooked rice.



# Poblano Peppers

The Poblano peppers from Alvarez Farms in your boxes this week have a bit of a kick to them! **The seeds are especially spicy**, so when handling them be careful not to touch your eyes, and keep them out of reach of children. Once the seeds have been removed, the peppers themselves have a mild-to-medium heat, which dissipates a bit when cooked. These tender chiles are wonderful raw in cold salads and salsas, oven roasted, grilled or stir fried. You can also skillet-roast them and puree them up with garlic, salt and water, for a delicious green salsa. Complete recipe details on our Recipe Blog at [www.nashsorganicproduce.com](http://www.nashsorganicproduce.com).

## Basic Chile Relleno

- 4 Poblano chiles, about 1 pound
- 1 pound queso fresco, or Cotija cheese, found in most supermarkets. Cut it into small pieces, or grate.
- Toothpicks
- 3 eggs
- 1 Tbsp. soft white flour
- 1 cup oil

Grill or broil the chiles on both sides until blackened. Put in a plastic bag for 10 minutes to sweat out moisture. Remove from the bag and cut down middle and remove seeds and pulp. Stuff with cheese and use toothpicks to hold them together.

Separate egg yolks from whites while eggs are cold. Let them come to room temperature separated. Beat whites until they fluff up. Add flour and yolks and mix until completely incorporated.

Add oil to the frying pan over medium heat. Dip the stuffed peppers into the egg batter and fry until golden brown on both sides. Drain briefly and place on serving platter.

Top with salsa verde or a tomato-based salsa or sauce. Serve with rice and beans. You can use Monterey Jack cheese, if the Mexican cheeses are not available.

