



Farm Share

News



Standard Box

Corn, 2
Bunched Beets, 1 bu
Spinach, 1 bu
Carrots, 2 lbs
Cornmeal, med grind, 1 pt
Fava Beans, fresh, 1.25 lbs
Green Cabbage, 1 hd
Leeks, 2
Crispy Pears, 1.5 lbs
Italian Parsley, 1 bu
Yellow Potatoes, 2 lbs

Small Box

Corn, 2
Bunched Beets, 1 bu
Spinach, 1 bu
Garlic, .5 lb
Collard Greens, 1 bu
Cauliflower, 1 hd
Apples, 1.5 lbs

Breanna Krumpe, Packing Shed Crew

One of our newest crew members this year is Breanna Krumpe, a Sequim native and graduate of Sequim High School. We were delighted to find out that Breanna attended Whitworth University in Spokane, Washington, graduating in 2013 with a degree in music. She is a soprano who trained in opera and lieder, and she also plays viola and piano. We always appreciate having musicians on our staff because it makes our social gatherings and staff parties so much the merrier!

After graduation, Bre, as she is known to her friends, lived in Portland for a couple of years. "I enjoyed the city," she recalls, "but I found that I missed home too much. I would come back to Sequim and just be so happy to be home." She moved back here this summer and started work at Nash's on August 1.

Portland did do one thing for her, however. She became aware of the "farm-to-table" movement that is so prevalent there, and came away with a desire to be self-sufficient on her own piece of land. Instead of trying to acquire that land, Bre did a smart thing and decided to work on a farm for awhile, to see if she could handle the work load, and to gain an understanding of how things grow. "I work with amazing people who have lots of knowledge about growing food. They are also very generous with that knowledge."

Bre works on the packing shed crew, which means that she does a little of everything, including harvesting, weeding, bagging, and packing. She also works at farmers markets. Her fellow crew members hope she will eventually sing for them while they work!

2015 Farm Share Season
September 11 • Week 11

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

Collard Greens

Collards are a member of the cabbage family, but with a lighter taste. Romans and Greeks attributed great therapeutic powers to collards to the point where Julius Caesar ate a plateful after a heavy banquet to ward off indigestion.

Low in calories, collard leaves contain lots of soluble and insoluble dietary fiber that help control LDL cholesterol levels and protect against hemorrhoids, constipation, and colon cancer. They are rich in phytonutrients with potent anti-cancer properties and are an excellent source of folates, vitamins C, A, K and the vital B-complex group, plus anti-oxidants that boost the body's autoimmune system. The leaves and stems are also high in minerals like iron, calcium, copper, manganese, selenium and zinc.

Collards are hardy growers and can withstand hot summers and will grow well into the winter.



Green Timbale

4 Tbsp. unsalted butter
1 large onion, finely chopped
1 lb. collard greens, stems and leaves chopped separately
¼ cup milk
½ cup heavy cream
½ tsp. salt
¼ tsp. freshly ground black pepper
2/3 cup fresh bread crumbs
½ cup grated Jarlsberg cheese
5 eggs, lightly beaten

Melt 1 Tbsp. butter in a skillet over medium-low heat. Add onion and cook until transparent. Stir in the collards and cook, covered, until tender, about 3 minutes. Raise the heat to medium-high and remove the cover. Cook tossing constantly, until all the liquid has evaporated. Cool in a large bowl.

Preheat oven to 325°F. Melt the remaining butter and add it, plus all the remaining ingredients to the greens mixture. Mix well and pour into a buttered soufflé dish. Place the dish in a roasting pan and pour boiling water in the pan to half the depth of the dish. Bake until a knife comes out clean, about 45 minutes. Remove the dish from the pan and let stand 10 minutes. Run a knife around the edges and carefully invert onto a shallow serving platter.

Fresh Fava Beans

One of the largest beans and certainly the richest in flavor, favas are a real harbinger of summer. People all over the world enjoy their rich taste and generous nutrition. Called “broad beans” in Great Britain, they are high in fiber and iron, and low in sodium and fat. They have no cholesterol but so much protein, they were called the “meat of the poor” in Dicken’s day.

Sauté them with peas and morels, or with shrimp and thyme for a delicious and elegant summer supper. If the beans are young, the whole bean can be chopped up and used, pods and all. Otherwise shuck them to your preference. They have a green pod and a white-ish skin around the bean itself, that some people like to eat, and others prefer to discard. (See below) Shucking them can be a bit of work, but we think the flavor is definitely worth it.

Toss them into soups, stir-fries or pasta. Roast favas with garlic, olive oil and salt to taste, or use them raw, whole or chopped into salads. Puree favas for an alternative green base to pizza or pasta. Boil and mash them, and spread the paste on crostini.

Shucking favas

- First, remove the beans from the pods by splitting the pod at the seam and removing the beans. There are about 4 to 5 beans per pod.
- To remove the second skin, there are two different methods. The first is to make a small slit with a knife along the edge of the bean to pop the bean out of its skin.
- The alternate, and more popular, method is to blanch them for 30 seconds. Remove the beans from the boiling water and submerge them in ice cold water to stop the cooking process. This step softens the second skin, making it easier to remove.
- With your fingers, squeeze the bean out from its skin.
- Now, you can use the beans as directed in any recipe of your choice.

