



Farm Share

News



Sonja Dantt, packing crew

“I was named for a comic book character, Red Sonja, in *Conan the Barbarian*,” Sonja laughs. “My Dad did that to me!”

Sonja is an eighth-generation Vermonter, born and raised in Burlington, which is Vermont’s largest city. “That’s not saying much,” she says. “The entire state probably has a smaller population than Seattle.” She attended the University of Vermont in 2013, but decided to travel rather than graduate. She headed west and drove across the US, ending up at a friend’s in Olympia.

She heard about Port Angeles and decided to check it out. In the process she discovered the Olympic Peninsula. In her student days in Vermont, she had volunteered on local farms, so she worked for a short time at Spring Rain Farm in Chimacum. “The so-called local movement really began in New England. I worked in a really good restaurant called the Penny Cluse Café that was totally into buying seasonally and fresh from local farms. We made everything from scratch, so working on farms here was not a big stretch for me.”

Sonja likes working outdoors, so last August she applied at Nash’s. She has proven to be an energetic and hard-working person with lots of talent and knowledge of food. Like all of the staff, her job consists of a little of everything—harvesting, packing, and weeding. She is very impressed with the longer growing season that we enjoy here in Sequim. “By now in Vermont, you would be in full harvest mode, but close to winding things down,” she remembers. “Here we are just getting into the full season and we’ll be harvesting all fall and into the winter. It’s pretty wild!”

Sonja is a professional cook and has worked in several restaurants. She enjoys all aspects of food and local food systems, and really feels that it is important to support the people who grow food locally, to get the best flavors and highest nutrition possible. “It’s getting back to basics, something our culture has almost lost. I’m glad to find it here in such abundance!”

Standard Box

- Lacinato Kale, 1 bu
- Purple-Skinned Potatoes, 2.5 lbs
- Bulk Onions, 1.5 lbs
- Corn, 4
- Garlic, .5 lb
- Apples, 1.5 lbs
- Lettuce, 1 hd
- Baby Leeks, 1 bu
- Cauliflower, approx. 2 lbs

Small Box

- Carrots, Nash’s Best, 5-lb bag
- Corn, 4
- Bulk Onions, 2 lbs
- Curly Parsley, 1 bu
- Fava Beans, 1.25 lbs
- Lettuce, 1 hd

2015 Farm Share Season
September 18 • Week 12

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

Lacinato Kale

Lacinato kale's bumpy texture gives it the name "dinosaur kale." Its taste is described as slightly sweeter and more delicate than curly kale.

Like other kale varieties, Lacinato can be blanched, steamed, sautéed, or added to soups, sauces and casseroles. The stems are tender and edible too, so be sure to include them in your dish, or if you prefer, strip the greens from the stems and save the stems for your juicer or stock pot.

In Tuscan cuisine, Lacinato kale is often used in *Ribollita* ("twice cooked"), a thick, hearty soup made up of ingredients that are cooked for a meal the day before.

Lacinato is high in vitamins A and C, as well as calcium, iron, and manganese. It is also rich in easily digestible dietary fiber. Like other kales, it is a superstar of carotenoids and flavonoids which are 2 powerful antioxidants that protect our cells from free radicals (there are 45 distinct flavonoids in kale!) It also provides a whopping dose of vitamin K, needed to strengthen our bones—132%!



Easy Lacinato & Garlic

1 bunch Lacinato kale roughly chopped
4 cloves of garlic sliced thin
Splash of good olive oil
Splash of white wine or water
Salt & fresh ground black pepper to taste
Squeeze of lemon

Heat a large pot with a lid over high heat until hot. Add a splash of good olive oil and then garlic. Sauté the garlic quickly until lightly browned and fragrant.

Add the kale, a small splash of white wine and the salt and pepper and stir. Lower the heat to medium low, cover and cook for another 10 minutes. Adjust seasoning if needed and serve with some lemon juice squeezed on top.

Sweet Corn

An ear of sweet corn has about the same number of calories as an apple and less than one-fourth the sugar. But go easy on the butter and salt if you want to keep it healthy!

Phytochemicals, substances in plants that help protect the body from cancer and heart disease, are actually increased when corn is cooked. And sweet corn is loaded with lutein and zeaxanthin, two phytochemicals that promote healthy vision. A midsize ear also offers a helpful 3-gram dose of dietary fiber.

Although corn lovers often profess to have favorite varieties, the real key is freshness. Avoid corn with dry, pale husks and silks that are desiccated where they enter the cob. If pricked, kernels should squirt whitish juice. As for choosing the best-tasting corn, don't buy a cob that's more than 24 hours out of the field.

Sweet Corn Soup

1-1/4 cups boiled sweet corn kernels
1/4 cup boiled and crushed sweet corn kernels
1 cup finely chopped and boiled mixed veggies (carrots, cauliflower, de-husked fava beans)
4 Tbsp. corn flour
1 Tbsp. butter
1-1/2 tsp. finely chopped garlic
1-1/2 tsp. finely chopped ginger
Salt to taste

Combine corn flour and 1/4 cup water in a small bowl and mix until the flour dissolves completely. Set aside.

Heat the butter in a deep pan. Add the ginger and garlic and sauté on medium heat until fragrant. Add the sweet corn, crushed sweet corn and veggies. Mix well and cook for 1 minute, stirring constantly.

Add 4 cups water, corn flour/water mixture, salt and pepper, mix well and cook on medium for another 4-5 minutes, stirring occasionally. Serve immediately sprinkled with diced peppers as an optional garnish.

