

Farm Share

News



Standard Box

Broccoli, 2 lb

Leek

Green Kale, 1 bu

Pears/Apples, 1.5 lb

Juice Carrots, 3 lb

Collards, 1 bu

Corn, 2

Fava Beans, 1.25 lb

Italian Parsley, 1 bu

Lady Amarilla Potatoes, 2 lb

Small Box

Broccoli, 1.5 lb

Walla Walla Onion

Lacinato Kale, 1 bu

Red Beets, 1.5 lb

Apples, 1.5 lb

Red Cabbage, 1 hd

Corn, 2

Tyler Gaumond, irrigation crew

Tyler Gaumond was born and raised in Sequim, and he graduated from Sequim High School. “I love working outdoors,” says Tyler, “and right after high school I was able to work for two seasons at the Lake Crescent Lodge. Short of working at Nash’s, it’s the most beautiful place to work in the world!”

Tyler followed his time at Lake Crescent with a year in the big city of Portland. It was quite the contrast, but his time there opened his eyes to eating healthy. “Sequim is a small town,” he remarks. “I was really glad to be in a place where I was exposed to so many new ideas. People are really health-conscious in Portland and I began to realize that how I eat affects how I feel.”

Tyler had his own landscaping business in Sequim for awhile, but found it frustrating that his clients weren’t using their land, some of which had great soil, to grow fresh food. One day he found a help-wanted ad in the newspaper from Nash’s, and applied for the job.

“I started last July at the farmers markets only once a week,” he remembers, “but it wasn’t long before I was on the irrigation crew.”

Outside of his job, Tyler likes to forage in the woods for chanelle mushrooms and materials to make custom birdhouses that he sells at craft shows. He loves hiking and exploring the Olympic Peninsula, especially the West End. “There’s nothing like finding a spot that no one has walked on for decades. It’s beautiful!”

This Saturday—Nash’s Barn Dance!

Come on down to Nash’s packing shed for our Community Potluck at 6 pm and foot-stompin’ barn dance at 7:30 pm. Bring a dish to share, and North Olympic Land Trust will serve beer and wine (no outside alcohol, please). Adults \$10, kids under 16 free. Enjoy *Eric Bogart’s* gypsy blues during the potluck and dance to *Blue Rooster’s* great country, bluegrass, ragtime and country blues.

2015 Farm Share Season
October 2 • Week 14

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

Red Cabbage

Red or green cabbage is at its most potent for fighting diseases like cancer when lightly cooked or raw.

Red cabbage has 10 times more vitamin A than green cabbage. Both types of cabbage contain vitamin A that is beneficial for vision and healthy skin. One cup of chopped red cabbage has 33 percent of the recommended daily intake of vitamin A. The same portion of green cabbage only has 3 percent. However, green cabbage has more vitamin K, but they're both good sources.

Both varieties are rich sources of vitamin C, although the red cabbage has more. It also wins in the iron department, with double the amount as green cabbage. But you can't go wrong with either red or green cabbage, so be sure to eat some of each every week during the winter months. They both boost the immune system to keep the winter illnesses at bay.

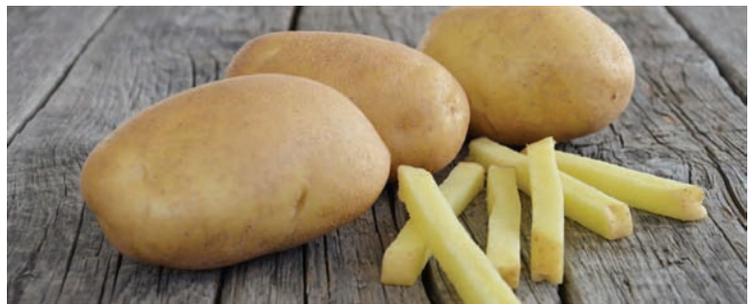
Red Cabbage/Apple Salad

1 head of red cabbage, shredded
2 apples, sliced thin or chopped small
6 dates, chopped
1/2 cup green onion, chopped
1/2 cup fresh mint, torn into small pieces
1/2 cup walnuts, chopped and toasted
3/4 cup blue cheese crumbles
Salt and freshly ground black pepper to taste

1/4 cup olive oil
2 Tbsp. mayonnaise
1 1/2 Tbsp. red wine vinegar
1 1/2 Tbsp. dijon mustard
1 1/2 Tbsp. honey
1/4 tsp. salt

In a mixing bowl whisk together the olive oil, mayonnaise, red wine vinegar, dijon mustard, honey and salt until well combined.

Toss the salad ingredients together with the dressing until the salad is evenly covered and ingredients are well mixed. Add the dressing to taste-- you may not need all of it depending on personal preference. Season with additional salt and freshly ground black pepper to taste, if desired.



Lady Amarilla Potatoes

Potatoes in general offer us 45% of our daily value for vitamin C, more potassium than spinach or broccoli, 10% of our daily value of B6, and trace amounts of other vitamins and minerals, such as magnesium, phosphorous, iron and zinc. They are fat free and contain no sodium or cholesterol. Our problem with the humble potato is that we like to dress it up, either by baking it and smothering it with butter and sour cream, or by deep-frying it.

The Lady Amarilla is appreciated by farmers because it has some resistance to potato diseases, such as scab, and it is heat and drought tolerant. It is also a great storage potato. It is primarily used for frying, and makes wonderful home fries (a version of fried potatoes that is more sautéed than fried, therefore less fattening). It is very versatile and will be excellent in soups or stews, such as the Potato Leek soup below.

Creamy Potato Leek Soup

With a cooler season approaching, it's time to dust off our soup recipes! Soups help keep us warm and healthy during the colder months.

1 leek, trimmed and roughly chopped
2 Tbsp. olive oil
2 lbs. potatoes, roughly chopped
4 cups vegetable broth
1 tsp. salt
1/2 tsp. ground black pepper
1/2 cup fresh Italian parsley

Saute the leek in oil until slightly tender, about 5 minutes. Add the potatoes, broth, salt and pepper and boil until potatoes are tender about 15 minutes.

Blend in batches on medium speed for 30 seconds. Repeat until all the soup is blended, or leave a couple of cups unblended to have some texture to the soup. Garnish with the parsley.

This recipe is vegan, but you could also replace some of the broth with cream or half-and-half to make a richer soup. It is also tasty to sprinkle a little nutmeg on the top just before garnishing it for additional flavor.

We thank www.toriavey.com for this recipe.