



Farm Share

News



Jordon Mueller, swineherd

We are always delighted when an employee actually comes from the Sequim area where our farm is located. Local eating should mean more than just people living where their food is grown. It should also mean providing local employment. Several people that have appeared in these newsletters come from our immediate area, and among them is Jordon Mueller, the man who takes good care of our pig herd.

Jordon grew up around pigs, as his family raises much of their own meat, and he started hunting with his Dad at the early age of nine. "It's been a really great bonding experience for both of us," Jordon says, "We usually go out at least once a year, bag our deer or elk, and pack out between 400 and 600 pounds of meat for our family and friends."

Jordon really likes the outdoors. He is very interested in wild edible mushroom foraging and at one point was thinking of working in mycoremediation, or using fungi to reduce contaminants in soil. "I've learned a lot about mushroom identification," he says. "My favorites are oyster and cauliflower mushrooms. They are not as common as the chanterelle, but they taste fantastic."

In school Jordon loved to play baseball and football, but after suffering a knee injury, he took up skeet shooting and trained at the Dryke family's Sunnysdell Shooting Range in Sequim. He also likes to hike to waterfalls on the Peninsula. "There are some really beautiful ones in the Brinnon area, and also around Forks," he remarks. "I just find a creek, follow it for a mile or so, and almost always come to a waterfall."

Jordon started working at Nash's in 2012. He is very good with the animals and some of them follow him around and allow him to pet them. He has a knack for knowing what they need to thrive and the skills to provide it. While our pork is not part of our Farm Share program, it is an important part of the diversity we strive for on the farm.

Standard Box

Lettuce, 1 hd
Red Beets with Green, 1 bu
Red Cabbage, 1 hd
Baby White Turnips, 1 bu
Cauliflower, 1 hd
Rainbow Chard, 1 bu
Lacinato Kale, 1 bu
Walla Walla Onion
Curly Parsley, 1 bu
Russet Potatoes, 2 lbs
Spinach, 1 bu

Small Box

Lettuce, 1 hd
Apples, 1.5 lbs
Golden Beets with Greens, 1 bu
Baby White Turnips, 1 bu
Juice Carrots, 3 lbs
Red Chard, 1 bu
Green Kale, 1 bu
Russet Potatoes, 2 lbs

2015 Farm Share Season
October 9 • Week 15

4681 Sequim-Dungeness Way • 360-681-7458
www.nashsorganicproduce.com

Nash's Farm Store, Daily 9:30 am to 7 pm
Starting November 1, the store will open at 10 am

Baby White Turnips

Turnips are very low-calorie root vegetables, with just 28 calories per 100 g, plus they are a very good source of antioxidants, minerals, vitamins (especially C) and dietary fiber. These nutrients boost the immune system, helping the body scavenge harmful free radicals and prevent cancers and inflammation.

Turnip greens are also a storehouse of many vital nutrients, containing several times more than the levels in the roots. They are a good source of vitamins and antioxidants, such as vitamin A, B complex, C, K, carotenoid, xanthin, and lutein, as well as the minerals calcium, copper, iron, potassium, and manganese.

Turnips are very versatile:

- Young turnips are one of the favored items in raw salads for their sweet taste, complementing cabbage, parsnips, carrots, beets, etc.
- They mix well with other vegetables like kohlrabi, potato, and carrots in stews.
- Diced sautéed turnips are delicious with poultry, lamb, and pork.
- Mix raw baby turnip slices with olives and cherry tomatoes in olive oil and balsamic vinegar for an appetizer.
- Turnip cubes are great pickled.
- Turnip greens are used with other greens and vegetables in soups, curries, and stews.
- Like all root veggies, turnips are fantastic roasted.

Roasted Baby Turnips

1 bunch baby turnips, peeled and chopped into quarters
1 Tbsp. olive oil
Salt and pepper to taste

Preheat oven to 400° F. Toss baby turnips in olive oil and salt. Spread in a single layer on a baking sheet. Roast for 10 to 15 minutes, or until soft on the inside, with a slightly caramelized exterior.



Dijon-Shallot Vinaigrette

1 Tbsp. white wine vinegar
1/2 Tbsp. Dijon mustard
2 Tbsp. extra-virgin olive oil
1 small shallot, finely minced
Pinch of salt, to taste
1/2 Tbsp. finely sliced fresh tarragon

While turnips are roasting, whisk together the white wine vinegar and Dijon mustard. Slowly whisk in the olive oil, taking care not to add too much at a time. Whisk until emulsified, then whisk in the shallots, salt and tarragon. Toss in the roasted turnips. This is best served at room temperature.

We thank www.food52.com for this recipe.

Russet Potatoes



Potatoes are indigenous to South America. Spanish explorers brought them to Europe, where they were cultivated and brought back across the Atlantic with the colonists. At first, settlers used potatoes for animal feed. The unpredictable shape and somewhat bland taste made them generally disliked. That changed when Massachusetts horticulturist Luther Burbank created the hybrid today recognized as the standard Russet potato.

Burbank began crossbreeding potato plants in the mid-1800s, convinced that he could make a crop that was easy to grow and palatable. The Russet Burbank hit both of these goals, and also proved to be very disease-resistant. Pioneers who traveled west across the United States brought seedlings of Burbank's plants with them.

Today, the Russet is the most popular potato in the United States, because it has firm flesh and a long shape, making it ideal for French fries. It lends itself well to being boiled, baked, fried, steamed, or roasted, with or without the peel. Sure, Russets are great with butter and sour cream, but try one with a just olive oil and Balsamic vinegar. You get its vitamins C and B6, plus protein and fiber, without the added calories.