



Farm Share

News



Nash's partners with food bank

For years, Nash's Organic Produce has worked with gleaners from OlyCap who come on Mondays and collect market returns from the weekend and culls from our washing lines (veggies that are completely safe to eat, but not perfect in appearance). The gleaners deliver the veggies to food banks in Sequim, Port Angeles, and Forks, as well as to several assisted living homes, Peninsula Mental Health, and other facilities to help the needy on the Peninsula.

Last spring, Mark Ozias (above, right), Executive Director of the Sequim Food Bank and candidate for Clallam County Commissioner, received a grant from a generous individual donor to help food bank clients improve their diets. He started with a needs assessment survey and was surprised to find that fresh fruits and vegetables were among the items his clients most desired. And yet, boxes of local, organic vegetables were being delivered to the food bank every week and were not picked up. He decided to try something novel to resolve the disconnect.

"I created a Farmers Market at the Food Bank," Ozias says, "and it really features the beautiful vegetables. Along with the produce, we have dietitian and nutritionist Dr. Monica Dixon (right) doing cooking demos and passing out recipes. We also have Devon Beck from Nash's talking up the benefits of this great produce."

Every client may pick up \$20 worth of fresh produce for free. The grant pays Nash's farm for the produce and for the vendor's time. "It's a win-win," says Devon. "It's important, especially for children, to have fruits and vegetables in their diets."

"This is the second food bank market," says Ozias, "and we hope it's not the last. It's been a great success."



Standard Box

Apples, 2 lb
Golden Beets, 2 lb
Broccoli, 2 lb
Field Peas, 2 pt
Collards, 1 bu
Red Kale, 1 bu
Leek
Red Potatoes, 2 lb
Juice Carrots, 3 lb

Small Box

Golden Beets, 2 lb
Broccoli, 1.5 lb
Red Cabbage, 1 hd
Collards, 1 bu
Red Kale, 1 bu
Leek

2015 Farm Share Season
October 16 • Week 16

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www.nashsorganicproduce.com

Nash's Farm Store, Daily 9:30 am to 7 pm
Starting Nov. 1, the store opens at 10 am

Ideas for Red Cabbage

- Sauté or braise thinly sliced red cabbage with sliced leek. Embed about a dozen whole cloves in a small orange or Clementine and place it in the pan with the cabbage as it cooks for an even richer flavor.
- Braise with onions or leeks, fresh rosemary, and chicken or veggie broth. Add some chopped apple towards the end.
- Thinly slice and add raw to salads.
- Cook red cabbage in red wine vinegar and a little brown sugar. Toss with some blue cheese, crumbled crispy bacon and sultana raisins.
- When roasting pork, add wedges of red cabbage to the roasting pan for the final 20-30 minutes.
- Keep the beautiful red color by adding a touch of vinegar to the cooking water.

Red Cabbage & Kielbasa

Soup

1 head red cabbage, chopped into chunks
1 lb Kielbasa sausage*
1 lb. diced tomatoes
2 cups chicken broth
1 lb. cooked cannellini beans
1/2 cup chopped green pepper
1 chopped onion
1 Tbsp. minced garlic
1 tsp. paprika
Pinch cayenne
1/2 tsp dried oregano
1 tsp. dried thyme
Salt and pepper to taste

Chop the Kielbasa into 1/4-inch coin-sized pieces. Chop the veggies. If you're using beans from a can, drain and rinse. Brown the sausage, peppers, onions and garlic in a large pot. Add tomatoes, beans, seasonings and broth and mix well. Add cabbage and cover. Cook on medium heat until cabbage is wilted. Turn heat to low and simmer, covered, until cabbage is tender.

*If you're in the Sequim area, we recommend the delicious Kielbasa sausage from Pacific Pantry on South Sequim Ave. Proprietor John Pabst uses meats from local farms, including Nash's, Clark's, and Spring Rain, to make his cured meats.



Broccoli-Apple Salad

1 large head broccoli
1 medium carrot, grated
1 medium apple, cored and chopped
2 Tbsp. finely chopped onion
1/4 cup coarsely chopped walnuts
2 Tbsp. dried cranberries

1/2 cup mayonnaise
1 Tbsp. lemon juice
1 garlic clove, minced
1 tsp. honey
Salt and pepper to taste

Break the broccoli florets into bite-sized pieces. Mix the salad ingredients together in a bowl. Then mix the dressing ingredients together very well in a separate bowl. Pour the dressing on to the salad and toss. Serve immediately or refrigerate before serving. Save the broccoli stems for juicing, sautés, or soups..

Kale & Field Pea Salad

1 bunch kale, chopped
1 cup Nash's field peas
1/2 diced red bell pepper
1 tsp. fresh garlic, minced
3 Tbsp. olive oil
1/4 cup Balsamic vinegar
1/4 cup Romano cheese
Salt and pepper to taste

Cover dried peas with water and soak overnight. Drain, cover with fresh water and cook on medium heat until tender, about 1 hour. Drain and allow to cool.

Combine oil, vinegar and garlic. Massage into kale until thoroughly coated. Add peas, bell pepper and cheese. Add salt and pepper to taste. Serves 6-8.

Nash's Farm Store WINTER HOURS start November 1. Open daily 10 am to 7 pm.