



Farm Share

News



Standard Box

Delicata Squash, 2
Green Kale, 1 bu
Cylinder Beets, 2 lbs
Green Cabbage, 1 hd
Bunched Rainbow Carrots
Cornmeal, Med Grind, 1 pt
Red Chard, 1 bu
Walla Walla Onions, 2
Curly Parsley, 1 bu
Purple Potatoes, 2 lbs

Small Box

Delicata Squash, 1
Apples, 1.5 lbs
Cylinder Beets, 1.5 lbs
Green Cabbage, 1 hd
Bunched Rainbow Carrots
Cauliflower, 1 hd
Red Chard, 1 bu
Walla Walla Onion

Meet Jacob Lund

Jacob Lund is another Sequim native that has found his way to Nash's Farm. He lives in Carlsborg with his family and is probably the youngest employee on the farm. He is a senior at Sequim High School where he attends classes in the morning and works on Delta Farm in the afternoons.

Jacob operates the seed/grain cleaning and bagging machines and does some simple maintenance on tractors. He also does some field work as needed. "I'm learning a lot," he admits. "It's hard work, but I'm interested in ranching, and this is the closest I could get in Sequim!"

Someday, Jacob would like to work on a dude ranch in Wyoming or Montana. He has cared for horses and one of his interests is team roping, where two riders rope and take down a steer in competitions. "There's a header, who ropes the horns and turns the steer to the left, and there's the heeler, who ropes the steer's back legs as it's running. I'm still a header, but someday I hope to be good enough to be a heeler." Jacob is a hard worker and we have no doubt that some time in the future he will accomplish that goal!

Potato Harvest Time

Last week, the crew went out with a potato digger, a machine that ploughs up the potatoes, bringing them to the surface for collecting. Then they went out and picked up the potatoes and loaded them into buckets and into bins. They can store for sev-



eral months under straw in a small barn on the Wilson field. The walls are lined with straw also, so the potatoes will not be affected by a freeze.

2015 Farm Share Season
October 23 • Week 17

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

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

Cylinder Beets

Cylinder, or cylindra, beets were developed many decades ago by the canning industry in Denmark so all the pieces would be perfectly round. American processed beets may have turned a lot of us off because of their bland taste, but there is nothing bland about organically grown fresh beets of any kind. If anything, cylinders are even tastier and sweeter, and this year, our cylinder beet crop was quite successful.

Cylinder beets have one of the highest sugar content of all vegetables, so enjoy their sweet, earthy flavor and powerhouse nutrients in moderation.

Beets help to lower blood pressure, can boost stamina, and are a unique source of betaine, a nutrient that helps protect cells, proteins, and enzymes from environmental stress. They are also known to help fight inflammation, protect internal organs, and likely help prevent numerous chronic diseases.

The powerful phytonutrients that give cylinder beets their deep crimson color help to protect the body from cancer. They are also high in immune-boosting vitamin C, fiber, and essential minerals like potassium and manganese. They contain the B vitamin folate, which helps reduce the risk of birth defects, and they have been valued for centuries for their support in detoxification and helping to purify the blood and liver.



Cold Beet Soup

1.5 lbs. cooked beets,* diced
2 cups water
3 Tbsp. sour cream or plain yogurt
1 Tbsp. prepared horseradish
2 tsp. fresh dill

Blend all ingredients together and pour into 4 bowls. Garnish with a dollop of sour cream and a sprig of fresh dill.

*Beets can be steamed or boiled. For a richer flavor, cut them up into 1/2 inch pieces, toss with 2 Tbsp. olive oil and salt and pepper, and place on a baking sheet. Roast in the oven for about 30 minutes or until tender, turning half way through. Use for this soup, or in a salad, or just on their own as a tasty side dish with sautéed kale and goat cheese..

Beet Hummus Recipe

1/2 pound organic beets
1 can of chickpeas, drained and rinsed
2 tablespoons Tahini sesame seed paste
Juice from 2 to 3 fresh organic lemons
1 small clove garlic, chopped
1 Tbsp. ground cumin
1 Tbsp. lemon zest (zest from approx. 2 lemons)
Generous pinch of sea salt
Fresh ground pepper to taste

To cook the beets, cut off any tops, scrub the roots clean, cover with water in a saucepan and simmer until tender, about 1 hour. Peel once they have cooled.

Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired. May need to add 1/4 cup of water to blend smooth.

Chill and store in the refrigerator for up to 3 days. Eat with pita chips, or with sliced cucumber or celery, or on a crostini with goat cheese and shaved mint.

Save the date!

Art of the Pie's Kate McDermott will demonstrate a SAVORY PIE on Saturday, November 14, at 2 pm, at Nash's Farm Store.

Kate's pie demos are always one of the most popular presentations we have at the Farm Store.

This year is very special because Kate is in the process of writing a pie cookbook called *Art of the Pie: A Down to Earth, Homemade, Practical Guide to Artisan Pie Making and Life* (The Countryman Press/W.W. Norton). It will be published in the fall of 2016.



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