



Farm Share

News



New hens are finally laying!

Last May, we purchased 400 new baby chicks. We asked for all females, but with every chick order we always get a small percentage of males. So far we have noticed only one or two, and while they strut about, trying to figure out how to crow, the females have gotten productive and have started laying eggs!

Chicks are fragile birds. Despite a lot of effort (putting them in round containers and keeping few birds in each container, adjusting them as they grew), the Fourth of July proved to be too noisy, and they piled up on each other. We lost a few of them as a result.

Most of the chicks have been growing well and eating good grains from the farm. At three months, they were set out on pasture. They have also been getting veggie culls from the Store and barley grass that we raise on the Delta Farm. As you can see from the photo above, their combs are developing and they look almost full grown.

Our egg count started with only a couple of scattered eggs here and there in the hen house, or outside in the yard. But every day the count increases. As they reach full maturity, the size of their eggs will also increase. This group of hens will then join the flock of our adult birds in the large pasture.

Savoy Cabbage

High in vitamins K and C and fiber, Savoy cabbage is also a rich source of manganese, folate, vitamin B6, potassium, and omega-3 fatty acids. Because it is so tender, don't shy away from using it in salads. Use salt and a vinegar or lemony dressing to help it wilt a little.

Savoy cabbage is one of the sweetest of all the cabbages, and goes well with strong flavors, like sausages or seafood. It can be braised, roasted or boiled, and it's very easy to sauté in butter, olive oil or bacon fat. It can also be used in preserved recipes like kimchi or sauerkraut.

Standard Box

Dried Runner Beans, 1/2 pt
Lacinato Kale, 1 bu
Bunched Carrots, 1 bu
Savoy or Red Cabbage, 1 hd
Golden Beets, 2.5 lbs
Arugula, 1 bu
Red Radishes, 1 bu
Napa Cabbage, 1 bu
Baby White Turnips, 1 bu
Potatoes, 2 lbs

Small Box

Cornmeal, med grind, 1 pt
Spinach, 1 bu
Golden Beets, 2.5 lbs
Arugula, 1 bu
Red Radishes, 1 bu
Napa Cabbage, 1 bu
Baby White Turnips, 1 bu

2015 Farm Share Season
October 30 • Week 18

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

Rocket Sauce

Rocket is another name for Arugula, a peppery-tasting leafy green, packed with nutrients and flavor! We thank Eliza Winne, a member of the Farm Store's produce department, for this recipe.

1 bunch fresh arugula
1/4 cup olive oil
3 cloves fresh garlic
1/2 tsp. salt

Place arugula in food processor or blender. Pour in the olive oil and start the food processor. Once arugula and olive oil are thoroughly pureed, add garlic and salt. Continue blending until all ingredients are finely chopped and thoroughly mixed together.

Use fresh on salads, potatoes, pasta, sandwiches and burgers. You can also freeze some rocket sauce in ice cube trays and thaw it as needed.

The variations to this recipe are endless. Try adding greens, such as basil or parsley; blend in seeds, nuts or tahini.

Scarlet Runner Beans

The scarlet runner beans in the Standard boxes can be cooked (soak them and cook as you would any other dried bean) and eaten, or saved and planted in the spring. The young, edible, fresh beans grow up to a foot long, and should be picked often to promote flowering. The vine should be trellised and will easily climb 10-12 feet. Sow bean seeds outside after last frost, and plant 1 inch deep and 3 inches apart. Germination takes 7-14 days during which soil should be kept moist. Thin 4-6 inches apart when plants are 2-3 inches tall. Slugs do love bean plants, so be vigilant about them, if possible. However, hummingbirds and butterflies love them, too!



Coming up soon!

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.



Honey-Kissed Baby Turnips & Greens

4 small to medium turnips with greens
1 tsp. butter
1 tsp. olive oil
1/2 tsp. honey
Salt & freshly ground pepper

Wash turnip bulbs and trim tops and tails. Do not peel. Cut into half-inch slices.

Wash green tops and chop.

In a heavy-bottomed skillet, melt butter and add olive oil. When butter starts bubbling, add turnips and stir to coat. Let cook over medium heat, stirring and turning periodically, until turnips begin to soften and lightly brown, about 7 minutes.

Sprinkle moderately with sea salt, then add honey, stirring constantly to distribute.

Toss in the greens along with their clinging water. Continue to stir and cook until greens have wilted, about 3 minutes. Season to taste with additional salt and several grindings of black pepper. Serves two.

We thank seasonaleating.net for this recipe.

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