



# Farm Share

# News



## Standard Box

Apples, 2 lb  
Broccoli, 1.5 lb  
Red Kale, 1 bu  
Celery, Johnston Farms, 1 hd  
Red Mizuna, 1 bu  
Carrots, 3 lb  
Leeks, 1 bu  
Cauliflower, 1 hd  
Red Chard, 1 bu  
Red Beets, 1.5 lb

## Small Box

Apples, 2 lb  
Broccoli, 1.5 lb  
Red Kale, 1 bu  
Celery, Johnston Farms, 1 hd  
Red Mizuna, 1 bu  
Carrots, 3 lb  
Leeks, 1 bu

## What a Community!

Last week we realized that the weather was about to change and serious rain was coming by the weekend. We still had a large patch of golden beets in the field, and it looked like if we didn't get them out before the rains came, we would have a real problem on our hands because it is hard-to-impossible to use large equipment in a really wet field, and very difficult to harvest the beets by hand in those circumstances. It was suggested that we ask for help from members of our community, offering some of Nash's sausage and veggies in exchange. On Friday, over 20 people came, rolled up their sleeves and got to work. It boggles our minds sometimes when so many members of our farm community heed a "call to action" and show up to help us out.

Of that 20 there were at least a half-dozen children from home-school families. The beets had been brought to the surface by machine, and the kids immediately started collecting them into small piles. The adults followed, pulling the tops off the beets and filling first buckets then bins with the golden harvest. All in all they filled about 10 bins that will be covered with straw and taken out and washed as needed over the winter.

We expected to take the better part of a day with the harvest, but with so many willing hands, it only took four hours or so. Afterwards, everyone retired to the Community Barn and enjoyed a delicious Farm Lunch prepared with Nash's veggies and grains by Store staff members Mary Wong and Courtney Franklin.

As we approach Thanksgiving, we feel an extra sense of gratitude to the people who support our farm and store, who show up happy to help, who purchase a Farm Share box in the Spring, who pack the boxes all season long, and who support saving farmland in our area. You all are the ones that make this work worthwhile. Many people want fresh, organic, local food, but there are only a few who really understand all that goes into producing it.

2015 Farm Share Season  
November 6 • Week 19

4681 Sequim-Dungeness Way • 360-681-7458  
[www.nashsorganicproduce.com](http://www.nashsorganicproduce.com)  
Nash's Farm Store, Daily 10 am to 7 pm

# Broccoli—the Uber Veggie!

Broccoli is an excellent vegetable to include in your diet this winter if you are taking vitamin D supplements. Because of our decreased exposure to sunlight in the Pacific Northwest, especially this time of year, most people are advised to do so. But when you take vitamin D supplements, you should also consume vitamins A and K to properly metabolize the vitamin D. Broccoli is a rich source of both.

Broccoli also contains kaempferol, which is an antioxidant in the flavonoid family. Recent research has shown that kaempferol has the potential to mitigate the impact of allergic reactions within our bodies, because of its anti-inflammatory effects. Broccoli may play an important role in a hypo-allergenic diet. In addition, broccoli can offer great immune support as the weather turns cold, with a whopping load of vitamin C and zinc.

## Broccoli Salad with Feta & Olives

- 2 lbs broccoli
- 6 Tbsp. crumbled feta cheese
- 12 Kalamata olives, sliced or chopped
- 6 Tbsp. extra virgin olive oil
- 4 tsp. lemon juice
- 4 medium cloves garlic
- Sea salt and pepper to taste

### Optional

- 1 red onion sliced, add to steamer with stems or 2 minutes before florets
- 10 drops soy sauce
- 4 Tbsp. sunflower seeds

Fill the bottom of a steamer with 2 inches of water.

While steam is building up in steamer, cut broccoli florets into quarters. Peel stems and cut into 1/4-inch pieces. Let florets and stems sit for 5 minutes to bring out their hidden health benefits.

Chop or press garlic and let sit for at least 5 minutes. Steam stems for 2 minutes before adding the florets. Transfer to a bowl. For more flavor, toss broccoli with the remaining ingredients and any of the optional ingredients while it is still hot.

This recipe was adapted from [www.whfoods.com](http://www.whfoods.com).



## Don't Forget!

Art of the Pie's Kate McDermott will demonstrate a SAVORY PIE on Saturday, November 14, at 2 pm, at Nash's Farm Store, 4681 Sequim-Dungeness Way, in Dungeness..



## Mizuna

That feathery, red-tinged salad green in your box is called mizuna, a mild green related to mustard. It is high in immune-boosting vitamin C, folate, and iron, and also contains powerful glucosinolates—antioxidants linked to decreased cancer risk. Cultivated in Japan since ancient times, it is becoming a popular green in salad mixes. The following recipe uses it in a different, and unique way.

## Chicken on a Bed of Mizuna

- 1 egg white, slightly beaten
- 1-1/2 tsp. soy sauce, divided
- 3 cloves garlic, minced
- 1 lb. boneless skinless chicken breast, finely chopped
- 2 tsp. vegetable oil, divided
- 1/3 cup carrots, finely chopped
- 1/3 cup yellow onion, finely chopped
- 1/3 cup sunchokes, finely chopped
- 1/2 tsp. chile paste
- 1 Tbsp. fresh lime juice
- 1 bunch mizuna, trimmed
- 1/4 cup green onions, finely chopped

In a bowl, mix the egg white with 1/2 tsp of soy sauce, minced garlic and chicken. Cover and refrigerate for 1 hour.

Heat 1 tsp. of the oil in a wok or heavy skillet over high heat. Add the chilled chicken mixture and cook, stirring frequently for 4-6 minutes. Transfer chicken to a serving plate and set aside. Heat the other teaspoon of oil in the wok on high and add the carrots, onions and sunchokes; cook for 1 minute.

Add the remaining soy sauce, chile paste, lime juice and mizuna and cook, stirring often until mizuna is wilted. Return chicken to the wok and heat through. Garnish with green onions and serve.