



# Farm Share

# News



## Standard Box

Sugar Pie Pumpkin  
Red Mustard, 1 bu  
Parsnips, 2 lbs  
Sunchoke, 1.5 lbs  
Brussels Sprouts, 1.5 lbs  
Lacinato Kale, 1 bu  
Nash's Best Carrots, 5 lbs  
Red Baby Bok Choy, 1 bu  
Cylinder Beets, 1.5 lbs  
Spinach, 1 bu  
Napa Cabbage, 1 hd

## Small Box

Sugar Pie Pumpkin  
Red Mustard, 1 bu  
Parsnips, 1.5 lbs  
Yellow Potatoes, 2 lbs  
Brussels Sprouts, 1.5 lbs  
Lacinato Kale, 1 bu  
Nash's Best Carrots, 5 lbs  
Red Baby Bok Choy, 1 bu

## We thank our exchangers!

Our Farm Share program is packing its final boxes this week. Every Thursday evening for the past 20 weeks, a group of enthusiastic and dedicated members of our farm family have convened at Nash's packing shed and assembled all the Farm Share boxes. They are our work exchangers, who pack the boxes in exchange for a discount on their farm shares.

The crew in the photo above represent a typical group. Some have been exchangers for several years, others are new to the program. From left they are: Bethany Thompson (first season), Carolyne Shephard (fourth), Jeremy Drennen and Amanda Drennen (third), Sid Maroney, Teresa Thorson (sixth), and Rachel Loucks (first).

Other exchangers are Vivian Gaither, David Kell, Tim Walls, Judy Hubers-Brandt, Crystal Bennett, Brigitte Moran and Stephanie Parker. These people have made it possible for us to do the Farm Share program and we wish to thank them for their hard work late into the evening, in a cold room, making sure the packing shed was cleaned up and ready to go for the following day. Our exchangers are the greatest!

## A message from Susan Baker, Farm Share Coordinator

I'd like to thank everyone who helped to pack the boxes this season—the regulars who sign up year after year and the new folks who jumped right in and got it done. You make my job a pleasure and I'd love to work with all of you again. And a big thank you to Rachel, the queen of the shed, who always had everything organized, and Sid and Patty, for all their support. And of course, our amazing crews who supply us with all the wonderful items for our boxes. And last but not least, all of our amazing Farm Share members, who support our farm and our vision of a healthy, local, organic food system. It truly does take a village.

2015 Farm Share Season  
November 13 • Week 20

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

# Holiday Brussels Sprouts

2 lbs Brussels sprouts, trimmed and halved lengthwise  
½ cup dried fruit juice sweetened cranberries  
4 shallots, thinly sliced  
½ cup water  
½ cup slivered almonds  
1 tsp sea salt  
2 Tb extra virgin olive oil  
Freshly ground pepper

Heat an 11 or 12-inch skillet over medium heat. Add oil, then shallots; sauté for about 2 minutes then add slivered almonds, Brussels sprouts, and salt; sauté for about 5 minutes. Add the dried cranberries and water. Cover pan and cook, stirring occasionally, for 5 to 10 minutes. Smaller Brussels sprouts will take closer to 5 minutes, while large ones will take closer to 10 minutes. Cook until desired tenderness is reached. Season with freshly ground black pepper to taste. Serves 6.

# Red Mustard Greens

Thought to have originated in China, red mustard's leaves are succulent and tender; the stems, crisp and crunchy. Red mustard greens have a savory and nuanced peppery flavor that adds a delightful kick to any salad. They also pair well, sautéed or braised, with poultry, legumes, pork, fish, citrus, cheeses and avocados.

Your red mustard is part of the *Brassica* family, collectively known as cruciferous vegetables, along with turnips, broccoli and cabbage. They help lower cholesterol, especially when lightly steamed. They also have cancer-preventative qualities and help the body fight inflammation.

- Wilt the red mustard leaves in oil and garlic and, when it is nearly done, crack an egg in the center and cover to poach it as the greens finish.
- Wilt the greens in olive oil and garlic, add red pepper flakes and a splash of red wine vinegar and then wrap the mixture in thin slices of prosciutto and serve it as an hors d'oeuvre.
- Cook some thick, chopped bacon in a heavy saucepan until the fat is rendered. Slice the greens into ribbons and cook in the pork fat with salt and pepper until they are wilted. Add chicken stock or water to barely cover the greens, cover the pot, and cook until tender. Or use olive oil and garlic instead of bacon.

## For Farm Share members only!

2015 members get \$10 off a Nash's Pork Buying Club box. 16.5 lbs. of different cuts of Nash's delicious pastured pork for only \$99 (reg. \$109). Call 360-681-7458 by December 31, 2015 to sign up.

## This Saturday!

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



# Carrot Cheesecake

¾ cups finely crushed graham crackers  
2 Tbsp. chopped nuts (optional)  
1 Tbsp. Nash's soft white flour  
1 Tbsp. sugar  
2 Tbsp. butter, melted

Stir together in medium bowl and press into bottom of spring-form pan or bottom and sides of pie pan.

2 8-ounce packages of cream cheese or crème fraiche  
¾ cup sugar  
3 Nash's eggs

Beat cream cheese and sugar together till fluffy, add 3 eggs and beat till smooth. Put one cup of this mixture in a bowl and set the rest aside.

2 cups pureed Nash's cooked carrots  
1 Nash's egg  
¼ cup Dungeness Creamery milk or cream  
½ tsp. cinnamon  
¼ tsp. ginger

To the 1 cup of cream cheese mixture, add carrots, 1 egg, milk, spices. Mix together and pour into pie crust. Pour the reserved cream cheese mixture over the top and run a knife through it swirling to create marbling. Bake at 350°F for 45 minutes till center appears set when gently shaken. Chill 4 hours before serving.

We thank Farm Store employee Margie Diffner for this recipe, and for making it for staff on occasion. We love you, Margie!

Check Nash's website for our [Thanksgiving flyer](http://nashsorganicproduce.com/files/Thanksgiving) with recipes, cooking ideas, a coupon and information about ordering an organic turkey. <http://nashsorganicproduce.com/files/Thanksgiving> at Nash's Farm Store.pdf