

Nash's CSA News

In the Standard Box:

Fava Beans 1.25lb
Romaine Lettuce 1 hd
Red Chard 1 bu
Cucumber
Spinach 2 bu
Cilantro 1 bu
Cherries 1.25 lbs from PDQ Farms
Garlic Scapes 1bu
Lacinato Kale 1bu
Rolled Oats 2lbs

In the Small Box:

Fava Beans 1.25 lb
Romaine Lettuce 1 hd
Red Chard 1 bu
Cucumber
Spinach 1 bu
Cilantro 1 bu
Cherries 1.25 lbs from PDQ Farms

July 1, 2016
Week 1 of 20

Welcome to 2016 CSA!

We're excited to kick off the first box with a wide variety of fresh greens, grains, legumes and fruits. Spring sprang early this year, and our crew has been working hard to bring in this delicious harvest. As we head into peak production months, there are about 40 full- and part-time folks employed by the farm, store and farmers markets. Thank you, from all of us, for joining in Nash's CSA adventure this season.

We are proud to be one of about 7,000 programs in the U.S.! Your support has played a big part in getting Nash's farm to where it's positioned right now, as we head into July.

The veggies are looking good as the final overwintered crops and early greens merge with carrots (not yet, but soon!), tomatoes, cucumbers and basil. Sid Maroney (left, in photo) and Susan Baker share the CSA management responsibilities at Nash's Farm. They are also joined by 10 CSA Box Packers, who receive a discount on their share in return for helping Susan pack boxes Thursday nights.



Above: box packers (we call them ex-changers, because they exchange their labor for part of the box price) put the first boxes of the season together on Thursday evening.



Left: Sid Maroney and Susan Baker, Coordinators of the CSA program.

Box Notes for Week 1

Your **naked oats** were planted May 2015 and rolled last week. Exceptionally creamy and flavorful, use them as you would any thick, rustic rolled oat—in oatmeal, baked goods, and granola. For stove top oats, quickly remove some of the oat hulls that slipped through the roller, by swirling the oats in water and skimming off any hulls that float to the top.

Basic Oat Crumble Topping — Mix 1.5 cups rolled oats, 1/2 cup flour, 1 cup packed light brown sugar, and any favorite spices (cinnamon, nutmeg, ginger), and a pinch salt with 1 cup unsalted butter by cutting the butter into pieces and mixing it in with your fingers until it's like coarse crumbs. Add nuts, if you want. Sprinkle it on cut up apples and/or berries in a 9x13 pan. Bake at 375 for about 45 minutes.

Lacinato kale is tender to eat raw in salads (shredded), or sautéed with garlic scapes and basil. Eat the whole leaf, stems and all.

First **cucumbers** of the season are super juicy and sweet, perfect for salads and snacking. Peeling is optional. The tender (and delicious!) cucumber peel contains the majority of the vegetable's fiber and lots of potassium and antioxidants.

Spinach contains enormous amounts of vitamins K, A, and C; the B vitamins (especially folate); calcium; potassium; and manganese. It is also one of the richest natural sources of lutein, a carotenoid that protects against degenerative diseases of the eye.

Spinach holds up well when combined with strong flavors like anchovies and bacon, or cheddar, feta, and Parmesan cheeses. To season, try cumin, curry, dill, garlic, ginger, horseradish, mace, marjoram, mint, nutmeg, rice vinegar, sesame, or tarragon. Nash's spinach is so tender it just melts in your mouth. We recommend it quickly sautéed into breakfast egg scrambles, or raw in salads.

Garlic scapes are the delicious flower bud stem of the garlic plant, which is trimmed late spring to encourage robust bulb development. Scapes have a mild garlic flavor, and can be used like shallots, onions, or garlic in any recipe. Chop them up and then roast, puree into spreads/pesto, sauté, soup, etc.

Fava Beans

Fresh fava beans are delicious and packed with vegetable protein. Shuck the beans from the outer pod, but the inner, whitish hull is perfectly edible. However, if you want to remove it, blanch the beans, then quickly plunge them into icy water. Cut a small slit in the white membrane and squeeze out the emerald green beans. Lots of work, but worth the effort, especially if you are preparing something really elegant.



Kia's Crock Pot Favas & Chicken

Slow cooked favas are tender and pair effortlessly with anything else you want to toss in the pot. Skip the meat and add extra veggies and lots of herbs for a vegetarian meal.

1-2 cups shucked fava beans
Approx. 2-lbs chicken parts, or other meat
2 cups fresh or canned salsa
4 cups of chopped celery, onions, peppers, zucchini, carrots, potatoes, etc.
Approx. two cups of water
Salt and pepper
Fresh or dried oregano, thyme, basil, cilantro, rosemary, etc.

Put all ingredients in crock pot and salt/pepper/herbs as desired. Cover; cook on medium heat overnight, or for 6-8 hours. Add a fresh bunch of roughly chopped spinach/kale/chard the last 30 minutes of cooking, as desired. Serve hot over rice/quinoa/pasta/shredded cabbage etc.

Fava Tip: Approx 1 lb of fresh favas = 1 cup shucked beans.

