

# Nash's CSA News

## In the Standard Box:

Cilantro 1 bu  
Bunched Carrots 1 bu  
Broccoli 2 lbs  
Cauliflower 1 hd  
Mixed Beets with Greens 1 bu  
Blueberries, Hayton Farm 1/2 pt  
Cucumber 1 ea  
Lacinato Kale 1 bu  
Spinach 1 bu

## In the Small Box:

Cilantro 1 bu  
Bunched Carrots 1 bu  
Broccoli 1.5 lbs  
Cauliflower 1 hd  
Basil .25 lb  
Mixed Beets with Greens 1 bu  
Apriums or Apricots,  
Sunnyslope Ranch 2 lbs

July 22, 2016  
Week 4 of 20

## New Staff

### Mike Castle, Infrastructure & Cultivation

Mike Castle was born and raised in Maine. He also lived in Massachusetts and after joining the U.S. Navy, he was stationed in Rhode Island. "They say you join the Navy to see the world," Mike says, "but I didn't leave New England!"

After leaving the military, Mike worked as a landscaper and in construction. Finally, looking for a new and exciting place to live, he headed across country to live in Alaska, but never quite made it. He ended up in Tacoma, where he worked on a house for Mark Ozias and Lisa Boulware.

Mark and Lisa eventually moved to Sequim and opened the Red Rooster Grocery. Mike built their commercial kitchen and plumbed and wired the store. When the store closed, he returned to Tacoma, but kept in touch with his friends, and also read the Sequim Gazette. He read an ad for Nash's early last spring and immediately applied.



"I knew my skill set was what was required in the ad," Mike remembers, "but I also wanted to learn to farm. I'm really happy to be learning cultivation techniques and the mechanics of tractor driving. It's not as easy as you might think!"

In addition to his field work, Mike is also putting his construction skills to use.

### Beet Greens

It's best to use beet greens within two or three days after you get your box. Enjoy them by themselves or with other leafy vegetables in a salad, or sauté them in a bit of olive oil or balsamic vinegar and salt for a delicious side dish. If you find yourself with too many beet greens, don't throw them away. Freeze them and use for soup stock. Beet greens have a higher iron content than spinach, and a higher nutritional value than the beet root itself.

## Beets & Greens

1 bunch beets (any kind) with greens  
¼ cup olive oil, divided  
2 cloves garlic, minced  
2 Tbsp. onion, chopped  
Salt and Pepper to taste  
1 Tbsp. red wine vinegar

Preheat the oven to 350° F. Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

## How to Use Fresh Basil

- Basil goes great with fish and pasta!
- Stuff some sprigs of fresh basil into your favorite olive oil to infuse it.
- Stack slices of tomato, Mozzarella cheese and a fresh basil leaf and drizzle with Balsamic vinegar.
- Put tomato, watermelon and basil on skewers.
- Chop basil into your favorite salad or sandwich.
- Toss whole basil leaves on your favorite pizza when it's hot out of the oven.
- Tomato and basil are a match made in seafood heaven.
- Use aromatic basil to add punch to your everyday side dishes.
- Basil also goes well with fruit like watermelon, lime, lemon, mango and strawberries.
- Don't forget your cocktails! Muddle basil into lemon or berry-based drinks, like daiquiris.



## Cauliflower

Cauliflower is recognized as one of the healthiest veggies you can eat. It is part of the cruciferous vegetable family, a veggie group well known for cancer-fighting properties. This reputation should not be sur-



prising, since cauliflower provides special nutrient support for three body systems that are closely connected with cancer prevention: (1) the body's detox system, (2) its

antioxidant system, and (3) its inflammatory/anti-inflammatory system. Chronic imbalances in any of these three systems can increase risk of cancer, and when imbalances in all three systems occur simultaneously, the risk of cancer increases significantly.

For maximum benefits, eat cauliflower 3-4 times per week, but do not overcook it. Not only will that leave it mushy and flavorless, a significant portion of your nutrients will disappear with the water used for steaming or boiling. Try lightly sautéing it in a skillet with 1 tsp. turmeric, or cut it up raw and add it to a salad. It is especially good brushed with olive oil and sprinkled with salt, pepper and curry powder, then roasted quickly in a hot oven.

## Spicy Cauliflower

6 Tbsp. high heat oil  
Large piece ginger, finely chopped  
2 tsp. chili flakes  
2 Tbsp. cumin seeds  
2 tsp. turmeric  
3.5-4 lbs. cauliflower, roughly chopped  
Small bunch cilantro, chopped

Heat oil in a big pan or wok with a lid, and add the ginger and spices. Swirl everything around for a few seconds until the spices are aromatic. Reduce the heat, then stir in the cauliflower and salt and pepper to taste. Put the lid on and cook for 10 minutes or until just softened, stirring occasionally. Sprinkle with cilantro and serve. Delicious served hot or chilled.

We thank [bbcgoodfood.com](http://bbcgoodfood.com) for this recipe.