

Nash's Certified CSA News

In the Standard Box:

Cherry Tomatoes 1/2 pt
Red Cabbage 1 hd
Baby Leeks 1 bu
French Breakfast Radishes 1 bu
Basil 1/4 lb
Red Russian Kale 1 bu
Cauliflower 1 hd or Broccoli 2 lb
Italian Parsley 1 bu
Nectarines* 3.5 lbs
Spinach 1 bu

In the Small Box:

Red Cabbage 1 hd
Baby Leeks 1 bu
French Breakfast Radishes 1 bu
Red Russian Kale 1 bu
Blueberries, Hayton Farm 1 pt
Spinach 1 bu
Nectarines* 3 lb

* Sunnyslope Ranch, Wapato, WA



July 29, 2016
Week 5 of 20

New Staff

Joey Gish, Irrigation Crew

Joey Gish is a native Washingtonian, who was home-schooled with his six siblings by his Mom in Port Angeles, even though his Dad taught high school there. He completed the Running Start program at Peninsula College and graduated from Western Washington University with a bachelor's degree in Biochemistry in 2014.

Since then, he has packed a lot of travel and work experience into his life. He worked with kids in Appalachia, as a "cellar rat" at a winery in Napa Valley, as a lab tech in Seattle and at a children's hospital in Laos, and at another winery in New Zealand. In between jobs, he took bike trips on the California coast and in New Zealand.



Joey worked for Nash's in 2010 for one season on the packing crew before he went to Western. It was then we first heard him play the fiddle. He's a great player and has performed with several local bands, including Abby Mae & the Home-School Boys, and he still enjoys playing with different groups. Catch him occasionally at the Open Mike on Wednesday evenings at Nourish Restaurant in Sequim.

Last May, Joey rejoined the Nash team. He currently works on the all-important irrigation crew keeping the water on crops as the summer progresses.

More Broccoli!

It's high season for this tasty and healthful veggie. For some great recipes that ask for broccoli, check out our [Recipe Blog](#) on the Nash's website. Use it for [nectarines](#), too. You have plenty to eat fresh, and to make into a summer dessert.

Baby Leeks

Baby leeks do not form bulbs like baby onions. They are more like scallions. They are tender with a mild sweet flavor. Baby leeks are crisp when raw, but soften easily when caramelized. You can eat the entire plant, including the green parts, because they are young and tender, too.

Baby leeks are mild enough to eat raw, well textured enough for withstanding long cooking periods. They are perfect for classic recipes such as pot pies, leek tarts and hearty soups. Baby leeks are a great salad or pizza ingredient, can be caramelized when sautéed with olive oil or butter and added to potato dishes and pastas.

Grilling leeks gives them a rich smokiness. They should be blanched prior to grilling, so they retain their coloring and don't over burn. Baby leeks pair



well with cream sauces such as béchamel, cheeses, especially goat, cheddar and aged sheep's cheese,

bread crumbs, poultry, grilled and smoked white fish, apples, fennel, garlic, mustard, cooked eggs, tomatoes and vinaigrettes.

Braised Baby Leeks

Wash and trim the ends and roots of your bunch of baby leeks. Heat a pat of butter in a large frying pan, and add the leeks. Roll them around to coat them in the butter.

Add ½ cup chicken stock and bring to a boil, then turn down to a simmer and add a handful of thyme springs. Cook for 20 minutes or until tender. Serve with a sprinkling of thyme leaves.

Radishes!

Radishes belong to the cruciferous vegetable family, which means that they are related to broccoli, cauliflower, and cabbage and have a similar and very health-promoting phytonutrient content. Phytonutrients are plant chemicals that protect human health.

Radishes are rich in:

- Vitamin A – protective for eye health
- Vitamin C – immune system-supporting
- Folic acid – neuronal development
- Fiber – supports healthy cholesterol profile
- Potassium – essential for blood pressure balance

Fresh Radish and Greens Salad

1 Tbsp. lime juice
2 Tbsp. orange juice
1 Tbsp. white balsamic vinegar (or red wine vinegar)
3 Tbsp. walnut or olive oil
1 tsp. Dijon mustard
¼ tsp. pepper
Dash of salt

4 cups mixed greens (you can substitute spinach)
1 cup thinly sliced red radishes (about 2 bunches)
1 large apple, quartered, cut into julienne strips
½ cup cucumber cut into julienne strips
½ cup shredded carrots
¼ cup coarsely chopped walnuts, toasted
¼ cup feta cheese

Place dressing ingredients in a large bowl, whisk together, and set aside. Combine greens, sliced radishes, apple strips, shredded carrots, and cucumber strips in a large salad bowl. Toss salad with ¾ of dressing (add all dressing if necessary) and place on four plates. Garnish each plate with walnuts and feta cheese.

Recipe adapted from www.webmd.com

You have the makings of a delightful summer salad in your box this week. Wash and dry the spinach and break it up into a salad bowl. Add some French Breakfast radish slices, a few thin slices of red cabbage and a handful of blueberries, some slices of nectarine, or a few of those incredible cherry tomatoes. Toss with a vinaigrette dressing and enjoy!