

Nash's

CSA News

In the Standard Box:

Leeks 2
Potatoes 2 lb
Yellow Zucchini 1 ea
Cucumber 1 ea
Baby Rainbow Carrots 1 lb
Red Baby Bok Choi 1 bu
Spinach 1 bu
Mixed Lettuce* 1 hd
Nectarines, Sunnyslope Ranch 2 lb

In the Small Box:

Cherry Tomatoes 1 pt
Leek 1 ea
Potatoes 2 lb
Spinach 1 bu
Red Baby Bok Choi 1 bu
Baby Rainbow Carrots 1 lb
Mixed Lettuce* 1 hd

* From River Run Farm, Sequim

August 5, 2016
Week 6 of 20

Turning a mistake into a win-win!

Last October, we bare-root transplanted a bed of Mariner cabbage in the west Delta Farm, intending it for a seed crop. Unfortunately, we planted it too late, and it had not matured enough in time to vernalize. *Brassicae* plants (cabbage, Brussels sprouts, kales, collards, etc.) need to spend a certain amount of time in low temperatures during their lifetime. The cold initiates the process of forming seed heads. This is called vernalization and most crops of northern European origin need to pass through that stage in order to set seed and propagate.

As a consequence of not vernalizing last year, the Mariner crop couldn't set seed this year. But it can winter over and will set seed next year. What this "mistake" has enabled us to do, however, is to do a selection of only the best cabbage plants to go to seed, and harvest all the others that have gotten misshapen, too large, or damaged by insects. About 2/3 of the crop will be harvested out, but who would want extra-large or cone-shaped cabbage heads?



We are fortunate to have several excellent kraut makers in our area who actually prefer larger heads, as long as they still have flavor. And these Mariner heads do have flavor! The sale of this cabbage, albeit at a reduced cost, helps us offset some of the lost time and work on this crop. Seed crops are long-term projects and we usually don't see a financial return for years. In this case, we'll get a better selection and a little compensation as well.



Your potatoes are a variety called Alaska Bloom. They are new potatoes, and have not been cured, so the skin comes off very easily during the washing process. Also, the pinkish spots are the eyes of this variety of potato, and are completely normal.

Savory Potato Leek Pie

- 1 Tbsp. butter
- 2 medium leeks, coarsely chopped
- 3 eggs
- 3/4 cup skim milk
- 3-4 medium-sized potatoes, unpeeled, cubed, cooked
- 3 1/2 ounces Gruyere or Swiss cheese, grated
- 1/2 tsp. salt
- Black pepper to taste
- Sprinkle of grated nutmeg

Melt butter in a heavy skillet over medium heat. Add leeks and sauté, stirring often, until slightly browned and caramelized, approximately 10-15 minutes. Remove from heat and allow to cool slightly.

Beat eggs and milk together. Stir in cooked potatoes, grated cheese, salt, pepper, and nutmeg. Pour into a deep 9-1/2" pie plate and bake for 30 minutes or until golden on top and fully set. Serves 6.

About River Run Farm, Sequim

Founded in 2013 by a group of friends, River Run Farm raises organic vegetables, berries and flowers along the Dungeness River. The young farmers look to nature for inspiration in the continuing development of their farming practices and do not use synthetic chemical fertilizers, pesticides or herbicides. They sell produce and flowers at their farm stand, local farmers markets and local grocery stores, and also wholesale to the Seattle area. Your lettuce comes from their farm. riverrun.farm/#rrfhome

Bok Choi has been studied for its medicinal qualities in China as early as the 14th century. It is widely used today in China and Japan and Korea where it is the staple vegetable for making kimchi.

A 4-ounce serving of bok choy contains a high amount of vitamin A, about 3500 IU. It also is a rich source of vitamin C, vegetable fiber, iron, and magnesium.

However, it also contains glucosinolates. These compounds fight cancer in small doses, but can be toxic to humans in large doses, just like many other compounds. So enjoy your bok choy, but keep the old adage in mind: "Everything in moderation!"

Bok Choi & Nectarine Salad

Mix in a blender:

- 1/4 cup cashew butter or peanut butter
- 2 Tbsp. lime juice
- 2 tsp. tamari or soy sauce
- 2 tsp. sugar or honey
- 2 tsp. fish sauce
- 1 clove garlic
- 1 tsp. chili paste
- 2 tsp. vegetable oil

Toss together:

- 1 bunch baby bok choy, washed and chopped in half lengthwise. Cut greens into 1-inch ribbons and stalks into 1/4-inch pieces.
- 2 cups diced nectarines
- 2 carrots, peeled and chopped
- 1/2 cucumber, peeled, seeded and chopped
- 2 Tbsp. Walla Walla onion, chopped
- 1/2 cup sunflower seeds or cashews

Add chicken, noodles or rice if desired. Mix with dressing and serve.

