

Nash's CSA News

In the Standard Box:

Buckwheat Flour 2 lb
Tomatoes 3/4 lb
Walla Walla Variety Onion
Green Beans 3/4 lb
Red Mustard Greens 1 bu
Red Kale 1 bu
Cilantro 1 bu
Spinach 1 bu
Bunched Carrots 1 bu
Red Chard 1 bu

In the Small Box:

Buckwheat Flour 2 lb
Walla Walla Variety Onion
Green Beans 3/4 lb
Red Kale 1 bu
Cilantro 1 bu
Bunched Carrots 1 bu



August 12, 2016
Week 7 of 20

A step up in grain dryers

Last week, Nash bought a used grain dryer from a farmer in Idaho. It utilizes a common design found in grain-growing regions worldwide—a flow-through process that feeds a continuous stream of damp grain through one end, exposing the moving grain to warm air inside the dryer, and getting drier grain out the other. Depending on moisture level, this dryer can dry 20 ton in a 24-hour period, to reduce moisture 1-2%.

It is a small dryer compared to some found in the Midwest, but it can process more grain in a shorter time than our old, homemade one. That one blows warm air through a bin with a wire mesh bottom. We may use the old dryer for small seed batches, and the newer one for large grain projects.



Versatile Green Beans

The ancestors of green beans have been found in Peru with a radiocarbon dating of nearly 8,000 years ago. Precisely when humans began consuming the immature, green pods is impossible to know.

Like most vegetables, green beans are low in calories (43 per cup) but pack lots of fiber and nutrients. A cup's worth provides about 25 percent of your daily supply of vitamin K and 20 percent of vitamin C, as well as manganese, vitamin A, potassium, and folate.

Green beans go well with bacon and other pork, basil, béchamel sauce, butter, cheese (Parmesan, feta, goat), chicory, chiles, crème fraîche, curry, dill, garlic, leeks, lemon, marjoram, mint, mushrooms, mustard, nutmeg, nuts, onions, orange, oregano, parsley, pine nuts, prosciutto, rosemary, shallots, soy sauce, tarragon, tomatoes, tuna, vinegar, and Worcestershire sauce. Wow!

How to use your red mustard greens

- Mustard greens are wonderful in curries and other spicy concoctions, especially if tempered a bit with cream or coconut milk.
- Sauté mustard greens and sprinkle with a little lemon juice, walnuts, or pine nuts.
- For traditional southern-style greens, slow-simmer with ham hocks or salt pork and season with hot peppers and vinegar.
- When you feel yourself coming down with a cold or flu, stir finely shredded mustard greens into steaming miso or chicken broth, along with mushrooms and plenty of garlic for a healthful, sinus-clearing alternative to chicken soup.
- Got leftover ham? Make a soup with chopped ham, potatoes, cream, and mustard greens.
- For Chinese-style greens, sauté with fresh ginger, garlic, soy sauce, or oyster sauce. Finish with a little sesame oil or chili paste. Or stir-fry with scallion, garlic, and fermented black beans.
- Larger mustard greens make a piquant, sharp-tasting wrap. Lightly steam or braise, and wrap around choice pieces of tuna, cod, or salmon.
- Chop raw or cooked mustard greens into pasta salads, rice, beans, and casseroles.
- Mix a few young mustard greens in a green salad to add a zesty kick.



Buckwheat Pancakes

We are always thrilled when the buckwheat has been harvested and buckwheat flour is available again. There's nothing quite like buckwheat pancakes!

- 1 cup buckwheat flour (or ½ buckwheat and ½ flour of choice)
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1¼ cups buttermilk, shaken
- 1 large egg
- ½ teaspoon pure vanilla extract
- Butter for the skillet

In a medium mixing bowl, mix together the flour (s), sugar, baking powder, baking soda and salt. In a liquid measuring cup, measure out the buttermilk. Beat in the egg and vanilla extract.

All at once, add the wet ingredients to the dry ingredients and mix until just combined. The batter should have some small to medium lumps.

Preheat your skillet over medium-low heat and brush with 1½ teaspoons of butter. Give the batter a light swirl with a spoon in case the buckwheat is starting to separate from the liquid. Using a ¼-cup measure, scoop the batter onto the warm skillet. Cook for 2 to 3 minutes until small bubbles form on the surface of the pancakes (you'll know it's ready to flip when about 1 inch of the perimeter is matte instead of glossy), and flip. Cook on the opposite sides for 1 to 2 minutes, or until golden brown.

Top your pancakes with fruit, yogurt, honey, maple syrup, or jam.

We thank cookieandkate.com for this recipe.

Buckwheat is not a wheat. It is a seed of a flowering plant that contains no gluten. However, at present, we don't have a dedicated combine, milling space, or mill/sifter for non-gluten flours like buckwheat or quinoa. Therefore, if you are cooking for a person with Celiac disease, please note that the buckwheat flour may contain trace amounts of gluten. If, however, you are preparing the flour for someone who is gluten-intolerant or gluten-sensitive, the amount of gluten may be so small as to be insignificant. If you don't want to take the chance, swap your flour for an item of equal value from Nash's farm.

The photo at left is of unprocessed buckwheat seeds.