

Nash's CSA News

In the Standard Box:

Potatoes 2 lb
Cylinder Beets with Greens 1 bu
Collards 1 bu
Rainbow Chard 1 bu
Corn 4 ears
Baby Dill 1 bu
Nash's Best Carrots 5 lb
Italian Parsley 1 bu
Red Baby Bok Choy 1 bu
Apple Cider 1 qt

In the Small Box:

Cylinder Beets with Greens 1 bu
Green/Purple Beans 3/4 lb
Pears 2.5 lb
Nash's Best Carrots 5 lb
Italian Parsley 1 bu
Tomatoes 1 lb

Sept. 16, 2016
Week 12 of 20

The quinoa was harvested!

The weather gods finally smiled on us and gave us clear, dry days this week. Despite the fact that the lower portion of the field could have used another week to dry out more due to the differences in the soil moisture, we decided to take the entire field at the same time and put it into our grain dryer to ensure that it would all be dry enough to ship to the California buyer, Lundberg Family Farms.

This crop caused us some concern. When it rained, the quinoa could have molded on the stalk. If it really had been stormy, the stalks could have "lodged," or collapsed, making it very hard to harvest with a combine. Sometimes damp seed heads will sprout right on the plant, rendering them useless. But none of these things happened, and we feel pretty lucky.

This was due, in part, to the variety, called Red-head, that was developed by Frank Morton of Wild Garden Seed in Corvallis, Oregon. Frank worked on this variety for many years, but it gets too hot in the Willamette Valley to actually grow quinoa well there. So the Lundbergs are trying it out further north. The yield did not meet our expectations, but this is our first year. Farmer Nash says it usually takes 4-5 years before you have enough experience to grow a new crop. We have a ways to go, but this wasn't bad for a first year. In the photo, Sam McCullough harvests the quinoa crop with the 8860 combine.



Nash's Carrots

Carrots belong to the *Umbelliferae* family, named after the umbrella-like flower clusters and seed heads that plants in this family produce (photo, right). Other members include parsnips, fennel, parsley, anise, caraway, cumin, and dill.

They are high in antioxidants, have cardio-protective benefits, anti-cancer properties, and support vision health.

Carrots are a good source of a variety of vitamins and minerals, including vitamins A, K, C, and some B, as well as potassium and phosphorus.

Carrots are an easy and tasty way to boost your vegetable intake, increasing the amount of fiber and health-protecting nutrients you consume.



Carrot Tahini Salad with Spiced Chickpeas

1.5 cups cooked chickpeas, rinsed, drained & patted dry
(or 1 15-oz. can chickpeas, drained & dried)

1 Tbsp. olive oil
1/4 tsp. ground cumin
1/8 tsp. ground cinnamon
1/8 tsp. ground cayenne pepper
Pinch of salt and pepper

1 clove garlic, minced
1/4 cup tahini
1/4 cup lemon juice
2 Tbsp. olive oil
1 tsp. honey
1/8 tsp. ground cayenne
1/2 tsp. salt
2 Tbsp. minced parsley
Water to thin if necessary



3 cups shredded carrots (3 to 4 medium-sized carrots)
1/2 small red onion, diced
1/2 cup raisins
1 cup fresh parsley, minced
Salt and pepper to taste

Preheat the oven to 425°F. Toss the chickpeas with the oil, spices, salt, and pepper. Place on a prepared baking sheet and roast in the oven until lightly browned and crisp, 15 to 20 minutes. Shake the pan several times throughout baking. Remove from the oven and allow to cool.

Combine all the ingredients for the dressing in a mixing bowl and whisk until smooth. In a large salad bowl, toss the shredded carrots, onion, raisins, and parsley with the dressing. Mix well. Season with a little salt and pepper. Right before serving, top with the chickpeas and enjoy. Recipe from www.thekitchn.com/

Grilled Corn with Cheese and Lime

4 ears corn, shucked
1/2 Tbsp. organic safflower or sunflower oil
Kosher salt
1/4 cup crumbled Queso Fresco or Feta
1/8 to 1/4 tsp. cayenne pepper, to taste
1 lime, cut into wedges

Heat grill to medium-high. Brush the corn with the oil and sprinkle with 1/2 teaspoon salt. Grill, turning often, until tender and charred, 5 to 7 minutes. Sprinkle the corn with the cheese and cayenne. Serve with the lime wedges. If you are not feeling like firing up the grill, this recipe works just as well with steamed corn.

Easy Red Baby Bok Choy Sauté

1 Tbsp. high-heat oil
1 garlic clove, peeled and minced
Small piece ginger root, peeled and minced
Dash red-pepper flakes, or to taste
1 bunch red baby bok choy, cleaned, with the ends trimmed
1 tsp. soy sauce
1 Tbsp. chicken stock or water
Toasted sesame oil for drizzling

In a large sauté pan with a lid, heat oil over medium-high heat until it starts to shimmer. Add garlic, ginger and red pepper flakes and cook, stirring constantly, until fragrant, about 45 seconds.

Add bok choy and stir carefully to cover with oil, then cook for approximately 2 minutes. Add soy sauce, stock or water, then cover pan and cook for approximately 2 minutes more, until steam begins to escape from beneath the lid of the pan.

Uncover and continue to cook until liquid is close to evaporated and stalks are soft to the touch, approximately 3 minutes more.

Remove to a warmed platter and drizzle with sesame oil.

