



CSA News

In the Standard Box:

Hard Red Wheat Flour 2 lb
Spinach 1 bu
Corn 4 ears
Table Carrots 3 lb
Red Chard 1 bu
Red Beets 2 lb
Green Cabbage 1 hd
Green Kale 1 bu
Banana Peppers* 3/4 lb

In the Small Box:

Arugula 1 bu
Spinach 1 bu
Broccoli 1.5 lb
Potatoes 2 lb
Red Chard 1 bu
Apples 2 lb
Banana Peppers* 3/4 lb

* From Alvarez Organic Farm,
Yakima

Sept. 30, 2016
Week 14 of 20

Farm Day—Celebrate Sequim-Dungeness Agriculture

\$10 per carload gets you into all these great farms:

- Lazy J Tree Farm, 225 Gehrke Rd.
- Agnew Grocery & Feed, 2863 Old Olympic Hwy.
- Lurkalee Gaare, 702 Gunn Rd.
- 5 Acre School, 515 Lotzgesell Rd.
- Dungeness Valley Creamery, 1915 Towne Rd.
- Nash's Organic Produce, 1865 Anderson Rd.
- Jardin du Soleil, 3932 Sequim-Dungeness Way

Enjoy family activities, live music, delicious food, tours, farm animals, and the beauty of the Sequim-Dungeness Valley. At Nash's, we'll celebrate all things SEED, with displays, a guessing game, tours, and a kids' veggie harvest.

At Nash's Farm Store, the League of Women Voters will offer a chance for you to REGISTER TO VOTE. How convenient is that! They will be at the Store (4681 Sequim-Dungeness Way) from 10 to 4. You can't vote unless you are registered, so please be sure to exercise this most important right.

Don't forget the terrific Nash's Community Potluck at 6 pm with the music of Country Fried Swing, and the incredible Bellingham band Polecat, who will get your feet a'stompin' starting at 8 pm, at Nash's Packing Shed, 1865 E. Anderson Rd. \$10 for adults, kids under 16 free.

The North Olympic Land Trust will offer beer and wine for sale and all net proceed from the dance and alcohol sales go to the final push to save the historic Ward Farm (aka Wheeler Farm). No outside alcohol, please.

Arugula Quiche

1.5 cups mushrooms, thinly and evenly sliced
1 clove garlic, finely chopped
1 Tbsp. butter
2 Tbsp. vegetable oil
2 cups arugula
1/2 tsp. sea salt
3 eggs
3/4 cup pouring cream
1/2 cup whole milk
1/2 cup grated cheddar cheese plus a little extra for sprinkling
Freshly ground black pepper
Pastry dough

Pre-heat the oven to 350F. Lightly grease a 9" pie pan. Place rolled out pastry dough into pie pan, press in and trim edges.

Heat the oil and butter in a large frying pan. Once the oil and butter start to swirl, add the mushrooms and sauté for 5 minutes. Add the garlic and shake the pan around. Sauté for another 2-3 minutes then transfer mushrooms to a bowl to cool.

Use the mushroom pan to lightly cook the arugula until just slightly wilted, about 1-2 minutes. Set aside.

Make filling by combining the eggs, cream, milk, cheese, salt and pepper together in a large bowl. Whisk mixture thoroughly to combine the ingredients.

Spoon mushrooms and arugula evenly at the bottom of the pie pan, then slowly fill it with the egg mixture until about 3/4 of the way full. Sprinkle with a little extra cheese.

Bake quiche for 30 minutes or until firm and golden. Remove from oven and cool for 5 minutes then transfer to a wire rack to cool further.



Want to use your arugula for something else? Substitute spinach, chard or kale! For color, add a little of your Alvarez pepper. Quiche is a great dish for improvisation.

Whole Wheat Bread

The Sponge

2 tablespoons active dry yeast
1 cup lukewarm water
A drop of molasses
2 cups Nash's Hard Red Wheat flour

Dissolve yeast in water. Add molasses and let stand 5 minutes. Beat in the flour. Cover with a towel and let rise 30-60 minutes. When the sponge rises, prepare the mix.

The Mix

1 cup cracked wheat berries
1 cup boiling water
2 teaspoons salt
1/4 cup sweet butter
1/4 cup molasses
1/2 cup seedless raisins

Combine all ingredients. Let stand 30 minutes covered, and 30 minutes uncovered. Beat into risen sponge (100 strokes with a spoon).

Add 3-4 cups Hard Red Wheat flour, 1/2 cup at a time, graduating from a wooden spoon to hand mixing as dough thickens. When all the flour is added, turn out the dough on to a floured surface and knead it a good 15-20 minutes. Add small amounts of extra flour if dough is sticky. Return the kneaded dough to an oiled bowl, roll it around in the bowl so that it gets all nicely oiled, and let it rise, covered with a towel, until its bulk has doubled, about an hour.

Punch down the risen dough, turn it out onto a floured surface and knead it another 15-20 minutes. Form your desired loaves, place them in well-buttered bread pans, cover with a towel, and let rise until doubled in bulk one more time.

Preheat oven to 375 F. Brush top of loaves with melted butter just before baking. Bake for 30-40 minutes, or until loaves sound hollow when tapped. Remove from pans right away so the crust can crisp. Allow to cool for 10 minutes for easier slicing.

We thank The Enchanted Broccoli Forest by Mollie Katzen for this recipe.