

# Nash's

## CSA News

### In the Standard Box:

Rolled Oats 2lb  
Red Kale 1 bu  
Italian Parsley 1 bu  
White Turnips 1 bu  
Brussels Sprouts 1.5 lb  
Spinach 1 bu  
Cylinder Beets 2 lb  
Apples 1.5 lb  
Green Cabbage 1 hd

### In the Small Box:

Red Kale 1 bu  
Italian Parsley 1 bu  
Green Cabbage 1 hd  
Brussels Sprouts 1.5 lb  
Cylinder/Golden Beets 2.5 lb  
Baby Dill 1 bu

**Nov. 4, 2016**  
**Week 19 of 20**

## Meet Andrea LaPlante

Andrea LaPlante is one of our newest staff members, having started just this summer. She was born in western Massachusetts and has worked on farms since she was 13. Even as a small kid, around age 7 or 8, she knew she loved animals and traded work in neighboring stables for horseback riding lessons, or volunteered at animal shelters.

Her early farm experience was working on a tobacco farm, harvesting and hanging the big tobacco leaves to dry. "Sometimes I was the only girl on the entire farm," Andrea laughs. "It made me tough and got me started."

She went from there to a plant nursery, two vegetable farms, and finally a dairy in Maine. Then she was accepted at Warren Wilson College in North Carolina. "It was a very small agricultural college," says Andrea. "They had a 300-acre farm and garden and they specialized in animal husbandry."

Warren Wilson focused on sheep and cattle, but at Nash's, she's working with pigs and chickens. "I'm fine with that," she exclaims. "I love them all!"

After she graduated in 2015, Andrea worked as an intern at a goat dairy and learned how to make cheese. She got experience in record keeping and tracking the history of each animal that she hopes to apply to the pig herd at Nash's.

Andrea came to Nash's Farm via the internet. She posted her résumé on an agricultural site and Nash found it there.

"I was very excited to read about Andrea's work and goals," Nash recalls. "She has the enthusiasm and know-how to raise the quality of our livestock operation."

At right, Andrea and a little pig who has bonded with her.



# More about Brussels Sprouts

It's rumored that William and Kate (the Duke and Duchess of Cambridge) ate Brussels sprouts on their honeymoon in the Seychelles. Brussels are a rich source of folic acid and that aids fertility. Guess it worked!

Brussels sprouts are a very healthy food, even if fertility is not your goal. They have lots of vitamin C, four times that of an orange, and also high levels of vitamins A and K, plus good dietary fiber. They are well known to fight cancer, especially colon and stomach cancers, and they are rich in potassium and calcium.

## Brussels Sprouts with Bacon & Onion

1.5 lb Brussels sprouts, trimmed and cleaned  
3 slices bacon  
1 Tsp. high-heat oil  
1 small onion  
3 sprigs fresh thyme  
1 tsp. thyme leaves  
Salt & pepper to taste  
1 tsp. lemon juice

Cut the sprouts in half and steam until tender-crisp, about 3-5 minutes. Drain.

Cook bacon in skillet, stirring constantly, until brown, but not crisp. Remove with slotted spoon and drain on paper towel, and cut into pieces. Pour out all but a teaspoon of bacon fat from skillet. Add oil and bring to medium heat. Cook onion, thyme sprigs, salt and pepper until onion is translucent, about 5 minutes. Add Brussels sprouts. Cook, stirring occasionally, until heated through, about 3 minutes. Remove herb sprigs, sprinkle in thyme leaves, bacon, and lemon juice. Toss and serve.

You can substitute savory or caraway for thyme. Brussels sprouts are very versatile!

# Pickled Beets

Pickled beets keep in the refrigerator several weeks but may disappear long before! They will add a festive flair to a holiday salad or as an appetizer with cottage or hard cheeses.

2 pounds beets, red or golden  
1.5 cups thinly sliced onions  
1 cup cider vinegar  
1 cup water  
3/4 cup sugar  
1 tsp. mustard seed  
1/2 tsp. whole allspice  
1/2 tsp. whole cloves  
1.5 sticks cinnamon, broken  
1/2 tsp. salt

Scrub the beets with a vegetable brush and trim off the ends. Cut into bite-sized pieces, cover with boiling water and cook until tender. Lift out the beets and drain.



Combine the remaining ingredients in a large pot. Bring to a boil, decrease the heat, and simmer for 5 minutes.

Add the beets and heat through. Remove the cinnamon sticks, and let the beets sit in the vinegar solution until cool. Store in the refrigerator.

— FairShare CSA Coalition, *From Asparagus to Zucchini, as appears in Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe.*

**Your CSA Card to replace week 16 will be available starting this weekend at our Farmers Markets and at Nash's Farm Store. Thank you so much for being willing to work with us in a hard-to-call situation. We truly appreciate your support and flexibility.**

The card is good for Nash's produce, grain and flour, not eggs or pork. If you have any questions, contact Susan Baker at [susan@nashsorganicproduce.com](mailto:susan@nashsorganicproduce.com)

Spread the word—When you serve even one dish for Thanksgiving that comes from a local farm, you are supporting local agriculture and your local economy!