

Nash's

CSA News

In the Standard Box:

Diana Fava Beans 1 qt
Leeks 3
Brussels Sprouts 1.75 lb
Alaska Bloom Potatoes 3 lb
Fresh Herb Bundle 1 bu
Red Chard 1 bu
Rainbow Carrots 3 lb
Golden Beets 2 lb
Lacinato Kale 1 bu
Pears from Booth Canyon Farm 1.5 lb

In the Small Box:

Broccoli 2 lb
Leeks 2
Brussels Sprouts 1 lb
Alaska Bloom Potatoes 2 lb
Red Chard 1 bu
Rainbow Carrots 2 lb
Lacinato Kale 1 bu

Nov. 11, 2016
Week 20 of 20



Meet Melanie Meyer

Produce Clerk, Nash's Farm Store

Even though the CSA program is over for 2016, come meet Melanie and the rest of the staff at Nash's Farm Store and check out the beautiful and unique produce department where you can continue your local, organic culinary experiences!

Melanie Meyer was born and raised in Portland, Oregon, but when her father's work took him to Texas, Melanie attended a San Antonio high school where she graduated.

She then went to Bard College in upstate New York where she studied art history. Her love of art led her to Bologna, Italy, for further studies.

"People in Italy are far more connected to their cuisine," observes Melanie. "I really appreciate that."



When she returned, she finished up at Bard, but decided to continue her study of the Italian language, because she hoped to return there someday.

"I found the website, mylanguageexchange.com, where you can meet and talk to native speakers on Skype," she recalls. "My practice partner, Elio, was an incredible match. We had so much in common and so enjoyed our conversations. Eventually, I returned to Italy to meet him, and he came to the States to visit me. We got married in 2015!"

Melanie and Elio are having to wade through the immigration bureaucracy so he can come to the US and reunite with his wife. They hope to have all that behind them by next year.

Meanwhile, Elio comes as often as he can for a few months at a time on tourist visas. And Melanie got her job as a produce clerk at Nash's Farm Store last August.

"Elio loves all this fresh produce when he is here, because he is a great cook," she says.

Outside of her work, Melanie loves to hike and garden, and she is very interested in herbal therapy. "I'm super curious about so many things," she laughs. "That's good, because there's always something more to learn in the produce department."

Dried Fava Bean Soup with Mint and Chiles

1 pound dry Diana fava beans, rinsed
8 cups vegetable broth or water
6 garlic cloves, unpeeled
1 large white onion, sliced 1/2-inch thick
1 1/2 pounds ripe tomatoes
6 medium dried guajillo or pasilla chiles, stemmed & seeded
2 Tbsp. extra virgin olive oil
2 Tbsp. cider vinegar
3/4 tsp. dried oregano
1 1/2 tsp. sea salt, plus more to taste
1/2 cup loosely packed chopped cilantro
2 Tbsp. chopped fresh mint
1/2 cup crumbled feta cheese

Make sure fava beans are clean and free of dirt or small pebbles that may have slipped through the cleaning process. Place in large soup pot and cover with broth. Simmer over medium-low heat, partially covered, until very tender, about an hour. Beans should start to fall apart at this point.

While beans are simmering, roast garlic in heavy skillet over medium heat, turning occasionally, until there are black spots all over, and cloves have softened, about 15 minutes. Cool, remove skins, chop fine and set aside.

Place onion slices in a single layer on rimmed baking sheet, about 4-inches under hot broiler for 4-5 minutes on each side, until soft and deeply browned. Cool and finely chop. Use same pan under hot broiler to roast tomatoes until blackened on one side, six minutes or so. Flip, and roast the other side, another 6 minutes. Cool, then peel and chop, saving all the juices.

Add garlic, onion, and tomatoes to the fava beans and simmer until beans are consistency of a coarse puree, 15-30 minutes.

While soup is simmering, cut chiles into confetti-shaped flecks using scissors or sharp knife. Heat oil in small saucepan over medium heat. Add chiles and stir for a minute, then remove from heat. Add vinegar, 3 tablespoons water, oregano, and 1/2 teaspoon salt. Set aside and let stand for at least 1/2 hour, stirring occasionally.

Just before serving, add enough water to bring soup to consistency of a medium-thick bean soup. Let soup come back to a simmer, remove from heat, then stir in mint, cilantro, and another teaspoon of salt, or to taste. Serve with a dollop of chile mixture, sprinkled with cheese. Serves 8 to 10.

We thank www.101cookbooks.com for this recipe.

Pear Potato Soup

3 oz. chopped bacon (optional)
1 Tbsp. butter
1/2 cup sliced shallots
1 bulb fennel, cored and chopped
2 cloves garlic, minced
1 tsp. fresh thyme, chopped, or 1.5 tsp. dried
4 pears, peeled, cored and chopped
1/2 lb. potatoes, cubed
4 cups veggie or chicken broth
Salt and pepper
Gorgonzola cheese, crumbled, for garnish (optional)

Fry bacon in large soup pot until crisp. Remove and drain on paper towel. Reserve 1 Tbsp. fat.

Melt butter with fat over medium heat. If you choose not to use the bacon, add a Tbsp. high-heat vegetable oil to the butter. Add shallots and fennel and cook until soft, about 5 minutes. Stir in garlic and thyme and cook until fragrant, about 1 minute. Add pears and potatoes and cover with broth. Bring to a simmer and cook until potatoes are tender, about 15 minutes.

Remove from heat and carefully blend with immersion blender or in batches in standing blender. Return to pot to heat and season with salt and pepper. Serve sprinkled with crisp bacon and cheese.

We thank PCC Taste, Holiday 2016, for this recipe. Check it out at pccnaturalmarkets.com/holiday.

Kale and Chickpea Tomato Stew

1 Tbsp. olive oil
1 shallot, minced
2 cloves garlic, minced
1 16-oz. can organic chickpeas, drained and rinsed
2 tsp. fresh thyme, or 1 tsp. dried
1 14.5-oz. can organic diced tomatoes
2 cups low sodium vegetable broth
1/2 cup shredded vegetarian parmesan
2 cups chopped kale (about 4 ounces)
Parsley, for topping
Salt and pepper to taste

In a large pot or dutch oven, heat olive oil over medium heat. Add shallots and let cook until tender and fragrant. Add garlic, thyme, and salt and pepper to taste.

Next, pour in chick peas and let cook one to two minutes. Add diced tomatoes, vegetable broth, and parmesan. Bring to a boil then add in chopped kale. Stir, reduce heat, and let cook until the kale is wilted, about 5 minutes. Serve with a sprinkle of parsley and parmesan.

We thank naturallyella.com for this recipe.