

Nash's CSA NEWS

Farmer to Farmer

The average age of farmers in the United States is 56 years old. That means in the next 10-20 years, most American farms are going to change hands. Some will go to sons and daughters of the current farm owners, but for those who don't have offspring who want to take over, the problem of protecting a business and a legacy becomes a real issue.

In the photo below are, standing from left, Nash and Patty, John Eveland of Gathering Together Farm in Oregon, Tom Willey of T&D Willey Farm in CA, and Sally Brewer, John's wife and farming partner. Seated are Michael Willey, son of Tom and Denesse, also seated.

Being close to the same age and at the same point in their farming careers, these long-time farmers are asking "How do we STOP farming?" Tom and Denesse have actually taken steps in that direction and have sold their organic vegetable farm in Madera. But they are eager and able to continue participation in organic agriculture as a movement and are exploring ways to do that. John and Sally are still active farmers. They are not sure how to divest themselves of the business that they have spent decades building. Nash and Patty are working with their management team who have the right of first refusal when the farm is sold some time in the future.

Between them, these farmers had about 150 years farming experience, and are wishing they had another 150 years to keep doing it. On the other hand, Tom and Denesse have to admit that retirement is pretty nice!



July 14, 2017
Week 3 of 20

In Your Box This Week

Standard

Spinach 2 bu
Bunched Carrots 2 bu
Bull's Blood Beets & Greens 1 bu
Basil 1/4 lb
Zucchini 1
Rainbow Chard 1 bu
Italian Parsley 1 bu
Romaine Lettuce 1 hd
Leeks 1 med or 2 small

Small

Spinach 2 bu
Bunched Carrots 1 bu
Gold Beets & Greens 1 bu
Zucchini .5 lb
Rainbow Chard 1 bu
Italian Parsley 1 bu
Leeks 1 med or 2 small

Nash's Organic Produce
4681 Sequim-Dungeness Way
Sequim, WA 98382
360-681-7458
nashsorganicproduce.com

Nash's Farm Store
360-683-4642
Open daily 10 am—7 pm

Carrot Tahini Salad with Spiced Chickpeas

For the chickpeas

1 1/2 cups cooked chickpeas, rinsed & drained (or 1 15-ounce can chickpeas, drained)
1 tablespoon olive oil
1/4 teaspoon ground cumin
1/8 teaspoon ground cinnamon
1/8 teaspoon ground cayenne pepper
Pinch of salt and pepper

For the dressing

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

For the salad

3 cups shredded carrots (from 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.

We thank thekitchn.com for this recipe



Nash's Beets

Beets are related to chards and can be red, gold, white, purple or striped. Peel, grate raw, and mix with equal amounts of grated apple and some raisins, or sliced onions and a vinaigrette. Take care when preparing beets because they can stain your clothes, especially the red ones.

Cooked beets are tasty when pickled, boiled, roasted and in soups. Beet greens can be used like chard—steamed, boiled or sautéed, or juiced raw.

To cook, scrub gently and rinse well. Cook until tender, drain and rinse under cold water, then peel.

They are colorful and delicious served with vinegar or citrus juice, ground pepper, fresh herbs, and a drizzle of olive oil.

Beets are excellent body cleansers and acid eliminators, also noted for their blood detoxification and ability to relieve constipation. They are also beneficial for heart health and stabilizing blood pressure.



Leeks

These tender young leeks to be much more flavorful than onions. And you can use the entire leek!

Leeks become creamy and subtly sweet when baked. Serve them hot or cold with vinaigrette dressing, or layer them in a dish with ham and cheese and bake until they are hot and bubbling.

Sprinkle thinly sliced raw leeks atop salads.

Bake leeks and asparagus together and top with hollandaise sauce for a dish worthy of royalty.

Throw oiled and seasoned leeks on the grill along with tomatoes and peppers for a tasty summer treat.

Braise leeks in chicken stock until the leeks are soft and glazed. Braised leeks make a sumptuous accompaniment to rich meats like roast pork, beef, and lamb.

Sauté with fennel for a tasty side dish.