

# Nash's CSA NEWS

## Trying to Keep our Cool!

We are in high summer now; the end of July is fast approaching and August, the hottest time of year, is coming at us. Everyone is working hard, despite the heat, and the livestock is doing its best to stay out of the sun.

Andrea makes it easy for the pigs to keep cool by creating mud wallows in their pastures. Pigs love it because it not only cools them off, but the mud on their bodies also acts as protection from the sun and as an insect repellent.

Patty has set up a sprinkler in one of the chicken yards to cool off an area that is open to the south. Chickens don't like getting wet, but they do like poking around in wet soil because insects come up closer to the surface for chicken snacking, and as the water evaporates, it cools things off a bit.

The irrigation crew is working extra hard right now, keeping young plants moist and cool. These guys are the unsung heroes of the farm, and they are constantly moving pipe to places where the transplanting is going on. They start early in the morning, so they can do some of their work in the cooler hours of the day.

For the harvest crew, broad-brimmed hats and lots of water bottles are the order of the day!

We know we are not as hot as many places in the country, and that thankfully, the marine breezes come in the evenings to make things comfortable again. But everything is relative, and this is still pretty warm for us. We will try our best to remember this when we are freezing in the fields in January!



July 28, 2017  
Week 5 of 20

### In Your Box This Week

#### Standard

Curly Parsley 1 bu  
Red Beets w/ Greens 1 bu  
Red Chard 1 bu  
Cherry Tomatoes 1 pt  
Romanesco 1 hd  
Zucchini 1  
Spinach 2 bu  
Cilantro 1 bu  
Arugula 1 bu  
Walla Walla-variety Onion 1  
Green Beans .75 lb

#### Small

Garlic 2 bulbs  
Cucumber 2  
Purple Cauliflower 1 hd  
Spinach 2 bu  
Cilantro 1 bu  
Arugula 1 bu  
Walla Walla-variety Onion 1

**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

# Romanesco

Romanesco comes from the same veggie family as broccoli, cauliflower, Brussels sprouts, and cabbage. It tastes very similar to cauliflower, but with a slightly nuttier, earthier flavor.

Romanesco (sometimes called Romanesco Broccoli or Roman Cauliflower) did not always exist in nature. Many botanists believe it was the result of selective breeding by Italian farmers in the 16th century.

You can use it as you would cauliflower in recipes, and it holds up to many different cooking methods. It can be served raw, lightly cooked, or cooked through. Sauté it slowly with garlic and lemon zest, with red pepper flakes for zing. It's also delicious steamed and lightly seasoned with olive oil and red wine vinegar.

Of course, the most fascinating part of Romanesco is its appearance. Its spiraled buds form a natural approximation of a fractal, meaning each bud in the spiral is composed of a series of smaller buds.

Vitamins and minerals are abundant in Romanesco and calories are low, making it a nutrient-dense food that is ideal for the vegan diet.

It has vitamins C, A, and K as well as folate, dietary fiber, iron, manganese, carotene, protein, zinc, and omega-3 fatty acids. It is a well-tolerated food for those who have sensitive stomachs.



The Salsa Verde recipe would be very good with purple cauliflower, too—just a different color and without the fractals!

# A Summer Salad

The contents of this week's box sounds like a fantastic summer salad—chopped parsley and cilantro, cauliflower florets, spinach and arugula leaves, sliced cukes and zucchini, and cherry tomatoes! All you need is a tasty vinaigrette.

Find a basic vinaigrette recipe with 8 interesting variations at [www.food.com](http://www.food.com).

# Romanesco w/ Salsa Verde

Salsa verde, the traditional Italian green sauce, is often made with parsley, but any tender green herb will do. Use your cilantro (or a combination of the 2 herbs) for an especially zippy, citrusy sauce, which partners beautifully with roasted Romanesco or purple cauliflower.

- 1½ lb Romanesco
- 5 Tbsp. extra-virgin olive oil
- 2 small cloves garlic, peeled
- Zest and juice of 2 lemons
- 1½ cups cilantro leaves
- 2 ounces olives, pitted and thinly sliced
- Salt and freshly ground black pepper

Preheat the oven to 425°F. Peel away the dark green outer leaves of the Romanesco. (The leaves are edible and quite flavorful; try sautéing them in olive oil.) Using your hands, gently break the entire head into small, bite-sized florets. Spread them on a baking sheet, drizzle with 4 tablespoons olive oil, sprinkle with ½ teaspoon salt and a few grinds of pepper, and toss to coat each floret. Bake for about 15 minutes, or until the florets are tender all the way through and a little caramelized around the edges.

Meanwhile, in the bowl of a food processor fitted with a metal blade, combine the garlic, lemon zest and juice, cilantro, remaining 1 tablespoon olive oil, and ½ teaspoon salt. Blend until smooth.

In a large bowl, toss the roasted Romanesco with the salsa verde and the olives. Taste for seasoning, adding another pinch of salt if needed. Serve warm or cooled to room temperature. It is also delicious chilled overnight and eaten for lunch on the following day.

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# Walla Walla-variety Onion

The sweetness of the Walla Walla onion is due to its low sulfur content, rather than more sugar. Onions are an excellent source of chromium, vitamin C and B6, and a good source of dietary fiber and a number of flavonoids. The sulfur compounds, chromium and B6 work together to lower blood pressure and reduce the risk of heart disease and stroke. Only those grown in Walla Walla can legally carry that name, hence the word “variety.”