

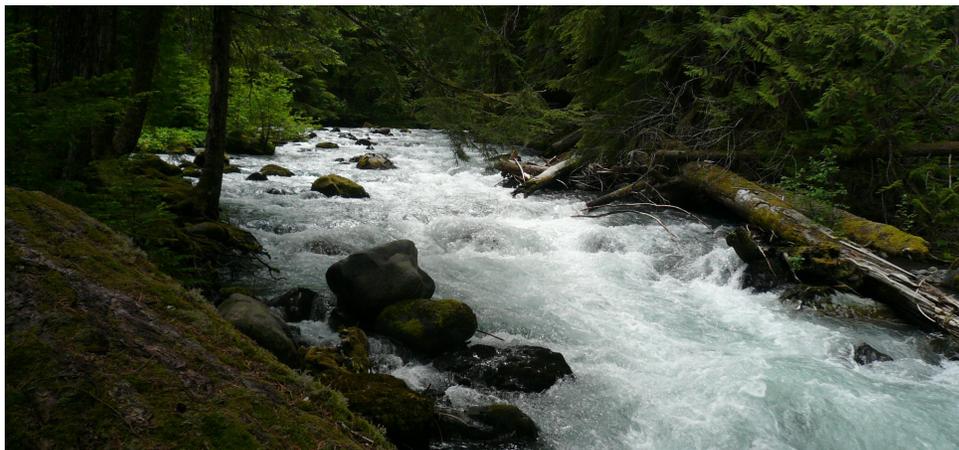
Nash's CSA NEWS

Gratitude for the Dungeness River

We get asked a lot: “Why are your carrots so tasty? What kind are they, so I can plant them in my garden?” Our answer is always the same: “It’s the rich, alluvial soils of the Dungeness!” So if your garden is in the Sequim-Dungeness Valley, it could be that you can grow some pretty tasty carrots, too, thanks to the Dungeness River.

The river and the Olympic Mountains are largely responsible for the fantastic soil that lends itself so well to carrot and other veggie production in the Valley. The Olympics were formed 35 million years ago from a sea floor that was uplifted to create the mountain range, making the river one of the steepest in North America. Its headwaters start at 7,000 feet and descend a dramatic 4,000 feet in the first four miles. As the river and its tributaries roar down their channels, they scour the mountainsides, eroding the rocky banks in their descent, carrying sea minerals down to the Sequim Valley. Once at sea level, the river slows, dropping much of its mineral load.

Since the last ice age, the river changed course numerous times, depositing mineral-rich alluvia in many places along its path. In other regions, conventional farmers would have to replenish minerals using fertilizers or other amendments like lime. Thanks to the mineral-rich Dungeness River, farmers in the Sequim-Dungeness Valley get many minerals and trace elements added back into their soils as they irrigate. It is what makes the grasses so green and the produce so tasty. If we don’t abuse the soil, it gives back to us every day.



August 11, 2017
Week 7 of 20

In Your Box This Week

Standard

Carrots 2 lb
Green Beans .75 lb
Red Onion 1
Spinach 1 bu
Red Chard 1 bu
Golden Beets 2 lb
Basil .25 lb
Celery 1 hd
Lemon Cucumber 1
Baby Red Russian Kale 1 bu

Small

Carrots 2 lb
Red Onion 1
Garlic 2 bulbs
Red Chard 1 bu
Celery 1 hd
Lemon Cucumber 1
Baby Red Russian Kale 1 bu

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

Lemon Cucumber

The lemon cucumber is believed to have been introduced to the United States in the early 1900s. However, there are texts that support the idea that it originated in the Middle East as early as the 16th century. It retains a strong modern market presence in India where it is added to soup, daal, and chutney.

Use this delightful individual-sized cucumber in fresh green salads, or juice into cocktails, agua frescas and smoothies. Pair with tomatoes, summer squash, carrots, other cucumber varieties, fresh herbs and cheeses, citrus, olives, vinegar.

The great thing about lemon cukes is that you don't have to peel them! The skin is very soft and fully edible. Rub with a dry kitchen towel to remove the tiny bristles. You get an nice cucumber flavor and snap, but the texture is a bit silkier and juicier than the familiar English variety.

Cucumbers with Sesame

Take a few tablespoons of sesame seeds and toast them in a pan until light golden brown, scented and slightly darker. Take care not to overdo them.

After the sesame seeds have cooled to room temperature, mix in a bit of salt and blend thoroughly. Next, slice your cucumber and simply press both sides into the sesame seeds. It's a fabulous appetizer and super easy.

Or mix the following together. You'll need more cucumbers than is in your box, but it works well with either type of cucumber or a mix of the two.

One cup sour cream
Juice of 1/2 lemon
1 tsp. salt
1 tsp. black pepper
1 tsp. garlic
1/2 tsp. sugar
1 Tbsp. dill
Half a medium red onion, sliced
2 medium cucumbers, sliced, or 4 lemon cucumbers, sliced



Green Beans

Green beans are a vegetable that even a lot of picky kids like, maybe because they are fun to play with. But don't discount them because of



that—studies have shown that they contain impressive amounts of carotenoids, important antioxidants usually associated with carrots and tomatoes. We don't see these carotenoids because of the beans' concentrated chlorophyll content. Green beans also provide the mineral silicon, very important for bone health and for healthy formation of connective tissue.

Fresh Green Bean Sauté

1 lb. green beans, rinsed, ends snapped off
1 cup chopped red onion
2 cloves garlic, minced
1/2 cup chopped organic red bell pepper
2 Tbsp. bacon grease (or 1 Tbsp. each butter and olive oil)
1 cup chicken or veggie broth
1/2 tsp. salt
Ground black pepper

Melt bacon grease/butter-oil in a skillet over medium low heat. Add garlic and onions and cook for a minute. Then add green beans and cook for a minute until beans turn bright green. Add the broth, chopped red pepper, salt, and black pepper. Turn heat to low and cover with a lid, leaving lid cracked to allow steam to escape.

Cook for 20 to 30 minutes or until liquid evaporates and beans are fairly soft, yet still a bit crisp. You can add more broth during the cooking process, but don't be afraid to let it all cook away so the onions and peppers can caramelize.

We thank thepioneerwoman.com/ for this recipe.

Ways to use your celery

- Combine celery and green olives for a refreshing, unusual salad.
- A traditional Italian dish is braised celery with tomato sauce—a surprisingly good combination.
- Celery, along with carrots and onion, forms *mirepoix*, the basis of many stocks, broths, soups, and stews.
- Use the celery leaves, finely chopped, as a flavoring agent in salads and cooked dishes.
- There's the time-honored kids' classic of celery stalks heaped with peanut butter. Consider also soft cheeses, Boursin dip, flavored mayonnaise, sour cream, yogurt, hummus, even Nutella.
- Chopped celery is a great way to add crunch to pasta, tuna, stir-fries and egg salads.
- Celery makes a great pickle!