

Nash's CSA NEWS

Mike Castle steps up to the plate!

Two years ago, Ivy Phillips (below, left) took over as production manager at Nash's Organic Produce. She did a great job, but last April she decided to move on to other adventures, very considerably giving us five months notice, time enough to start training someone to take her place. Nash offered the job to Mike Castle, who has been with us since Spring 2016. That's not a long time, but Mike has proven to be very capable and a real problem solver, which is one of the skills the job requires.

Over this past summer, Mike and Ivy have worked together constantly as Mike grew accustomed to his new responsibilities. "There's so much to learn," he says. "I have to stay connected to the irrigation, planting and harvest crews. In the fall and winter there will be maintenance on the equipment and seed orders. The more I learn, the more there seems to be stuff to learn! I'm glad I had a good teacher, like Ivy."

Mike is enjoying his new job. "I started working here cultivating the quinoa on Schmuck Road, and it was so beautiful, I was hooked!" Farming is an art, as well as a science. We are confident that Mike has the skills and the mind to manage it, and grateful he was willing to step up to the plate!



Sept. 1, 2017
Week 10 of 20

In Your Box This Week

Standard

Purple Cauliflower 1 hd
Carrots 2 lb
Red Onion 1
Italian Parsley 1 bu
Rainbow Lacinato Kale 1 bu
Chioggia Beets 2 lb
Green Cabbage 1 hd
Cucumber 1
Nectarines 3 lb
From Sunnyslope Ranch

Small

Romanesco 1 hd
Alaska Bloom Potatoes 2 lb
Carrots 2 lb
Red Onion 1
Italian Parsley 1 bu
Rainbow Lacinato Kale 1 bu
Nectarines 3 lb
From Sunnyslope Ranch

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

Alaska Bloom Potatoes

Alaska bloom potatoes have a creamy flesh and sweet taste. They are similar to the Yukon Gold, but their pinkish eyes give them extra flair.

The potato is a tuber, designed to provide nutrients to the leafy part of the plant. If allowed to bloom, the potato plant would bear an inedible fruit that looks similar to its cousin, the tomato.



Standard potatoes get a bad rap for being non-nutritious because of their white color. However, organic potatoes grown in healthy soil are a very good source of vitamins C and B6, potassium, copper, manganese, phosphorus, niacin, dietary fiber, and pantothenic acid. These nutrients are vital to our bodies, supporting brain health, protecting our cardiovascular system, and helping maintain our cells.

Potatoes have long been considered a comfort food, and it can be oh, so comforting to know that potatoes are a nourishing whole food as well.

Herb Roasted Potato and Arugula Salad

- 1 lb. potatoes, quartered
- 2 Tbsp. olive oil
- 1 Tbsp. chopped fresh parsley
- 1 Tbsp. chopped fresh dill
- 1 tsp. chopped fresh thyme
- 1 tsp. chopped fresh rosemary
- 2 garlic cloves, minced
- 1/2 tsp. salt
- Pepper to taste
- 3 cups arugula
- Juice of 1 lemon

Preheat oven to 400°F. Toss potatoes with the olive oil, salt and fresh herbs. Spread on a baking sheet in one even layer and bake for 15 minutes.

Sprinkle the potatoes with the garlic and toss making sure to keep them in one even layer. Put back in the oven for another 10 minutes until the potatoes are brown and crispy on the edges.

When potatoes are done place them in a bowl with the arugula and toss to combine. Squeeze the lemon juice over everything, toss again and serve.

Recipe from www.veggieinspired.com.

Purple Cauliflower

This vibrant violet cauliflower is colorful on the outside, but the stem and core are still white. It's flavor is milder, sweeter, nuttier and free of the bitterness sometimes found in regular white cauliflower.

The bright color is due to the presence of the antioxidant anthocyanin, which can also be found in red cabbage and red wine. Purple, orange and green cauliflowers were developed in the 1970s using classical breeding methods (selection by farmers or plant breeders, taking advantage of natural mutations).

Cauliflower of any color is rich in vitamin C with a half cup of florets providing nearly half of one's daily requirement. It also provides fiber, vitamin A, folate, calcium and potassium as well as selenium, which works with Vitamin C to boost the immune system. Cruciferous vegetables such as cauliflower are known for their high levels of cancer-fighting phytochemicals, known as glucosinolates.

Ever grilled cauliflower steaks? Brush thick slices of your cauli with veggie oil and season with your favorite spice or herbs, such as paprika, turmeric, curry, cumin, lemon salt, or Italian seasoning.



Grill 7-10 minutes per side. If you don't feel like firing up the grill, sear the slices in oil in a skillet (2 minutes per side) and roast them in a 400°F oven for 15 minutes.

About Your Nectarines

Occasionally we have access to some amazing products from other organic farms that we know and trust. We are happy to pass some of these delicious deals on to our CSA members!

Located 140 miles southeast of Seattle in the fertile Yakima Valley of central Washington, Sunnyslope Ranch, an organic orchard and packing operation, has a frost-free location on the south slope of a small hill, an ideal area for growing premium, organic stone fruit.

In 2005, the orchard was purchased by Jimmie Wellman and Rebecca Hunt, a husband and wife team. With the help of extended family, Jimmie and Rebecca grow some of the best quality, organic, tree-ripened stone fruit in Washington state. Enjoy!