

Nash's CSA NEWS

Ahhh, Garlic!

We love garlic for flavor and aroma, but ancient civilizations viewed garlic primarily as a medicine. They used it as a remedy for arthritis, toothache, chronic cough, constipation, parasites, snake and insect bites, and gynecologic diseases, as well as an antibiotic against infection. Modern science has proven that some of these concepts are actually true.

Garlic has organosulfur compounds, which are responsible for its pungent aromas and flavor and also for its health benefits. According to the Linus Pauling Institute, organosulfur compounds help prevent cardiovascular disease, lower cholesterol, and regulate blood pressure because of their anti-clotting effects. Some research indicates they may protect against cancer, and that they purify the blood. People use raw garlic topically to prevent infections, or fight fungus. Some consume garlic when they feel a cold coming on, or for beautiful hair and skin.

What about that pungent odor and sharp taste? Even though they indicate the presence of the enzyme alliinase, which breaks down into the organosulfur compounds, most people prefer cooking garlic before they consume it. Does cooking reduce all those health benefits?

Most studies indicate that yes, long cooking reduces the benefits. But according to a 2007 study published in the *Journal of Agricultural and Food Chemistry*, baking garlic at 390°F for 3 minutes (or boiling it for 3 minutes) does not greatly affect its anti-clotting abilities. However, heating it for 6 minutes reduces it significantly. At the same time, crushing or mincing raw garlic and leaving it for 10 minutes, then adding it towards the very end of cooking time maintains more of the alliinase. So watch the clock, and you can have your garlic and eat it, too!

Garlic in the Delta Farm drying/curing shed.



Sept. 8, 2017
Week 11 of 20

In Your Box This Week

Standard

Red Beets 3 lb
Arugula 1 bu
Collards 1 bu
Garlic 2 bulbs
Spinach 1 bu
Cauliflower 1 hd
Potatoes 3 lbs
Cherry Tomatoes 1 pt
Zucchini 1

Small

Chioggia Beets 2 lb
Green Cabbage 1 hd
Arugula 1 bu
Green Kale 1 bu
Garlic 2 bulbs
Cauliflower 1 hd

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

Ways to use your garlic

Raw, or almost raw

- Puree raw garlic, a can of garbanzo beans, tahini, olive oil and lemon juice to make hummus. Serve with raw veggies for a delicious and healthy appetizer.
- Saute leafy greens in olive oil, while your minced garlic stands for 10 minutes. Toss it in for the last 2-3 minutes with some red pepper flakes and serve.
- Top your favorite pizza with thin slices of raw garlic 1 or 2 minutes before taking it out of the oven.
- Add minced raw garlic to pesto, marinade, salad dressing or salsa.
- Add to your favorite pickle recipes.
- Toast sliced French bread, spread with butter and sprinkle with minced raw garlic. The butter softens the garlic pungency.
- Add pureed raw garlic to guacamole.



Just going for the flavor?

- Roast garlic in a fragrant nut oil, then add to your favorite chocolate chip cookie recipe. It might sound horrid, but it gives the cookies a savor that is noticeable but not garlicky. Shhh. . . Let people guess the secret ingredient!
- Add garlic to sauces, soups, stews and casseroles.
- Add to ground beef for out-of-this world hamburgers, meat loaf and meatballs.
- Roast whole garlic bulbs, then squeeze the cloves and spread the resulting paste onto slices of thick-cut French or sourdough bread instead of butter.



Collard Greens

Collards are a member of the cabbage family, but with a lighter taste. Romans and Greeks attributed great therapeutic powers to collards to the point where Julius

Caesar ate a plateful after a heavy banquet to ward off indigestion.

Low in calories, collard leaves contain lots of soluble and insoluble dietary fiber that help control LDL cholesterol levels and protect against hemorrhoids, constipation, and colon cancer. They are rich in phytonutrients with potent anti-cancer properties and are an excellent source of folates, vitamins C, A, K and the vital B-complex group, plus

anti-oxidants that boost the body's autoimmune system. The leaves and stems are also high in minerals like iron, calcium, copper, manganese, selenium and zinc.

Collards are hardy growers and can withstand hot summers and will grow well into the winter.

Green Timbale

- 4 Tbsp. unsalted butter
- 1 large onion, finely chopped
- 1 lb. collard greens, stems and leaves chopped separately
- ¼ cup milk
- ½ cup heavy cream
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 2/3 cup fresh bread crumbs
- ½ cup grated Jarlsberg cheese
- 5 eggs, lightly beaten

Melt 1 Tbsp. butter in a skillet over medium-low heat. Add onion and cook until transparent. Stir in the collards and cook, covered, until tender, about 3 minutes. Raise the heat to medium-high and remove the cover. Cook tossing constantly, until all the liquid has evaporated. Cool in a large bowl.

Preheat oven to 325°F. Melt the remaining butter and add it, plus all the remaining ingredients to the greens mixture. Mix well and pour into a buttered soufflé dish. Place the dish in a roasting pan and pour boiling water in the pan to half the depth of the dish. Bake until a knife comes out clean, about 45 minutes. Remove the dish from the pan and let stand 10 minutes. Run a knife around the edges and carefully invert onto a shallow serving platter.