

Nash's CSA NEWS

In under the wire!

We were very fortunate this year, in that most of our grain was harvested before summer turned to fall last week and the rains arrived.

By and large, our grain fields are out on Schmuck Road, close to Sequim Bay, as you can see from the photo below, where Sam McCullough is combining a white wheat field. Not a bad place to work!

Some grains and seed crops could also be found this year on the Wheeler Farm (Woodcock Ave., aka the Historic Ward Farm) and Clapp Farm (on E. Anderson Road). Most of those have also already been harvested, except some dried fava beans, our dent polenta corn, and a new (to us) type of cover crop called Sudan grass.

What we have harvested by now adds up to approximately 500,000 lbs. of grains, including barley for animal feed, malting, and people food; two varieties of hard red wheat; soft white wheat; hard white wheat; and rye. Included in that total are legumes, like dried peas, vetch, and fava beans. Our veggie seed crops don't amount to much weight-wise, but they are important to our farm for future crops of beets, cabbages, chard, and kales.

Because it was still hot and dry when we harvested most of the grains, it saved us lots of time and energy because we didn't have to put them on the grain dryer. From here on out, due to the moisture in the air, we will have to dry any grain until it comes down to about 10% moisture and we can safely put them in covered bins for storage.



Sept. 22, 2017
Week 13 of 20

In Your Box This Week

Standard

Leeks 1 ea
Red Kale 1 bu
Sweet Italian Peppers .75 lbs
from Alvarez Farms
Pears 2.5 lbs
Sweet Corn 4 ears
Carrots 2 lbs
Brussels Sprouts 1.5 lbs
Parsley Roots 2 ea
Rainbow Chard 1 bu

Small

Lacinato Kale 1 bu
Sweet Italian Peppers .75 lbs
from Alvarez Farms
Pears 2.5 lbs
Sweet Corn 4 ears
Brussels Sprouts 1.5 lbs
Rainbow Chard 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

Don't miss Farm Day at the Dungeness Valley Creamery

Saturday, September 30, 1-6 pm, the Dungeness Valley Creamery will be hosting an event to celebrate local agriculture in Clallam County. There will be an outdoor farmers market featuring local farmers and artisans. Live music by Buck Ellard from 3-6 pm, food by Pacific Pantry, and a 21+ beer garden hosted by North Olympic Land Trust with proceeds benefitting farmland conservation. There will be lots of activities and fun for all ages, and Sarah and Ryan look forward to seeing you!

Suggested donation of \$5 per carload (no one turned away) with proceeds supporting local agriculture through WSU Clallam County Extension.

Nash's takes a year off

Late September usually brings a deluge of intensity as we simultaneously bring in the late summer harvest and prepare for our annual Farm Day and Barn Dance Celebrations. However, this year we are not going to host the public at our farm for Farm Day, nor will we hold the traditional Community Potluck Barn Dance.

We are currently working with our young farmers on a succession plan to pass the farm on to the next generation. The work is critical to the farm's long-term viability and our ability to grow healthy food into the future. While we will miss the excitement that Farm Day and the Barn Dance bring every fall, our team is grateful for the time and space to tackle these other important priorities. Thank you for your support and commitment to building this food system together.

Parsley Root

Parsley root is exactly what it sounds like—the root of the herb parsley. What's in your box is a variety specifically grown for its large taproot, although the leaves are edible, too. It is cousin to fennel, celery, cilantro, and carrots and looks a lot like a parsnip. However, a parsnip has a sweet taste, and parsley root's flavor is more like celeriac, lending itself to savory dishes.

Try sliced parsley root baked in a gratin, pan-fried in fritters, or deep-fried as chips. It pairs well with other roots and tubers, so try them roasted, mashed, or puréed together. Add parsley root to soups and stews, or substituted in recipes calling for celeriac, carrots, parsnips, and turnips. It is almost always eaten cooked, but it can be eaten raw. Add it sliced to a crudité platter, julienned in a coleslaw, or grated on top of a salad.



Nash's Sweet Corn

According to U.S. Department of Agriculture data for 2015, approximately 13.5 million bushels of corn were produced, with 39% being used for livestock feed, 30% for ethanol, 12.5% for various exports, 8% for distiller's dried grain, about 5-6% for high fructose corn syrup and other sweeteners, and 3% for starches and cereals. That doesn't leave a whole lot for eating!

Nash's corn is local, organic, non-GMO, and sweet. It's the perfect way to round out your summer before we launch into fall. Not only is ripe corn a sweet, crunchy, and delicious addition to your menu, it has a unique fiber profile that is beneficial for digestion and has been studied for its antioxidant properties, which can have beneficial impacts on a genetic level. Lutein and zeaxanthin were found in the germ, endosperm, and bran of corn kernels.



Sautéed Sweet Corn with Tomatoes & Tarragon

4 ears of sweet corn (about 2 cups of kernels)
4 Tbsp. butter
1/2 medium red bell pepper, chopped (about 1/2 cup)
4 to 5 scallions, chopped
1 pint grape or cherry tomatoes, halved
Salt and freshly ground pepper
1 Tbsp. fresh tarragon leaves, chopped (or 1 tsp. dried)

Shuck the corn and remove the silks. Steam or boil just until the kernels are tender. Cut the kernels from the cob and set aside.

Melt the butter in a large pan over medium heat.

Add the red bell pepper and sauté until crisp tender, 2 to 3 minutes. Add the scallions and continue cooking 1 minute longer.

Add tomatoes and season with salt and pepper. Continue cooking until the tomatoes are slightly softened, 2 minutes, then add the corn. Combine well, taste, adjust the seasoning as needed, then stir in the tarragon. A quick and easy side dish!

Recipe from www.mygourmetconnection.com