

Nash's CSA NEWS

Blackjack, the proud father

This month a literal parade of baby piggies has made an appearance on Delta Farm. Some have black spots, indicating that the boar we purchased last spring, Blackjack, has been enjoying his life and doing his job successfully.



"These piglets are, for the most part, pretty strong, with broad shoulders and chests," says livestock manager Andrea La Plante (left, with Blackjack when we purchased him in April). "They resemble their dad that way. Only occasionally will I see a black piglet or one with black spots, but I notice his conformation in many of his offspring."

When these little guys are so small, mama does not like

strangers getting close, photo or no photo. So she lines them up and leads them away, just like the mama below is doing.



Sept. 29, 2017
Week 14 of 20

In Your Box This Week

Standard

Savoy Cabbage 1 hd
Arugula 1 bu
Gold Beets 2 lbs
Garlic 2 bulbs
Italian Parsley 1 bu
Spinach 1 bu
Pears 2 lbs
Carrots 2 lbs
Rolled Oats 2 lbs

Small

Savoy Cabbage 1 hd
Parsley Root 1 bu
Carrots 2 lbs
Spinach 1 bu
Pears 2.5 lbs
Arugula 1 bu
Leeks 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

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.

Just a reminder: Nash's is not participating this year in Farm Day, nor will there be a Community Potluck or Barn Dance. We'll try again next year!

Winter Hours Start Oct 15 at Farm Store

Monday-Saturday 10 am-7 pm
Closed Sunday

Nash's Farm Store has come a long way in the past six years since Nash and Patty expanded the produce stand to be a full grocery store. We used to be closed on Mondays, and then about three years ago we shifted to seven days a week. As our business evolves, so do our needs and sustainability strategies. This Fall we're shifting to a Winter Hours Schedule, which includes being closed on Sundays starting October 15.

We know this is a popular shopping day for some of our most valued customers, and we apologize for the inconvenience. It's our hope that winter hours will provide more sustainability for our staff. Our small team of dedicated employees give a lot to keep the store going, and carving out a true day of rest for store operations will keep us running stronger into the future. We'll resume seven days a week in May 2018.

Savoy Cabbage

Savoy cabbage is a visually stunning vegetable with its crinkly leaves and varying hues of green and yellow. High in vitamin K, vitamin C and fiber, it's also a very good source of manganese, folate, vitamin B6, potassium, and omega-3 fatty acids. Heads of Savoy cabbage can be so large it's a good idea to have several dishes in mind. Because it is so tender, don't shy away from using it in salads. Just use salt and a vinegar or lemony dressing to help it wilt.

Savoy cabbage is named for a principality on the borders of Italy, France and Switzerland. It is one of the sweetest of all the cabbages, and goes well with strong flavors, like sausages or seafood. It can be braised, roasted or boiled, and it's very easy to saute it in butter, olive oil or bacon fat. It can also be used in preserved recipes like kimchi or sauerkraut.

Like all cabbage, Savoy has a special antioxidant family called *glucosinolates* which are important compounds that support liver detoxification. It is wise to incorporate cabbage and other members of the brassica family (broccoli, kale, arugula, mustard greens) into your diet on a regular basis. Unique to Savoy cabbage is a glucosinolate called sinigrin, which has shown



unique cancer protective properties for bladder, colon, and prostate cancer. Be sure to not overcook your cabbage, or these benefits will diminish.

Quick & Easy Ginger Garlic Sautéed Savoy

This is a great way to add a warm and delicious crunch to your fall side dish rotations. Make sure to not overcook the Savoy cabbage, as it is more delicate than other varieties.

- 1 head savoy cabbage
- 2 Tbsp. olive oil
- 1 Tbsp. tamari
- 1 Tbsp. minced garlic
- 1 ¼ Tbsp. ginger, minced
- 1 lime, juiced

Heat wok or large skillet medium heat. Add cabbage and stir-fry until it just starts to wilt (do NOT overcook). Add garlic, ginger, tamari and cook 1 minute. Drizzle with lime juice and serve.