

# Nash's CSA NEWS

## Wholesale picks up

In the fall, when crops are really rolling in, we sell more produce wholesale, especially as the holidays approach. The most abundant crops for our region are winter greens (kales, cabbages, Brussels sprouts, etc.), plus carrots and beets. These are Northern European crops that were developed in climates similar to ours, so they grow well here. In the fall, these crops comprise the lion's share of our wholesale shipments, and most of those shipments go to the Seattle area.

Our biggest wholesale buyer is PCC Community Markets, a food cooperative based in Seattle. It is the largest consumer-owned food cooperative in the United States, with 11 retail locations in the greater Seattle area. It was PCC that stepped up to the plate and purchased the Delta Farm when it was on the verge of being developed, and gave Nash Huber a long-term lease and a future in farming in the Dungeness Valley. That purchase was the foundation for forming the PCC Farmland Trust that has gone on to protect at least 15 other significant agricultural properties in Washington.

We also wholesale to Organically Grown Co. (OGC) in Portland, Charlie's Produce in Seattle and Discovery Organics in Canada. We sell to many local restaurants and co-ops, like the Food Co-op in Port Townsend, Central Co-op in Seattle and Sno-Isle in Everett. We deliver these weekly orders to the greater Seattle area and to our Seattle market pickups while our wholesale customers pick up directly from the farm.

At right, Sidney and Aaron pack 5# carrot bags for a PCC shipment this week.



Oct. 13, 2017  
Week 16 of 20

## In Your Box This Week

### Standard

Red Baby Bok Choy 1 lb  
Apples 2 lbs  
Hard Red Wheat Flour 2 lbs  
Carrots 3 lbs  
Leeks 2  
Green Kale 1 bu  
Green Cabbage 1 hd  
Red Beets 2 lbs

### Small

Red Baby Bok Choy 1 lb  
Collards 1 bu  
Spinach 1 bu  
Hard Red Wheat Flour 2 lbs  
Carrots 2 lbs  
Chioggia Beets 2 lbs  
Potatoes 3 lbs

**Nash's Organic Produce**  
4681 Sequim-Dungeness Way  
Sequim, WA 98382  
360-681-7458  
nashsorganicproduce.com  
sales@nashsorganicproduce.com

**Nash's Farm Store**  
360-683-4642  
Open Monday-Saturday  
10 am—7 pm

# Red Baby Bok Choy



Bok choy's name is derived from the Chinese name for "soup spoon" because of the shape of its leaves. The red pigmentation in the leaves of the red bok choy is due to the presence of anthocyanins. Anthocyanins are a

type of flavonoid pigment that are responsible for the red, purple and blue colors in plants. The concentration of anthocyanin polyphenols in red bok choy's leaves provide health benefits as dietary antioxidants, as an anti-inflammatory, and they have potentially protective, preventative, and therapeutic roles in a number of human diseases, including cancer.

Red bok choy can be used in any recipe calling for bok choy. It can be added to soups, sautéed, steamed and eaten raw in a salad. As an all-purpose vegetable, it can add a warm, brothy and umami-like note to savory recipes. Complementary pairings include garlic, ginger, mushrooms, soy sauce, tofu, pork, white fish, noodles, grains, chicken broth, light bodied vinegars, citrus, ginger and chilies.

## Red Bok Choy Sauté

1 Tbsp. organic veggie oil  
1 garlic cloves, peeled and minced  
1 1/4-inch piece ginger root, peeled and minced  
Pinch red-pepper flakes, or to taste  
1 bunch red baby bok choy, cleaned, with the ends trimmed  
1 tsp. soy sauce  
1 tsp. chicken stock or water  
Toasted sesame oil for drizzling

In sauté pan with lid, heat oil over medium-high heat until it starts to shimmer. Add garlic, ginger and red-pepper flakes and cook, stirring constantly, until fragrant, about 45 seconds.

Add bok choy and stir carefully to cover with oil, then cook for approximately 2 minutes. Add soy sauce, stock or water, then cover pan and cook for approximately 2 minutes more, until steam begins to escape.

Uncover and continue to cook until liquid is close to evaporated and stalks are soft to the touch, approximately 3 minutes more.

Remove to a warmed platter and drizzle with sesame oil.

# Hard Red Wheat Flour

A basic rule of thumb is that hard wheat (red or white) creates structure in a baked item, so it is good for breads and pretzels. The higher gluten content makes it possible to hold a shape and even bake without a pan, like those round European artisan loaves.

Soft wheat has less gluten and creates a crumbly or fluffy texture. It's excellent for pastries, that either need a baking pan to hold their shape, like a cake, or they flatten out, like cookies or pancakes. They can also use a reinforcement to give the dough structure, like eggs.

Nash's hard red wheat is our go-to flour for bread. It is high in protein and high in gluten, so your bread rises well. It gives a hearty, nutty flavor and produces a crisp crust and a crumb with desirable irregular holes. As its name suggests, it gives your bread a slight reddish color. It is great for sourdough or yeasted breads, but also lends itself well to biscuits, pancakes, muffins, cookies, pizza and pie crusts and for thickening stews and gravies.

## Some bread making tips

- Whole wheat flour takes longer than refined white flour to absorb moisture. So give your dough time alone after mixing (but before kneading). Cover the dough and let it rest for 10 minutes, then do it again part way through kneading. It will be much less work for you, and your bread will have more air bubbles.
- Knead with water, not flour. Lightly dampen your work surface to prevent your dough from drying out.
- Whole wheat bread especially benefits from longer rises. You use less yeast to make this happen so the bread rises more slowly. Your bread will be much moister this way.
- Here's a good [website](#) to start making bread!

## Winter Hours start Sunday

**October 15 at Nash's Farm Store**

**Monday-Saturday 10 am-7 pm**

**Closed Sunday**

Those of you who need to pick up your CSA boxes at the Store on Sunday should email Susan Baker, CSA Program Coordinator, at

**[susan@nashsorganicproduce.com](mailto:susan@nashsorganicproduce.com)**

or call her at **360-301-9754**

by 6 pm Friday