

Nash's CSA NEWS

Harvesting Seed Corn for Next Year

We planted 9 acres of organic yellow dent corn in the Wheeler Field this year. Most of that will be milled into polenta flour or corn meal for retail sales at farmers markets or the Farm Store. But we also need seed corn for next year's crop. So Suzy and her crew headed out to the field to pick 2 bins of ears.

They were looking for long ears with evenly spaced kernels, like the ones in Sonja's bucket below. Hopefully, when planted these corn kernels will manifest the same characteristics in their offspring.

We wait until the kernels are dry and hard before we can harvest corn, even for seed. The timing was pretty good this year, thanks to all the warm, dry days we have had up until this week. The crew knew the weather was going to change so they headed out early Monday to gather up the seed corn before Sam took the combine and harvested the rest that afternoon.



Oct. 20, 2017
Week 17 of 20

In Your Box This Week

Standard

Spinach 1 bu
Cylinder Beets 3 lbs
Potatoes 3 lbs
Savoy Cabbage 1 hd
Baby Dill 1 bu
Rye Flour 2 lbs
Red Leaf Lettuce 1 hd
from River Run Farm
Brussels Sprouts 2 lbs

Small

Red Mustard Greens 1 bu
Parsnips 2.5 lbs
Savoy Cabbage 1 hd
Baby Dill 1 bu
Red Leaf Lettuce 1 hd
from River Run Farm
Brussels Sprouts 1.5 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

Roasted Beet & Brussels Sprout Salad

½ to 1 pound bacon
6 to 8 beets, cubed
1 pound Brussels sprouts, trimmed
1 medium white onion, thinly sliced
6 cloves garlic, whole
3 teaspoons thyme
Sea salt and freshly ground black pepper
3 tablespoons olive oil, divided
1 to 2 cups mixed salad greens
½ cup almonds, chopped (or substitute another nut)

Cook the bacon to your personal preference and set aside.

Preheat the oven at 400°F. In a large roasting pan, add the beets, Brussels sprouts, onion, garlic, thyme, and salt and pepper, and toss with 1 to 2 tablespoons of the olive oil, coating evenly. (If you're using red beets, they will bleed red onto the other vegetables as you mix them. To avoid this, toss the beets separately with oil, salt, and pepper and bake them in another pan—or just keep them to one side of the larger roasting pan.)

Roast the vegetables uncovered in the oven until they have softened and browned—approximately 30 minutes.

Remove the vegetables from the oven. Crumble and stir in the bacon. Allow to cool slightly.

Arrange the mixed greens on a serving plate and top with the vegetables. Sprinkle the almonds over the vegetables and finish by drizzling the remaining olive oil over the entire dish.

Serves 12 as a side dish, 4 to 6 as a main dish

Annie McHale, the chef who originated this recipe, lived in Port Angeles and did recipes and cooking demos for Nash's Farm Store for about a year. She has since moved to Portland, OR, and we miss her! This recipe appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe



Rye Flour

Rye is one of the top five most consumed cereals on the planet. It is grown extensively throughout the world and is very similar to wheat and barley, so it has many of the same applications. You can find it being used for animal feed, a base for whiskey, and especially for different types of bread and crackers.

Rye was widely cultivated in Roman times, but it was likely grown far earlier, given how easy it is to grow and how hardy it is as an agricultural staple.

Some of its health benefits include helping the efficiency of the digestive system, preventing gallstones, lowering the risk of diabetes, lowering blood pressure, and protecting cardiovascular health.

New York Style Rye Crackers

1 cup rye flour
1 cup all-purpose flour, like Nash's white or triticale
1 Tbsp. caraway seed
1 1/2 tsp. salt
1 tsp. onion powder
1 tsp. garlic powder
1/3 cup vegetable oil
1 tsp. honey
1/4 cup water, or as needed

Combine the rye flour, all-purpose flour, caraway seed, salt, onion powder, and garlic powder in a bowl. Stir in the vegetable oil and honey. While stirring with a fork, slowly add the water until the dough comes together in a ball. Cover and rest for 10 minutes.

Preheat oven to 375 degrees F. Divide the dough into 4 sections, rolling each piece out on parchment paper to 1/8 inch thick. Cut into desired shape then place on a baking sheet. Prick each cracker a few times with a fork.

Bake in the preheated oven until the edges are brown and the crackers are crisp, 10 to 12 minutes. Remove immediately to a cooling rack.

Recipe from allrecipes.com

Winter Hours started 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

or call her at 360-301-9754 by 6 pm Friday