

# Nash's CSA NEWS

## Young pigs to winter pastures

This time of year, the summer pig pastures are pretty well used, and it's time to start using a 2.5-acre field in south Delta Farm that was planted with Jerusalem artichokes (or sunchokes) last spring just so they could feast on them all winter. The piggies below had to be enclosed in a corralled area for awhile in order to be trained to an electric fence so that they could be released into that field with plenty of respect for hot wires. They are now about four months old.

The training evidently worked, because it took them about 15 minutes before even one pig would cross the line where the wires had been to enter an alleyway that Andrea and Nathan had set up to guide them down to the pasture. But once the first brave one made the crossing, the others got a little courage, and pretty soon they all cantered down the alleyway and disappeared into the sunchokes where they will spend the next three or four months rooting up the little tubers and chowing down. Andrea has moved their shelters there and filled them with dry straw so they will be warm and cozy, and they continue to be fed their daily rations of whey-soaked Nash's barley.



Oct. 27, 2017  
Week 18 of 20

### In Your Box This Week

#### Standard

Potatoes 3 lbs  
Carrots 3 lbs  
Leek  
Red Baby Bok Choy 1 lb  
Cilantro 1 bu  
Lacinato Kale 1 bu  
Arugula 1 bu  
Apples 3 lbs  
Rutabagas 2 lbs

#### Small

Potatoes 3 lbs  
Carrots 3 lbs  
Garlic 2 bulbs  
Cilantro 1 bu  
Lacinato Kale 1 bu  
Arugula 1 bu  
Apples 2 lbs

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

# Rutabaga Ideas

- A classic winter vegetable trio is rutabagas, potatoes, and carrots, which can be mashed with plenty of butter or cream.
- Take advantage of rutabagas' beautiful yellow color and cook them, julienned, with broccoli stems, carrots, and turnips to create a lovely vegetable side dish.
- Add rutabagas to soups, stews, casseroles, and other hearty winter dishes.
- Lightly sauté very thinly sliced rutabagas in a little butter, salt, and seasonings for a surprisingly delicate vegetable side dish.
- Purée rutabagas for creamy soups and bisques.
- Rutabagas are lovely thin-sliced and combined with cream and cheese, au gratin-style.
- Bake rutabagas slowly to caramelize them—they're absolutely delicious with bacon.
- With their sturdy, earthy nature, rutabagas are lovely accompaniments to roasts of pork, beef, or lamb.
- Oven-roast rutabagas with other root vegetables, like carrots, potatoes, parsnips, sweet potatoes, turnips, and beets.
- Rutabagas are one of the traditional fillings for pasties, those little baked pastry shells filled with beef, carrots, onions, potatoes, or turnips.
- Make pickles! Rutabagas take very well to this method, especially if made with apple cider vinegar, honey, lemon juice, cumin seeds, mustard seeds, coriander seeds, paprika, and cayenne.
- Rutabagas make surprisingly light, delicate pies. Combine pureed rutabaga with apple, pear, honey, ginger, and coriander.
- Grate raw turnips and rutabagas for a delicious slaw seasoned with mint, parsley, and green onions.
- If you're making vegetable soup, add rutabagas for color and delicious flavor.



# Now begins the juicing season!

Juicing can give you the benefit of fresh vitamins and minerals in an easy-to-drink form. Drink juice along with a meal for better absorption of the valuable nutrients as well as some fiber. Carrot juice is a great source of vitamins A, C, K, and some B-vitamins, and they are rich in minerals and phytochemicals (plant nutrients that are beneficial to human health).

## Nature's Flu Shot

It's that time of year! Load up on immune-boosting nutrients to stay healthy through the change of season.

- 2 large carrots, halved
- ½ small onion, halved
- 1 garlic clove
- 1 parsnip, halved
- 1 orange, peeled and halved
- Pinch of ground turmeric
- Pinch of black pepper
- ½ cup of cold water
- Handful of ice

Wash and prep your veggies and fruit. Feed the carrots, onion, garlic, parsnip and then the orange through your juicer. Stir in the ground turmeric, black pepper and water and then pour over ice and enjoy!

Recipe from [www.healthambition.com/creative-carrot-juice-recipes/](http://www.healthambition.com/creative-carrot-juice-recipes/)

## Add an apple!

- You can sweeten up the juice above by adding an apple.
- Add cut up apples to vegetable salads for extra crunch and sweetness. They go especially well with nuts, celery, bacon, and beets, and add a sweet note to coleslaw.
- For a simple dessert, slice an apple and top with a little whipped cream, cinnamon, nutmeg and a sprinkling of sugar.
- Bake an apple on a cold, rainy day. Yummm!

## Winter Hours 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