

Nash's CSA NEWS

Planting winter grain

This year's grain crops are all harvested, but we found ourselves a little short on barley. We usually need about 100 tons of barley to feed the pigs and chickens next season, but this past season's crop fell a little short. So Sam and Taylor headed back to our fields on Schmuck Road to plant more.

There are some advantages to planting grain in the fall, letting it overwinter, and harvesting it in June or July the following year. Most importantly, you don't have to irrigate it. We couldn't anyway because the irrigation was cut off on September 15, but autumn rains should be enough to get the grain to germinate and get started growing before deep cold sets in during the winter months and the grain goes dormant. It won't really take off until the days get longer in the spring.

In North America, grain is often classified by when it is planted. For instance, spring wheat is sown in the spring and is harvested in the fall. Winter wheat is sown in the fall, goes dormant through the winter, comes back to life in the spring and is then harvested in early summer, and our barley will follow that pattern.

Below, the Delta crew is rushing to put the barley in the ground on Monday afternoon before the weather changes. When our shortfall becomes a problem in early summer, it should be ready to harvest.



Nov. 10, 2017
Week 19 of 20

In Your Box This Week

Standard

Carrots 1.5 lbs
Sunchokes 2 lbs
Brussels Sprouts 2 lbs
Chioggia Beets 2 lbs
Acorn Squash 1
Red Dog Farm, Chimacum
Rosemary 1 bu
Dill 1 bu
Green Cabbage 1 hd
Green Kale 1 bu
Mizuna 1 bu

Small

Carrots 1 lb
Brussels Sprouts 2 lbs
Chioggia Beets 2 lbs
Acorn Squash 1 ea
Red Dog Farm, Chimacum
Rosemary 1 bu
Dill 1 bu
Leeks 1

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

Kia's One Pot Buttery Beets & Pasta



After a day outdoors in the autumn, Kia (manager at Nash's Farm Store) likes to feed her kids Spencer (left) and Norah (below) a nutritious hot meal. She uses some fresh beets and winter greens in a quick, one pot dish for dinner. Colorful beets are high in phytonutrient pigments, and rich in antioxidants. They're also high in folate and B vitamins important for a healthy heart and for normal

tissue growth. Hooray for beets!

2-4 beets (your Chioggia beets will be perfect!)
4 or 5 leaves of a winter green, like kale or collards
6 or 8 oz. of pasta
Dill (or cilantro or basil)
Butter and/or some grated cheese

Scrub beets clean, and then chop into 1/2 inch slices (no need to peel!). Rinse the greens, and thinly slice, stems and all. The kale in the standard box will work fine, but you could also thinly slice some of those tasty Brussels sprouts and use them. Mince up a few big pinches of dill, or more if desired.

Cook everything in one pot!

Get a medium pot of water boiling, and add the beets. After 3-5 minutes, add the pasta to the beets, and note cooking time on the package. After 2 minutes, add the greens and dill. Stir pot occasionally.

When pasta has cooked, pour the whole pot through a fine-meshed strainer, so you don't lose the greens and herbs. Transfer the pasta and veggies back into your cooking pot, but remove from heat.

Add two or three tablespoons of butter, the more the better! Stir everything together and season with salt and pepper. Add cheese if desired. Sweet, nutritious beets for the win!

In the photos, Kia used a mix of Chioggia and gold beets. Norah ate all her sweet Chioggia beets before the photo could be taken!



Roasted Acorn Squash with Rosemary

1 acorn squash, seed removed, cubed into 1" pieces
2 Tbsp. olive oil
1 tsp. fresh rosemary, finely chopped
1/2 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. salt
1/8 tsp. coarse ground pepper

Preheat the oven to 475 degrees. Place acorn squash cubes on a large cookie sheet with raised edges.

Drizzle olive oil over the acorn squash. Toss to coat. Sprinkle the rosemary, garlic powder, onion powder, salt, and pepper over acorn squash. Toss to coat.

Spread the acorn squash pieces out evenly over the cookie sheet. Place in the oven and cook for 10 minutes. After 10 minutes, flip the squash pieces over and cook for another 5-10 minutes or until the squash is fork tender. Serve and enjoy!

You can cut your acorn squash into cubes up to 3 days ahead of time. Store the squash cubes in a lidded container or sealable plastic bag in the refrigerator until you are ready to cook them.

Recipe from premeditatedleftovers.com

The Versatile Sunchoke

- Puree cooked sunchokes like you would potatoes and use them to make creamy, delicate soups. Rosemary and cardamom are delicious complementary flavors.
- Roasted sunchokes are hard to beat, either by themselves or with other root vegetables.
- Add them to stir-fries, sautés, soups and stews.
- Finely shred them and fry with onions, then mix into savory pancakes and fritters.
- Pickle sunchokes with mustard seed, celery seed, hot peppers, and allspice; their crispy texture makes a refreshing pickle.
- Sunchokes make great au gratins.
- Steam or boil them and serve with vinaigrette, hollandaise, or butter and lemon.
- Their crunchy texture and slightly sweet, nutty flavor make them a taste treat on the crudité tray. Serve raw with a variety of dips and dressings.
- Sunchokes make a satisfying vegetable side dish with fish, poultry, pork, beef, lamb, and veal.
- Thinly slice and deep-fry like potato chips.
- Bake them unpeeled along with your favorite roast and other root vegetables for a hearty, one-dish meal.