



Welcome to Nash's CSA Program!

Thank you so much for joining us on the seasonal eating adventure called Nash's CSA. CSA stands for "Community Supported Agriculture" and it originated in Europe and in New England, where small organic farms traded boxes of fruits and vegetables for labor on the farms. City folks would bring their kids and come to the farm, do weeding or other chores and take their boxes home.

The CSA model has changed to adapt to the times. At Nash's, as on other farms, farm labor requires extensive training. Liability and child labor laws also prevent us from inviting families to come and work for us in exchange for produce. But when participants pay us in the spring, they provide revenue for us at a time when we don't have much product to sell, and during the summer and fall, we repay them with the fresh, organic produce they helped us to plant.

We hope you enjoy your CSA. Some items in the boxes might be new to you. We will try to explain what they are and how to use them. If you have questions, please don't hesitate to contact me via email.

Thanks for becoming a part of our farm family!

Susan Baker, CSA Coordinator

Above: Susan holds a new CSA sign created by Melissa Klein for Nash's Farm Store, our pick-up point in Dungeness. If you get your box at a farmers market, or other location, the days and times would be only the time when those markets are open.

What's in your box this week

Garlic Scapes, 1 bu - Only available for a few weeks in early summer, so we're sharing them with our CSA members. This time of year, our garlic plants send up flowering stalks (scapes). But we'd prefer the plants to put their energy into making big, robust garlic bulbs instead of flowers, so we harvest the flowering stalks that are also pretty tasty!



Spinach, 1 bu - A versatile staple! We add it to green smoothies. You can also steam lightly, drain well, and season to taste. Toss with Parmesan cheese and breadcrumbs, and stuff cooked giant pasta shells. Place in baking dish, pour 1 jar tomato sauce over all, and bake to heat through. Yum.



Rolled Oats, 2 lb - On a diversified farm like ours, grains play an important role in our field rotations. The rainshadow of Dungeness gives us the ability to grow grains, which like sunshine and dry weather, in this otherwise damp part of the world. It is quite rare in the U.S. that a grain is grown and processed on the same location, like our farm.



Rainbow Chard, 1 bu - Our CSA members are getting our very first harvest of chard! Don't just eat the leaves. The stems are very tasty sauteed or in a stir-fry.



Fava Beans, 1 lb - Favas will likely show up in both this week's and next week's box. After that, we'll let the beans dry in the field before we harvest them and offer them as seed and as a dried cooking bean. You can shuck them, parboil the seeds, drop in ice-cold water, and then slit the top of each bean and squeeze out the emerald-green beans, enough to make 1/2 to 3/4 cup. Saute them with one bunch finely cut garlic scapes and salt and pepper. Once tender, puree them with about 1/2 cup olive oil and as much basil leaves as you like. This makes a terrific dip, or even better, toss with noodles and serve as a side dish.





Pea Shoots, 1/4 lb - Very tender with a sweet pea flavor! These can be eaten raw tossed into salads or very lightly sauteed. See recipe below.



Red Cherries, 3/4 lb (from PDQ Farms in Zillah, WA) - Nash's has been working directly with PDQ Farms for many years. We love their sweet, firm fruit and can't wait to make cherry pies, dehydrated cherries, frozen cherries, cherry preserves -- or simply enjoy a pint of cherries during a backyard picnic.

Check out Nash's [Recipe Blog](#) on the website for recipes with these items.

News from the Farm



Giving Quinoa Another Try

Lundberg Family Farms, the California family-owned company that is famous for their rice cakes and other products, has asked Nash's Organic Produce to grow a quinoa crop on contract this year. This past spring, they provided us with the seed, and Sam and Nash planted it in late May.

The field in the photo above resembles a field of lambs quarter. That's because quinoa and lambs quarter are directly related, and the plants in the photo are young. As they mature, the resemblance will disappear. It is thought that quinoa is actually a domesticated version of lambs quarter that originated in the southeastern

United States and migrated south as maize migrated north.

Quinoa likes very fertile soil, so Nash chose 25 of the best acres on Schmuck Road to plant it, and we added an organic fertilizer made from chicken manure to enrich the soil even more, because quinoa eats up a lot of fertility.

Quinoa also likes a cooler climate. It will grow in warmer climates, but won't produce viable pollen, and of course you need viable pollen to produce the seeds that we will be harvesting. Generally speaking, our region is very well suited for growing quinoa.

Nash has planted 2 previous quinoa crops. One was a trial of 5 varieties in 2015. In 2016 he planted 25 acres of a variety called Redhead in another field on Schmuck Rd. for the Lundbergs. We got mixed results from that planting, but we're trying again. Nash says it takes at least 5 tries to learn the ins and outs of a new crop.

As the season progresses, we'll report on how this new crop is doing. Since we are growing it on contract, we won't be selling any, but we will learn a lot and from growing it this year, and we might try it on our own in the future.

If you are on the Peninsula, check out the **FREE** presentations at Nash's Farm Store this summer

Saturday, July 28, 11 am, Victoria Miller



"From No-Knead to Sourdough: A Simpler Approach to Handmade Bread"

Sourdough starter, activated by wild yeast, can be used for making a lot more than just loaf breads and pizza! Join experienced and passionate sourdough baker Victoria Miller, author of the new book *From No-knead to Sourdough: A simpler approach to handmade bread* for a hands-on experience where you will learn to make and maintain your very own sourdough starter to take home and use for making bread or pizza.

Miller will bring sourdough starter that participants may share. It is recommended that everyone bring their own clean jar with a lid (a wide-mouth Mason jar with lid is ideal) to carry their starter home. You will learn how to refresh/feed the starter to keep it going. The talk and demo is free and open to the public.

Come for the event, stay for FREE samples at Nash's Farm Store! 4681 Sequim-Dungeness Way in scenic Dungeness.



Nash's Pea Shoots

Pea shoots are the young, tender leaves, soft stems, and curly tendrils of snow or snap peas. They are common in Asian cuisine. You can quickly sauté, steam or stir-fry them, or serve them raw in salads. They taste like a cross between baby spinach and peas and can be substituted for other soft leafy greens in recipes. Like all leafy green vegetables, they are very nutritious and low in calories, a particularly good source of beta carotene, vitamin C, folate, and fiber.

Check [Nash's Recipe Blog](#) for a pea-shoot saute. Or try the stir-fry recipe below.

Stir-fried Pea Shoots

- 1 Tbsp. vegetable oil
- 1 tsp. sesame oil
- 1 Tbsp. fresh ginger, minced
- 2 garlic cloves, finely minced (chop up some garlic scapes instead of garlic cloves.
They are milder, so you might need to use 2 or 3 scapes)
- ½ tsp. sugar
- 1 ½ lbs young pea shoots, loosely packed
- ¼ tsp. soy sauce
- 2 Tbsp. oyster sauce

Rinse the pea shoots thoroughly in cold water twice, lightly drain. In a large wok or skillet over high heat, heat oils, add ginger, garlic and sugar. Toss and add shoots, soy, and oyster sauce.

Stir-fry for two to three minutes, or until the leaves soften and are tender. Remove shoots leaving the liquid in pan. Place shoots on serving dish. Reduce the remaining liquid by 1/2. Pour over shoots and serve immediately with rice.

Recipe from www.geniuskitchen.com
