



## What's in your box for Week 2, July 13, 2018

The photo above is of the box slated for our Peninsula customers, who will receive either dill or cilantro. Our Seattle members will get the same box, with a couple of items in larger quantity, and their herb this week will be basil. In a week or two, we'll flip things around so everyone gets a variety of herbs. We might do this occasionally throughout the season to make sure we have enough of different items for everyone.

### Bunched Carrots—1 bu



They're back! They may be on the small side, but they are very tender and sweet. Great for crunching right out of your box. Carrots will make an appearance several times in the course of the 20 weeks of the program. Enjoy!

### **Spinach—1 bu**



Because of its high oxalic acid content that inhibits the absorption of calcium, raw spinach should be enjoyed only occasionally. Light steaming or other cooking negates the oxalic acid effect. Don't avoid spinach because of this, as it has a lot of other nutritional benefits. It's an excellent source of folic acid, potassium and magnesium, as well as vitamin K, carotenes, vitamin C and lutein, important for healthy eyes.

### **Young Leeks—Seattle 4, Peninsula 2**



Our leeks won't fully mature for another few weeks, but we sometimes harvest baby leeks to thin the plants. Plus, we like to offer an allium to our CSA members in the early summer, when other onion-family crops are not yet available.

Leeks are flavorful, but do not have as strong a flavor as their cousins, onions, garlic and shallots. But their delicate flavor is delightful and you can easily braise them in chicken broth, marinate and grill them, or roast them, as in this [recipe by Jamie Oliver](#).

You can also easily pan-fry them in olive oil, gently turning them over a low heat for about 15 minutes, until soft. Pour 2 tablespoons balsamic vinegar over the leeks and allow it to thicken and coat the leeks. Before serving, sprinkle on some coarse salt, freshly ground black pepper and a little grated Parmesan.

### **Bunched Beets—1 bu**



You have Chioggia, red and golden beets in one bunch, a rainbow of culinary opportunities! We cannot sing enough praises for the healthy benefits of eating beets, and each color provides its own combination of phytonutrients and antioxidants.

Don't toss those greens! Check out our [Recipe Blog](#) for health benefits of beet greens and some dynamite recipes.

### **Garlic Scapes—1 bu**



This is our last harvest of garlic scapes. Removing the scape (the flowering stalk) encourages the garlic plant to put more energy into creating a nice big bulb instead of into flowers. Plus, the scapes are full of garlicky goodness!

### **Cucumbers—Seattle 3, Peninsula 2**



Another refreshing summer staple. We just started harvesting our outdoor cukes, and they have a crisp, crunchy texture—another reason to love fresh, local produce!

### **Herbs—Seattle 1/4 lb basil, Peninsula 1 bu either dill or cilantro**



Herbs may be small, but they're powerfully flavorful!

**Dill:** Mix ¼ cup fresh dill with ¼ cup vinegar, 1 tsp. sugar, ½ tsp. salt, ¼ tsp. black pepper, and 2 Tbsp. olive oil. Add 2 sliced cucumbers, 1 cup sliced red onion, and 2 cut-up tomatoes. Toss, and let stand at least 15 minutes before serving.

### **Carrot/Cilantro Soup**

- 1 Tbsp. olive oil
- 1 tsp. crushed garlic (or use your garlic scapes, but double the amount)
- 1 Tbsp. chopped fresh cilantro
- 1 tsp. chili paste
- ½ cup Walla Walla-variety onions, chopped
- 6 small carrots, sliced
- 1 large potato, peeled & chopped
- 5 cups veggie or chicken broth

Heat oil in large pot over medium heat. Add garlic, cilantro, chili paste and onion and saute until onion is tender. Stir in carrots and potato. Cook 5 minutes, then pour in broth. Simmer until potatoes and carrots are soft. Blend in food processor until smooth. Garnish with cilantro leaves.

**Basil:** We put basil in everything, from omelets to salad dressings. Add to pizza toppings, soups, spaghetti sauce, and pesto. A BLT around here means basil-lettuce-tomato (and mayo!) sandwich. Tomato and basil are a match made in seafood heaven.

Got strawberries? Boil down a pint of berries with 3 or 4 basil leaves until it makes a thick sauce. Let cool, and top a scoop of vanilla ice cream with this delightful taste combination.

### Red Leaf Lettuce—1 hd



This delicious lettuce comes from River Run Farm, a collaborative farm of young families in Sequim. We like to support other farms in the area, especially when they have produce that we don't.

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

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### News from the Farm



## Learning from "The Three Sisters"

In our grandparents' gardens, it is likely that there would have been several instances of a technique called "companion planting," or the placing of certain plants near each other for mutual benefit. A common companion planting that we use at Nash's farm is placing flowers like marigolds or phacelia alongside food crops like broccoli and Brussels sprouts so that the beneficial predator insects that use the flowers for forage and habitat feed on aphid populations in the veggie crops and reduce their damage.

An ancient example of companion planting in North and Meso America is called "The Three Sisters." It consists of maize (corn), a winter squash, and a climbing bean. Native Americans have used this planting technique for thousands of years and planted them close together in small, flat-topped mounds throughout the Americas.

Maize provides a structure for the beans to climb, eliminating the need for poles. The beans absorb nitrogen from the air and fix it in the soil for the other plants to use, and the squash spreads along the ground, blocking the sunlight, preventing the establishment of weeds and creating a

microclimate to retain moisture in the soil. Plus the prickly hairs of the squash vine deter pests.

In addition, the corn/bean/squash combination contains complex carbohydrates, essential fatty acids and all eight essential amino acids necessary for human health.

Chris Tipton, one of our marketeers and a long-time member of our farm family, was interested in the Three Sisters and how they might grow in our climate. This past spring he prepared 10 mounds in a small corner of the Dungeness field. He planted Seneca Blue Bear Dance corn in late May in 7 sunken mounds, and in early June in 3 raised ones. He started Lower Salmon River squash indoors at the same time, and once they were established, they were planted just outside the mounds. Chaco Canyon Runner beans were planted in the mounds mid-June.

"I also planted some Ethiopian lentils, known to me previously as Cicerchies from Italy," Chris says, "and added a little Hopi Red Dye Amaranth just to see what would happen."

Chris' seeds came from Seed Dreams in Port Townsend. He has done all the work by hand with only a rake and a hose. Harvest will also be done by hand in late September or early October.

Chris recommends this [website](#) for more information on the Three Sisters.

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## 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, pint-sized 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.