



## What's in your box this week

### Fresh Garlic



This is our very first garlic harvest of the season! Your bulbs are fresh, not cured, so they will be juicy and the flavor is subtle. They can be used in the same ways as cured garlic.

Use the neck as you would the green part of a leek, i.e., in stock, soups or stews, or chopped or sliced fine for sautes. Peel the moist membrane from the garlic cloves (use the cloves as you would a cured garlic clove).

The membranes can be used to make "garlic creme," a subtle garlic-flavored spread. Bring water to a simmer, add the membranes, and remove from heat and drain well as soon as the water comes back to a simmer. Let the membranes cool for an hour, then food-process with a good olive oil and salt to taste. The amount of oil depends whether you want a paste or more of a honey consistency. Use the resulting spread on sandwiches, as a dip, on pizza, on noodles, in salad dressings, anything that wants the delicious taste of garlic!

## Lettuce



We have a colorful mix of lettuces coming your way, from reds to greens to polka-dots. They have a variety of flavor profiles, too. Some are sweeter, and some are more bitter and go well in a salad mix.

If your lettuce is on the bitter side, toss with a sweet-tangy salad dressing, like a [honey-mustard vinaigrette](#) and mix with other, more neutral lettuces. You can also soak it in cold water for at least 10 minutes, let dry, then soak it again. This reduces the strength of the taste. Another tip is to use your lettuce in a wilted salad.

You can either heat up your salad dressing and wilt the lettuce when you add it, or actually toss the lettuce briskly for 1 minute in a high-quality oil with a little salt and pepper in a hot skillet.

Bitterness indicates the presence of strong antioxidants and many vitamins and minerals that benefit our health, especially our digestive systems. But since consumers don't like it, plant breeders have selected for more sweet varieties that have fewer beneficial properties but taste better.

## Bunched Carrots



### Garlic Parmesan Roasted Carrots

Preheat oven to 400°F and grease a baking sheet. Place 1 lb. carrots, washed and halved lengthwise, in a large bowl. Drizzle with 2 Tbsp. olive oil, then sprinkle on 2 large cloves minced garlic, 2 Tbsp. grated Parmesan, 1 Tbsp. dry bread crumbs, and salt and pepper to taste. Toss all ingredients together to completely coat the carrots. Spread out on the baking sheet and bake for 20 - 25 minutes, or until tender. Toss with a spatula half way through. Remove from oven and serve immediately.

Top with fresh chopped parsley if desired. Recipe from [cafedelites.com](http://cafedelites.com)



## Peaches/Nectarines

From Sunnyslope Ranch in Wapato. We've enjoyed all sorts of stonefruit from Sunnyslope over the years, and peaches and nectarines are some of our favorites. We don't think we have to tell you how to prepare these!

## Hard Red Wheat Flour



One of our premier flours, Hard Red Wheat makes an excellent bread flour due to its high protein content, hearty flavor, and crisp crumb and crust. It's also great for any other baked goods. Check our [Recipe Blog](#) for several recipes using our hard red wheat flour.

## Cucumbers



For Peninsula members only this week. Try this great summer salad.

### Cucumber Sugar Snap Pea Salad

1 cup plain Greek yogurt

¼ cup white wine vinegar

1 tsp. caraway seed

Salt and pepper

1 cucumber, sliced in circles

¾ lb sugar snap peas, trimmed and halved

Whisk together the yogurt, vinegar, caraway seed, 1 ½ teaspoons salt, and ½ teaspoon pepper. Fold in the cucumber and snap peas. Refrigerate for up to 8 hours.

Recipe from [www.realsimple.com](http://www.realsimple.com)

## Zucchini



For Seattle members only this week. **Try Zucchini Fritters.** Grate your zucchini and toss in a colander with 1/2 tsp. salt. Allow to sit over a sink for 10-15 minutes, then press to drain well. In a bowl, combine zucchini, 1/4 cup flour, 1/4 cup grated Parmesan, 2 minced garlic cloves, and 1 large beaten egg. Add salt and pepper to taste. Heat 2 Tbsp. olive oil in a skillet over medium heat and scoop spoonfuls of mixture into oil and cook until nicely golden on both sides.

## Gooseberries



For Seattle members only this week. We get a limited amount of gooseberries from our small patch, so enjoy these! Eat them fresh, or mix them with strawberries and blueberries for a colorful mixed berry pie.

For real decadence, cook gooseberries down with a little sugar. Allow to cool, then fold into some whipped cream. OMG!

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

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## News from the Farm



### Nash's Carrots are sizing up!

Our first rotation of carrots was planted in May and we did our best to keep it watered and as weed-free as possible. But even so, it takes awhile for them to get to anything approaching marketable size, even with the great growing weather we have had this year. Nevertheless, because we love the flavor that carrots have when they are grown in the rich, alluvial soils of the Sequim-Dungeness Valley, we sometimes get out and harvest some just before they are fully mature.

The real carrot season is probably a month or so away, because the more time carrots can spend out in the sunshine and in the ground, absorbing the minerals from the soils, the sweeter they become.

Sydney (left) and Ava, behind a carrot-top hedge, harvested carrots last week for our CSA program and were happily munching on a few after they finished. They used a tractor with a digger bar to loosen up the soil beneath, making it easy to pull the carrots out of the ground for bunching.

The carrots are also slated for our farmers markets and are at the Store this week as well.

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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.

**August 11, 11 am, Kathy Charlton**

"Working Girl: Behind the Cellar Door". An Entrepreneur's Journey from a Bankrupt Winery to Gold Medals

**September 15, 11 am, Pam Larsen**

"Growing Great Organic Garlic." Learn how to do it in the Sequim Valley.

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

# Meet Nathan Belanger

## Farm Crew

Nathan Belanger is one of those people who can do many things, so he ends up doing a variety of things on the farm! He is on the harvest crew, the packing crew, and also helps Andrea with the hogs.

Nathan was born and grew up on the Missouri side of Kansas City. His mom lived in the city but his dad lived in the countryside. "It's all corn and soybeans," Nathan remembers, "but Dad had a big garden and we liked to prepare food together right out of the garden."

He wanted to study geological engineering, but the only jobs for that profession were with oil companies. So he switched to International Studies with a focus on Geography at the University of Central Missouri. It was through that program that he was able to study in Europe for six months. He lived in Budapest, Hungary, visiting countries in Central Europe, and traveling to London as well.

Nathan graduated in 2015. He found work in Kansas City, but felt that he wanted to grow food like he had with his father and like he saw during his travels in Europe. So he joined the World Wide Opportunities on Organic Farms program (WWOOF) and went to work on an organic farm in Colorado for a season in 2016. At that farm, he had a friend who lived in Port Angeles and who convinced him to try farming in the Northwest.

Nathan started on a farm in Skagit Valley, but then came to Nash's in August 2017. He's been working here ever since. Besides farming, Nathan enjoys cooking ("I make my own pasta with Nash's flour," he says) and hiking in the Olympics and on our beautiful beaches.



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**Do you or someone you know want to work at Nash's Farm Store?**

**Just one more produce clerk will complete our great produce team!**

Getting that last person to be a part of our great produce team is proving to be a challenge, but we feel strongly that our local, organic food system is worth finding the best people we can. Check out the employment page on Nash's website. We seek an enthusiastic, self-motivated individual to help us pursue our mission of bringing healthy, organic food to our community. [See the job description and application!](#)

Please follow the instructions on the web page. Thanks!

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