



What's in your box for Week 4, 2018

Red Onions, 2



These beautiful alliums can be eaten raw or cooked. If you can't use them right away, they store well in a cool, dark place.

Onions in general have lots of vitamin C, calcium and fiber. Red onions, however have more antioxidants than white or yellow onions, and contain less sugar.

One of the most beneficial compounds in red onions is quercetin. Quercetin is a powerful polyphenol compound which is beneficial for scavenging free radicals in the body, aiding in cancer prevention.

Italian Parsley, 1 bu



A multi-talented herb for salads, soups, dressings, meats, and more. Parsley is actually a member of the carrot family and one of the most nutritious of herbs. The Greeks and Romans ate fresh parsley as a breath freshener and to settle the stomach after too much alcohol.

For parsley pesto, place 2 garlic cloves, 2 packed cups parsley, salt to taste, 1/4 cup walnuts and 1/2 cup freshly grated Parmesan cheese in a food processor and blend into a paste. Gradually pour in 2/3 cup olive oil and season to taste. Goes great with pasta, poultry, rice and seafood. Recipe from www.foodnetwork.com.

Broccoli, 3/4 lb



Broccoli also has cholesterol-lowering benefits if eaten raw or lightly steamed. It is considered one of the best foods for detoxification of our body's blood. It also has an unusually strong combination of vitamin A (in the form of beta-carotene) and vitamin K.

Broccoli with Feta & Olives

Fill the bottom of a steamer with 2 inches of water. Cut florets from 1 lb. broccoli into quarters. Peel stems and cut into 1/4-inch pieces. Chop or press 2 garlic cloves and let sit for at least 5 minutes. Steam stems for 2 minutes before adding the florets. Steam until slightly tender, but still bright green. Transfer to a bowl and toss with 3 Tbsp. crumbled Feta cheese, 6 chopped Kalamata olives, 3 Tbsp. olive oil, 2 tsp. lemon juice, 10 drops soy sauce, 1 small sliced red onion, and 2 Tbsp. sunflower seeds. This recipe was adapted from www.whfoods.com.

Rainbow Chard, 1 bu



The gorgeous colors of the stems will brighten any saute. If your chard gets a little wilted, don't throw it away. Stuff it!

Stuffed Chard Leaves

8 chard leaves
1/4 cup chopped green onions
1 1/2 cups cooked brown rice
1/2 cup feta cheese

1/4 cup cottage cheese
1 egg, beaten
1/4 cup chopped fresh parsley
1/2 cup raisins
1/2 tsp. chopped fresh dill
1/8 tsp. grated lemon zest
Salt to taste
1/8 tsp. freshly ground pepper
1 Tbsp. oil

Preheat oven to 350 degrees. Remove the ribs from the chard leaves and set aside. In a medium bowl, mix together the green onions, rice, feta, cottage cheese, egg, parsley, raisins, dill, lemon zest, salt, and pepper. Lay the chard leaves with the underside up and place 2 Tbsps of the filling of each leaf, one-third of the way up from the bottom of the leaf. Fold over the sides of the leaf and roll up into a "square" packet. Place seam side down in a greased casserole dish. Do the same for all the leaves and brush lightly with oil when all the square packets are in the casserole dish. Cover and bake for about 30 minutes. Recipe from *The City Gardener's Cookbook, Recipes from Seattle's P-Patches*.

Spinach, 1 bu



We plant many rotations of our main crops, like spinach, carrots or kale. Sometimes, if soil conditions are not the best, or insects become a problem, we lose a rotation, but because more are on their way, we haven't lost all of that crop. We "gapped" on spinach last week, but the next rotation is coming on strong, so we welcome spinach back to your boxes! If you have any leftover Feta cheese, Kalamata olives and red onion from the broccoli recipe above, make a Greek Spinach Salad!

Basil, 1/4 lb



Peninsula markets only. Two weeks ago, Seattle members got a dose of basil in their boxes. Now it's the Peninsula's turn.

Brush a large piece of toast (from artisan bread) with olive oil, and sprinkle with grated Mozzarella cheese. Sprinkle with minced garlic, thin slices of red onion, halved cherry tomatoes or cut up heirlooms, and julienned basil leaves. Top with grated Parmesan and grill for 1 minute.

Garlic, Peninsula 1 hd, Seattle 2 hds



This garlic is still fresh, so it won't have that thin papery outside skin that comes from curing it. This week we are hanging our garlic in the drying shed at Delta Farm where it will be for a couple of weeks. The shed is dry, warm, and with good air circulation. The goal is to dry the outside skin leaving the cloves moist. Leaving it too long causes it to mold, so we have to keep a good eye on it.

Use your garlic with the cherry tomato recipe below, or the basil one above. Can't have too much garlic!

Baby Dill, 1 bu



Seattle markets only. A lovely addition to salads, especially cucumber and pasta salads.

Dill on salmon is really fine. Top a fresh salmon filet with small pads of butter, minced garlic, salt and pepper, and finely chopped dill. Fresh dill has a distinctly fresher flavor than the dried you get in a jar. Add it to deviled eggs, or omelettes, too.

Heirloom Tomatoes, 1.5 lbs, Seattle



Cherry Tomatoes, 1 pint, Peninsula

Try this rich and delicious way to eat cherry tomatoes from epicurious.com.

Honey-Roasted Cherry Tomatoes

1. Preheat your oven to 375°F. Lightly oil a small roasting pan. Halve the cherry tomatoes and place them, cut side up, in the dish. They should fit snugly with little or no space between them. Crush two garlic cloves and mix with a pinch of salt, then beat it with the 1 Tbsp. honey, 3 Tbsp. olive oil, and a good grinding of pepper. Spoon this sticky, garlicky mixture over the cherry tomatoes. Roast for about 30 minutes, until golden, juicy, and bubbling. Serve on risotto or on toast, or with grilled meat or fish.

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

News from the Farm



Where the rubber meets the road

Plenty of water and sunshine makes things grow. . .not just what you want to grow, but lots of plants that we wish would not grow so much or so fast. They are generally known as WEEDS!

Every organic carrot rotation needs to be weeded at least once during the season, and because we farm organically, it needs to be weeded by hand. This is very hard work, back-breaking and tedious. Having a good crew, working together so they can talk among themselves, makes the time pass quicker. There are those who like to work alone, with their ear buds on, and enjoying the solitude, but they are few and far between. Most people like being part of a big crew, because the work seems to go faster, and as we have several acres of carrots, going as fast as we can is preferable.

Lambs quarter is the prevalent weed in our carrot fields. It's difficult to get rid of, and even though we burn the weeds before the little carrot seeds germinate and peek out of the ground, Dungeness soil is very rich, and the weeds bounce back with a vengeance. Sometimes we just can't keep up and we may lose a few beds. But we make a valiant effort to stay on top of it, so we can bring you those delicious, sweet carrots that are our signature crop.

Meet Ava Kovach

Packing Shed Assistant

Ava Kovach is one of the newest members of the Nash's Farm Team. She is assisting Rachel Covault in the packing shed, keeping it organized and helping to make sure orders are filled and markets have what they need. She also helps in the fields and does grain and flour bagging.

Half way to her degree, Ava took a year off and flew to Aman, Jordan. From there, she worked on boats and was crew in the Red Sea, sailing to Egypt through the Suez Canal. She then sailed to Cypress, Turkey, Greece, and the Canary Islands. In 2009, she was one of a four-person crew on a 36-foot wooden sailboat that crossed the Atlantic and landed in the British Virgin Islands (BVI) in the Caribbean.

After that trip, she returned to Galveston and completed her degree. "I worked as a recruiter for a corporation for one year," she says, "and then I escaped back to the BVIs and worked as a chef on a 58-foot catamaran for charter guests. I did that for three years and paid off my student loans!"



Ava then traveled for another year, doing things like getting certification to teach yoga in Costa Rica, and visiting southeast Asia. Then she did a road trip with her boyfriend from Texas to Sequim where he had some friends and the two of them liked it here.

They are currently living on their own boat, a 47-foot Gulfstar sailboat, and Ava is working at Nash's!

Are you or someone you know interested in working 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!

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

This 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.