



What's in your box this week

Leeks—Peninsula, 2; Seattle, 4



When leeks are in season, use them as a substitute for onions in any dish.

The Lebanese dish below highlights leeks as a stand-alone vegetable, along with garlic for a side dish that is a nutritious power house of sulphur-containing alliums. Sulphur helps our bodies detox, and helps prevent plaque in our blood vessels.

Garlicky Leeks in Olive Oil

- 2 leeks
- 3 Tbsp. extra-virgin olive oil
- 3 garlic cloves, peeled and minced
- 3 Tbsp. cilantro, finely chopped, plus more for garnish
- Salt and pepper to taste

Trim the dark green ends of the leeks, leaving only the light green and white ends. Save the dark greens for soups or stock. Rinse leeks well (cut in half lengthwise and rinse). Slice the leeks into 2-inch chunks.

In a small frying pan, heat the olive oil to hot but not smoking. Turn down the heat and add the garlic and cook just until fragrant, about 30 seconds. It's very easy to overcook garlic; you are barely cooking it, just enough to bring out the aroma. Add the cilantro and cook for another 30 seconds. Season lightly with salt and pepper. Remove from heat.

In a medium saucepan, bring 8 cups water to boil. Salt the water with 1 tablespoon salt. Add leeks to the boiling water and reduce heat to simmer. Poach until the leeks are just tender to bite, about 4 minutes. Taste a leek every minute or so to determine when they are done. Drain and add them to the olive oil mixture, stirring gently to coat the leeks completely. Serve immediately, garnished with more cilantro if you like.

Green Cabbage, 1 hd



Cabbage is a cruciferous vegetable, and that veggie family is well-known for its cancer-fighting properties, if it is not overcooked. Some studies show short-cooked and raw cabbage as the ONLY types of cabbage to show cancer-preventive benefits. Microwaved and long-cooked cabbage do not show any measurable benefits.

It can also provide cholesterol-lowering benefits, especially if steamed lightly. The fiber-related components in cabbage do a better job of binding together with bile acids in your digestive tract when they've been steamed. Raw cabbage has cholesterol-lowering properties, just not as much as lightly steamed cabbage.

Spinach, 1 bu



Spinach Brown Rice Feta Bowl

2 Tbsp. olive oil (divided)
1 cup plain brown rice or pre-soaked Nash's grain
1 onion or 1 bunch spring onions
1 large bunch of spinach
1 bunch or large handful fresh dill
2-4 oz feta cheese, diced

Heat 1 tablespoon olive oil in saucepan over medium flame. Stir in rice and heat gently, stirring often, about 1 minute. Add 2-1/8 cups water to the pan. Bring to a boil, reduce heat to low, cover pan, and cook for 45 minutes. While it cooks, heat remaining olive oil in a large skillet over medium flame. Add onions and cook, stirring occasionally, until translucent. Stir in chopped spinach, dill, and salt to taste and cook, stirring occasionally, until spinach is just wilted (about 1-2 minutes). Stir feta and spinach into the cooked rice. Adjust salt if necessary. Recipe adapted from *From Asparagus to Zucchini* published by the Madison Area Community Supported Agriculture Coalition.

Cucumbers, 2



Cucumbers are a superior source of the mineral silicon, often lacking in our diets, but an integral component of calcium absorption. It may also play a role in bone and collagen formation.

Creamy Cucumber Salad

1/2 cup plain yogurt
Juice of 1 lemon, about 2 Tbsp.
2 Tbsp. chopped fresh dill, plus more for garnish (optional)
1-2 cloves garlic, minced
Salt to taste
4-6 cucumbers, about 1 lb, halved lengthwise and thinly sliced crosswise

In a medium bowl, combine yogurt, lemon juice, dill, and garlic. Season with salt, and whisk well with fork to combine. Add cucumbers, and toss to coat. Garnish with more dill, if desired. Serve immediately or refrigerate. Best eaten within a few hours.

Rainbow Chard, 1 bu



We thank farm friend Teri Crockett for this tasty recipe.

Chard Frittata

Saute 1 small chopped onion and stems from 1 bunch chard in olive oil with 1/2 tsp. dried basil until tender. Cover and stir occasionally. Add chopped chard leaves. Pack it in and replace lid. When shrunk add 6 whisked eggs, stir quickly and press evenly in pan. Cover and turn heat down very low. Top with cheese and sprinkle with pepper. Cut with pie server when egg is cooked, and top with sauce.

Sauce

1 cup yogurt

6 garlic cloves, minced

1/4 cup parsley

1/4 cup cream (optional)

Mix together and serve generously on chard frittata with fresh tomato.

Baby Dill, 1 bu



Seattle members only this week. Dill enhances and improves many foods, notably fish, poultry, eggs, potatoes, cucumbers and onions. What would egg or tuna salad be without dill? You could add dill pickles, but why not go for the original and finely chop some fresh dill and fill your kitchen with its incredible aroma.

Classic Dijon Potato Salad with Fresh Dill

Cut 1 1/2 lbs red and/or Yukon potatoes into quarters. In a medium saucepan, par-boil until just fork-tender, but firm. Allow to cool.

Combine 2 Tbsp. Dijon mustard, 2 Tbsp. apple cider vinegar, 2 Tbsp. sugar, 2 Tbsp. extra-virgin olive oil, 1 Tbsp. chopped fresh dill, and salt and pepper to taste. Mix in 1 Tbsp. capers and set aside. Grill potato quarters on a grill pan over medium-high heat about 4 minutes or until browned. Turn over and cook the other side. Try to get nice grill marks on them. Toss potatoes in dressing until well-coated. Add 1/4 small red onion, thinly sliced, and 2 chopped ribs of celery and toss everything together. Enjoy warm or cold, on a bed of arugula or chopped lettuce.

Heirloom Tomatoes, 3/4 lb



Peninsula members only this week. All heirloom plants are open-pollinated, meaning they are pollinated by insects or wind, the way nature does it. You can save seed from open-pollinated plants and use them to grow the same variety, year after year.

Hybrids are crosses of two inbred parent lines, and are created in controlled environments for specific traits, like color or disease-resistance. You cannot save seed because they will not breed true. That makes hybrids proprietary and farmers have to pay for seed every year. Unfortunately, in the case of tomatoes, the focus on something like color or durability has bred out the genes for good flavor!

Some real tomato experts apply the term "heirloom" or "heritage" to tomatoes that are open-pollinated *and* were introduced before 1940. Some have been passed on through generations of a family or community, and some are accidental crosses between two heirloom varieties. They are not as hardy as hybrids, but so much tastier.

Cherry Tomatoes, 1 pint



Seattle members only this week. Most likely the cherry tomatoes in the box this week are Sungolds. They are a hybrid, developed in Japan several decades ago. They burst in your mouth with startling sweetness and subtle tropical undertones.

Add whole cherry tomatoes to kebabs, or cut in half in a fresh salad, using your cucumbers and dill.

Blueberries from Hayton Farms, Skagit Valley, 1/2 pint



Thomas and Sarah Hayton established Hayton Farms in 1876. They grew grain and hay to be barged from Deer Slough to Seattle to feed the city's work horses. In the early 1900s, their son James transformed the farm into a dairy, and in the 1950s his son Leroy focused on peas and pea hay. Today Robert and Susan Hayton grow hay, some veggies, and also a beautiful array of berries, including organic strawberries, blueberries, blackberries, raspberries, tayberries and loganberries.

In the summer, when they have access to these fabulous blueberries, Nash and Patty frequently start their day with a breakfast smoothie that includes Nash's spinach, Hayton Farms blueberries, and a healthy dose of turmeric to get those joints going in the morning!

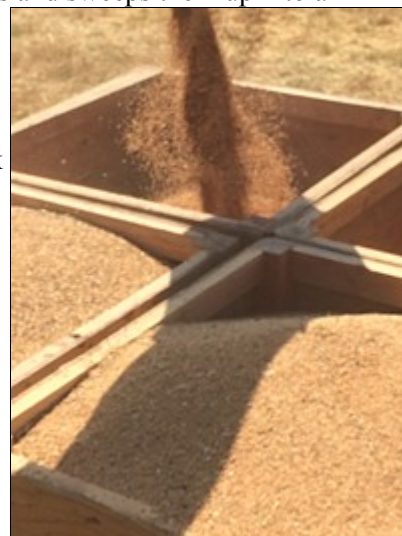
News from the Farm



First grain harvest of the season

On Friday, July 27, Sam McCullough, grain/field/soils manager at Nash's Organic Produce (above), pulled the John Deere combine out of the Delta Barn where it has been for many months and drove it to our fields out on the bluffs above Sequim Bay on Schmuck Road. The summer heat has dried out several of our wheat crops and they are ready to harvest. This is a big deal for our farm, as our livestock program depends on the barley we will harvest, and we are milling so much of the wheats into flour for people food.

A combine performs two functions (hence the name "combine"): it cuts the grain stalks and sweeps them up into a thrashing unit. Then the grain is thrashed until the hulls fall off and the seeds release from the seed heads. The machine then spews the stalks and chaff out the back, and collects the grain berries in a hopper. When the hopper is full, Sam pulls up beside a truck with wooden bins, and dumps the load into the bins. An assistant will drive over to Schmuck Road, 5 miles from Delta Farm, with another truck and 4 empty bins, pick up the full truck and bring it back to Delta and put a lid on each bin to store it in the Delta Barn. Last Friday they did this all day until a 25-acre field of hard red wheat was all harvested.



Conventional grain farms sometimes spray their fields with glyphosate (the active ingredient in Round Up) so the grain dries at a uniform rate for ease of harvest. As an organic farm, we certainly do NOT engage in that practice. It can make harvest harder, because some areas of a field may get more soil moisture and the green stems clog up the combine. But this year, the heat and dryness has made that less of a problem for Sam and he is headed out next week to harvest another hard red field and a soft white wheat field as well.

Meet Emma Jane Garcia

Produce Manager at Nash's Farm Store

On August 27, Emma Jane Garcia will assume the position of Produce Manager at our Farm Store and we couldn't be more delighted.

Emma Jane, or EJ, was born in Salt Lake City, UT, but grew up in Las Vegas, NV. "I was the third generation on my mother's side to live in Vegas," she says, "but at age 18, I left for Washington State to go to Evergreen State College in Olympia."

During her time at Evergreen, EJ became really aware of food systems and how they affect health. She started working on local farms through the WWOOF program (World Wide Opportunities on Organic Farms) on the west coast and also interned at Sunfield Farms in Port Townsend, a farm with a focus on education for children. She also worked on Red Dog Farm and at the Chimacum Corner. "I feel like all this work and study has prepared me to take this position at Nash's," she says. "I am really passionate about local food systems and organic food!"



In her spare time, EJ likes to hike, backpack, sing, read, and cook. "Cooking is a creative process and I love cooking what I had a hand in growing!" Come on down to the farm Store and help us welcome EJ to Nash's Farm Store.

Just one more produce clerk completes Emma Jane's 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 searching for the best people. If you are interested in being part of a really dynamic team, 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!](#)

Lucy, you got some 'splainin' to do!

Saturday, August 11, at 11 am, Kathy Charlton

"Working Girl: Behind the Cellar Door"

Join us at Nash's Farm Store, 4681 Sequim-Dungeness Way in Dungeness, as Kathy Charlton "splains" her experience converting a bankrupt winery into one that produces award-winning wines. **The talk is free and open to the public.**

In 1999, Kathy and her husband purchased Olympic Cellars, a bankrupt boutique winery housed in an historic dairy barn situated on the Charltons' investment property in Port Angeles, Washington. She jumped on an early retirement package from Texas Instruments, packed-up her Dallas home, and together with her husband headed north to begin an exciting second career at the age of 51.



"I bought a business that I REALLY knew nothing about," Kathy says. "The glamour of owning a winery faded fast as reality set in... then hard work and pride in even the smallest accomplishment took over." Kathy will share with us how she did it, and how a second career can take you to places you never dreamed could happen. She made sure to have fun during her journey, as in the annual Grape Stomps each summer, where she dressed up as that famous redhead (above) and got into grape vats to stomp grapes as Lucy Ricardo!

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.