



What's in your box for Week 6

Walla Walla-style Onions, 2 ea



These onions are sweet, juicy and mild, due to their low sulfur content. They have fewer health benefits than, say, yellow onions with a higher sulfur content, but they are delicious raw or very lightly cooked. Use soon, because their thin skins make them less durable, even when refrigerated.

Use your Walla Walla-style onion in a simple, but delicious snack. Lay thinly sliced onion and chopped fresh basil, dill or parsley on a slice of lunch ham or turkey, spread with a little cream cheese. Roll it up and munch!

Heirloom Tomatoes, 1 lb



Tomatoes are rich in vitamins A, C and K, as well as potassium, magnesium, dietary fiber, chromium, folate, thiamine, iron and copper. But their real benefit comes from the antioxidant lycopene, a carotenoid that has been studied for its cancer-fighting properties. Tomatoes are also important to eye health and reducing inflammation.

1 large heirloom tomato, cut up
1 cup peeled and chopped cucumber

2 cloves garlic, minced
1/4 cup diced sweet onion
1 Tbsp. chopped fresh parsley
1 Tbsp. chopped fresh basil
2 Tbsp. red wine vinegar
3 Tbsp. olive oil
1/2 tsp. salt
1/4 tsp. fresh ground black pepper

Slice the heirloom tomatoes in bite-sized pieces. Combine with remaining ingredients in a large bowl, and toss to blend well. Cover and refrigerate for at least 1 hour before serving. Serve on a bed of greens, if desired. You can also substitute chopped fresh dill instead of basil.

This recipe is from *Bounty from the Box, The CSA Farm Cookbook*, by Mi Ae Lipe. We love this fabulous cookbook because it is arranged seasonally and has countless great recipes and CSA articles. Interested in purchasing it? Use the sales promo code **NASH15** from now until August 20 to get 15% off (a savings of \$5.25) when you order the book directly from the author's website at <http://www.bountyfromthebox.com/>.

Lacinato Kale, 1 bu



Kale is the superstar of carotenoids and flavonoids which are 2 powerful antioxidant types that protect our cells from free radicals (there are 45 distinct flavonoids in kale!) Kale also provides a whopping dose of vitamin K, needed to strengthen our bones—132%. It's also a rich source of vitamins A and C, as well as calcium, iron, and manganese, plus easily digestible dietary fiber.

Lacinato stands up well in soups and stews, but that's winter food! The Italians who developed Lacinato centuries ago knew how to use it in all seasons.

Tuscan Kale Salad

- 4-6 cups kale, midribs removed, thinly sliced, and loosely packed
- Juice of 1 lemon
- 3-4 Tbsp. extra-virgin olive oil
- 2 cloves garlic, mashed
- Salt & pepper, to taste
- Hot red pepper flakes to taste
- 2/3 cup grated Pecorino Toscano (or Asiago, Parmesan, Romano) cheese
- 1/2 cup freshly-made bread crumbs from lightly toasted bread

Whisk together lemon juice, olive oil, garlic, salt, pepper, hot red pepper flakes. Pour over kale in serving bowl and toss well. Add two thirds of the cheese and toss again. Let kale sit for at least 5 minutes. Add bread crumbs, toss again, and top with remaining cheese.

Recipe from www.drweil.com

Parsley, Italian, 1 bu



We automatically think of basil when we think pesto. But Nash's parsley has a very intense parsley flavor that stands up really well to the garlic and Parmesan.

- 1 cup shelled walnuts, pine nuts or pecans
- 2 cups chopped parsley, about 1 bunch
- 1/2 cup grated Parmesan cheese
- 3 garlic cloves, roughly chopped
- 1/2 tsp. salt

1/2 cup olive oil

Put the nuts, parsley, cheese, garlic, and salt in a food processor and pulse for a few seconds to combine. Scrape down the sides of the bowl, then pulse again. Then drizzle in the olive oil while the machine is running just long enough to incorporate the oil, about 20-30 seconds. Use immediately or cover with plastic wrap and refrigerate to store. Very good with beef or as a dip with chips. Also use with pasta or to add pizzazz to pizza or a sandwich.

Recipe from www.simplyrecipes.com

Beets—Bulk, Rainbow Colors, 1 lb



If you follow the basic rule of thumb that more color means more phytonutrients, beets are loaded—both the red and the golden. Different colors indicate the presence of different phytochemicals. For instance, the Detroit's deep red color indicates the presence of lycopene, quercetin, ellagic acid, hesperidin, and anthocyanins. Yellow beets have carotenoids, zeaxanthin, lycopene, flavonoids, and beta-carotene. Lots of long words that tell us to include lots of different colors in our vegetable and fruit choices so we are guaranteed that we get the full spectrum of nutrients for optimal health.

A large portion of the calories in beets come from sugars, so enjoy them in moderation.

Cauliflower, 1 hd



The first cauliflower of the season! Break into florets and steam lightly, maybe with a Walla Walla-style onion cut into bite-sized pieces. Before serving, drizzle with some of that tasty parsley pesto that you have mixed with a little more olive oil to make it of drizzling consistency.



Lemon Cucumbers, 2 ea

Seattle only. These heirloom cucumbers are tender and mild. They are excellent in salads, and can also be pickled. Because the skin is so thin and tender, don't peel them!

Pickled Lemon Cukes

2 lemon cucumbers, sliced
1/2 red bell pepper, sliced
1/2 sweet onion, sliced
1 clove garlic, thinly sliced
1 tsp. salt
1/4 tsp. celery seed
1/4 tsp. mustard seed
1/4 tsp. dried dill weed
1/4 tsp. pickling spice
1/4 cup sugar
1/2 cup white vinegar

Slice the cucumbers, bell pepper, and onion thinly (between 1/8-1/4 inch). Put the cucumbers, bell pepper, onion, and garlic in a large glass bowl. Add salt and other seasoning, toss well, and allow to sit at room temperature for 1 hour.

Combine sugar and vinegar over low heat, stirring until the sugar is completely dissolved then remove from heat. Pour over the vegetables and allow to cool. Place the pickles in a lidded container and store in the refrigerator.

Gooseberries, 1/2 pint



Seattle only. Our apologies to our Peninsula members, but we have such a small quantity that we could only put them in a limited amount of boxes. This variety can be eaten raw because they are not like the green gooseberry that is so tart. But you can also stem them, cook them down in a little water, add a tablespoon of sugar, and cook until syrupy. Use on ice cream or on pancakes and waffles.

Nectarines, about 1.5 lb

From Sunnyslope Ranch in Wapato, WA. Always happy to share these wonderful, organic, freestone nectarines with our CSA members.



Summer Fruit in Wine

Chop 1 stalk lemongrass (or lemon balm, mint, thyme, sweet woodruff or rosemary) and boil in 1/2 cup water with 1-2 Tbsp. sugar or honey until sweetener is totally dissolved and blended. Let cool for several hours or overnight.

Place 4 cups washed, pitted and cut up mixed summer fruit (peaches, nectarines, melons, apricots, strawberries, raspberries, blueberries, cherries) in a nonreactive bowl. Strain sweet syrup and combine with enough white wine (like Reisling, Gewurztraminer) to barely cover fruit. Pour on fruit and chill for several hours. Serve in large wine goblets or clear glass dessert bowls. Garnish with herb sprigs

and/or edible flowers.

News from the Farm



They're not called "chicken" for nothin'

Most flocks of young chickens are delighted to have a door opened to the outside so they can wander free in a yard. All our flocks have behaved normally, going outside within a few days to scratch in the earth. Our new flock of three-month-old chicks, however, is taking its time getting used to the outdoors.



The big door to the yard was opened two weeks ago. The chicks spent a long time just looking outside and not moving hardly at all. Then a few of them ventured out about five or six feet, sat down and then went back in as the day got warmer. That happened day after day, even when we put food and water outside. They would eat a little, then run inside.

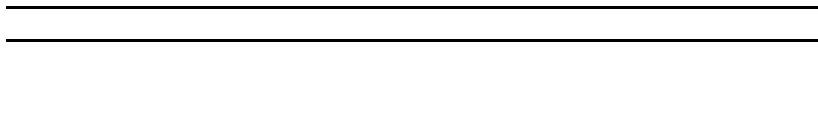
So we put an older rooster from our laying hen flock in the yard with the chicks, so they would have an experienced bird who would give a warning if an eagle flew over. He immediately ran outside and started crowing to announce to the world that he had a new territory. The chicks went to the door, sat down, and watched him while he wandered the yard alone.

This Monday, we threw some greens out into the yard and the rooster was on it right away. This tempted the chicks way out into the middle of the yard, where they enjoyed the greens until they were all gone (photo above). They poked around the yard for a few minutes, then returned to the doorway to sit down and watch their favorite chicken channel, "The Rooster in the Yard."

We're hiring a Produce Clerk to round out our Farm Store team!

Finding people to be a part of our great produce team (right) 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!](#)

Standing, from left: Farmer Nash Huber, incoming Produce Manager EJ Garcia, outgoing Produce Manager Kia Armstrong, and Patty McManus. Kneeling, from left: Elena Nájera and incoming Store Manager Jeremy Buggy.



Lucy, you got some 'splainin' to do!

This 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!

To celebrate Kathy's talk, we have Olympic Cellars Working Girl wines on sale at Nash's Farm Store at 10% off until August 15!

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 food samples at Nash's Farm Store! 4681 Sequim-Dungeness Way in scenic Dungeness.