



What's in your box for Week 7

Bulk Table Carrots—Peninsula, 1.5 lb;



Seattle, 3 lb

Try this new twist on slaw, thanks to Karolina Tracz, one of our employees from about 10 years ago.

Shred 5 or 6 carrots. Combine with 1 Tbsp. fresh lemon juice, 1/4 tsp. salt, and 1/4 tsp. fresh ground white pepper. Place in the fridge for at least 1/2 hour to blend flavors.

Leeks, 4



Leeks become creamy and sweet when baked. Serve them hot or cold with vinaigrette dressing, or layer them in a dish with ham and cheese and bake until hot and bubbling.

Don't throw away the trimmed darker green tops. They make wonderful soup stock.

Red Cabbage, 1 hd



If you're lucky enough to score some of Nash's bacon, try this recipe from Mi Ae Lipe's *Bounty from the Box, The CSA Farm Cookbook*. We're ordering some new copies, if you're interested!

Warm Red Cabbage & Bacon Salad

3 slices bacon, cut into 1" pieces, sauteed until crisp, and drained on a paper towel

1.5 Tbsp. olive oil

1/2 large onion, peeled and chopped
3 large ribs celery, sliced
1/3 cup cider vinegar
3 Tbsp. sugar
1/2 tsp. celery seed
1/2 large head red cabbage, shredded
Salt & pepper
2 Tbsp. chopped fresh Italian parsley

Heat oil in skillet, add onion and celery, and saute briefly. Add vinegar, sugar and celery seed. Heat until mixture boils, then immediately add cabbage and bacon pieces all at once. Stir and toss for 1 minute, or until cabbage is warm but not cooked. Season to taste with salt and pepper. Serve while warm with parsley garnish.

Collard Greens, 1 bu



These robust greens are a terrific partner for Nash's pork. Cook some pork chops in a skillet and toss in some chopped collard leaves on top with onion, garlic and chopped herbs. Add a small baked potato and you've got a meal! If you don't make a gravy with the skillet juices, drink them, because they are extremely nutritious. This is a lighter version of the "pot liquor" from Southern cuisine, only the traditional way is to slow-cook the meat and the greens for hours.

Heirloom Tomatoes, 1 lb



These delicious beauties are wonderful in everything from salads, sandwiches and added to sautes and stir-fries. Also in a salad dressing! Cut up your heirloom, and blend with a sprig of fresh basil, 1/2 tsp. salt, a pinch of cayenne, 1 clove garlic, 1/8 cup apple cider vinegar, and 1/3 cup olive oil. Blend until creamy.

Italian Parsley, 1 bu



Parsley will keep better if washed and dried right away. Remove the twist-tie and wash in a sink or bowl full of cold water. Completely submerge it and swish vigorously. Rinse under cold water, then spin to remove excess water. Spread it out on a paper towel, roll the towel around it loosely, and slip the whole thing into a plastic bag. It should keep for about a week and will be clean and ready for you when you need some!

Peaches, 1.5 lb



Peaches are not only tasty, but nutritious. They are rich sources of vitamins A, C, E, and K. They also contain niacin, potassium, copper, manganese, phosphorus, magnesium, and dietary fiber, all in one tasty 70-calorie package. What a great snack!

Try cut up peaches on a salad, paired with prosciutto, mozzarella cheese, different kinds of lettuces or even bitter greens, like arugula, and a balsamic dressing. Their tangy sweetness balances the peppery flavors of the greens. Got the barbecue out? Grill halved peaches to accompany steak or pork chops. They are fantastic in mojitos with fresh mint and lime, or cut up in a salsa or chutney. Versatile, delicious and in your box!

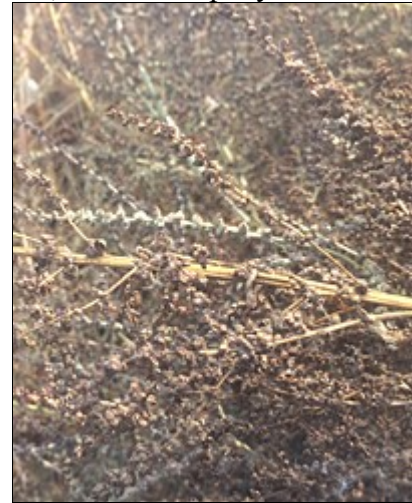
News from the Farm



Looks like that field got away from us. . .or?

From all appearances, the photo above looks like a thick field of weeds, 10 acres of six-foot high thicket that only a rabbit could love. But if you look closely at the plants that form this mat of brush, you see little seed heads. This is a mature field of organic golden beets that were planted 18 months ago and are finally ready to be harvested.

The seed for this field was provided to us by Sakata Seed America, a seed company based in Japan, and we have grown this crop on contract with them. It's one of the best looking seed crops we have ever produced, but the proof will be if the germination rate meets our contract goals, and how many tons per acre the field produces.



Farmer Nash decided about 20 years ago to focus on seed production for our farm because so many of the varieties he had come to favor were hybrids and owned by really big seed companies that terminated their production if they didn't sell well enough. He and field manager Sam McCullough have focused on open-pollinated (plants that are pollinated by insects or wind), organic seed and currently the farm grows its own seed for about 20 varieties of kales, cabbages, spinach, Brussels sprouts, carrots and beets. We grow small quantities, like a few pounds, for ourselves, but the Sakata contract will be measured by the ton.

Still looking for someone who likes working with great, organic food!

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 Najera and incoming Store Manager Jeremy Buggy.

