



What's in your box for Week 8

Heirloom Tomatoes, 1 lb



Mix your wonderful heirloom tomatoes with other box ingredients in a tasty salad. Chop the tomatoes, and combine with corn kernels cut off 2 ears of fresh corn; half your sweet onion, chopped; 1 small jalapeno pepper, seeded and chopped; 1 large sprig basil, chopped (or 2 Tbsp. chopped fresh dill); 2 Tbsp. olive oil; 1 Tbsp. Balsamic vinegar; and salt and pepper to taste. Mix well, cover and refrigerate for several hours and serve on large Romaine or Red Butter lettuce leaves.

Lacinato Kale, 1 bu



Kale provides calcium, iron and carotenoids, plus many anticancer factors. It is better to eat kale lightly cooked (but not overcooked!) because it contains oxalic acid that inhibits the absorption of calcium, but is neutralized by the cooking process.

Remove the stems from 1 bunch kale and cut the leaves into strips. Steam until just wilted. In 2 Tbsp. olive oil and 1 Tbsp. butter, saute 2 cloves minced garlic, 1 medium chopped onion, and 1 Tbsp. minced fresh ginger (or 1 tsp. dried). Add kale, mix well and cover. Cook on low until kale is tender, then sprinkle with lime juice and fresh ground pepper to taste. We thank Mi Ae Lipe's *Bounty from the Box*, *The CSA Farm Cookbook* for this recipe.

Bull's Blood Bunched Beets, 1 bu



Beet tops have the same nutrients as the roots (calcium, iron, magnesium and phosphorus, plus carotene, and vitamins B complex and C) but with the added bonus of a higher carotenoid content.

It pays to eat both! You can steam the greens and roast the roots, toss them together with a little butter mixed with a pressed garlic clove and a squeeze of lemon juice. You can also chop the stems and add to stir-fries, omelettes, or salsas.

Walla Walla-Style Onion, 1



There's no cuisine in the world that doesn't use onions or one of its allium cousins extensively, and many cultures use onions for medicinal properties. They have a flavor that enhances other ingredients and are especially good with legumes or potatoes.

Onions have B complex vitamins and vitamin C, plus calcium, magnesium, potassium and sulfur compounds. They improve kidney functions and have antibacterial qualities. They have also been shown to lower blood sugar levels.

Green Cabbage, 1 hd



If you're looking for vitamin C, K and B6, plus calcium, potassium, manganese, magnesium, and dietary fiber, cabbage is your best friend! It's incredibly versatile, delicious fermented, raw in slaw, lightly cooked and cooked longer in soups and stews.

To lightly steam, remove outer leaves and shred with a sharp knife. Rinse well and place in a skillet over medium heat. Top with a little salt, pepper to taste, and a couple of pats of butter. When it starts to steam, lower the heat and cook 5 minutes, covered, or until cabbage is just slightly wilted.

Nash's Carrots, 1.25 lb



Seattle boxes only. Our own Mary Wong shared this great raw salad with us.

Whisk together 1/3 cup apple cider vinegar, 1/4 cup honey, and 1 Tbsp. mustard. Add 2 cups shredded cabbage, 1 cup shredded or finely chopped apples, 2 cups shredded carrots and 1/3 cup chopped fresh dill. Mix well and enjoy.

Sweet Corn, 4 ears



From Alvarez Organic Farms in Yakima, WA.

The Spaniards brought maize, or corn, back from the Americas and it quickly spread throughout Europe, appearing in such signature dishes as Italian polenta.

Of course, corn on the cob is fantastic and this sweet corn is perfectly suited for that. Another way to enjoy it is off the cob, Mexican style. Cut kernels off the cob, chop 1 small red pepper, 1 small green pepper, and 1 bunch green onions, and saute everything gently in 3 Tbsp. butter. Cook until corn is just tender, add salt and pepper to taste, and enjoy! Want a kick? Add 1 small chopped jalapeno (seeds removed!), or a pinch cayenne. A mild Poblano pepper is very tasty in this recipe, too.

Apples, 1.5 lb



We all know the old adage, "An apple a day keeps the doctor away." Why would people say that, unless they were apple vendors? It turns out that particular phytonutrients (plant chemicals) found in apples can help in regulating blood sugar. In addition, research has shown that eating apples has a beneficial impact on the bacteria in the digestive tract which helps us to properly absorb nutrients from our food. Apples are also heart-healthy. Total cholesterol and LDL cholesterol ("bad cholesterol") are both decreased when there is a regular intake of apples. Quercetin is a phytochemical found in apples that provides our cardiovascular systems with anti-inflammatory benefits. So there is plenty to keep you healthy in your apples, especially if they are organic ones.

News from the Farm



Laying down on the job!

Farmers have to improvise and invent things because, for the most part, they can't afford to purchase new stuff every time they need something. Nash has seen carrot weeder platforms that resemble the one above on several other farms, and finally got his ideas to the prototype stage where it could be put out in the field for a test run.

The main problem was getting the tractor to go really slowly so that weeding was even possible. Older tractors like ours don't have what is called a "creep" gear (no reflection on the tractor's character, but a reference to an extremely slow speed) and Nash has been working with Jo LaCouer, a neighbor and friend who loves mechanical challenges, to figure out a way to make the tractor go an appropriate speed so that the four people laying on their stomachs on the platform can actually have time to get their hands around the weeds to pull them out. Above: Suzy, Nash and Joe talk about ways to slow the machine down even more.



Then there is physically laying on your stomach for 20-25 minutes with your forehead pressed on a padded board and pulling the weeds below you as fast as you can. It might actually be pretty funny, if the weeding weren't so dead serious. We have lost good crops to weeds and don't want to do that with our carrots. But the choices are to go down 800-foot rows on your hands and knees, or lay on your stomach and pull like crazy. We're rooting for the tractor to slow down!

Super job for someone who likes working with organic food and wonderful people

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!](#)

Growing Great Organic Garlic!

September 15, 11 am, with Pam Larsen
Nash's Farm Store, 4681 Sequim-Dungeness Way

Garlic is a superfood and Pam Larsen knows how to grow it in our climate and in our soils. She'll share some of her secrets at Nash's Farm Store on September 15. The event is free and open to the public.

Pam is a 20-year Sequim resident, and she has always grown gardens organically, but has been able to grow more, study more, and learn more about it here in Sequim. She created the "Rainshadow Planting Guide" to help gardeners know when the best planting times are in Sequim's unique climate. In 2006 she started Sequim Organic Gardeners and in 2007 was one of the founders of the Community Organic Gardens of Sequim. She has been teaching organic gardening classes ever since. She also engages in plant research in order to translate science into terms gardeners can understand in order to grow better organically.



Garlic is one of Larsen's favorite crops. It not only grows well here, but it is one of the nature's healthiest foods, used in cuisines worldwide and extensively for medicinal purposes. Garlic is rich in anti-oxidants, phytonutrients, vitamins and minerals, and is a potent anti-inflammatory. It's one of those plants we all should include more of in our diets and Pam will show us how to grow it ourselves so we always have it on hand!

Come for the event, stay for FREE food samples at Nash's Farm Store!