



## What's in your box for Week 9

### Red Russian Kale, 1 bu



Kale is super simple to sauté. Pull the green, leafy parts off the stems and break into bite-sized pieces. Lightly sauté in olive oil, with minced garlic, and salt and pepper. You can also coat with oil and bake in a very low oven for kale chips. Add kale to your juice for a real nutrient hit. Here's a recipe for a delicious raw kale salad from Kia Armstrong, former manager of Nash's Farm Store.

### Lemon Tahini Kale Salad

- 1 bunch kale, stemmed and chopped
- 2 pinches of salt (more to taste)
- 1/3 cup tahini
- 1 small lemon
- 1 Tbsp. soy sauce or tamari
- 2 Tbsp. warm water (more if needed to thin)
- 1-2 cloves garlic
- 1 Tbsp. sesame seeds
- 1 Tbsp. red pepper flakes

Salt the kale and massage with your hands. Let the prepped kale sit while you prepare the dressing. Combine tahini, juice from lemon, soy sauce or tamari, and water and mix well with fork. Add more water to thin as desired. Mince garlic and add to dressing along with sesame seeds and red pepper flakes. Pour over kale and mix well.

### Heirloom Tomatoes, 1 lb



Throughout history, tomatoes have been considered poisonous, an aphrodisiac, or just an ornamental plant. We're glad we live in a time when tomatoes are not only a common part of many of the world's cuisines, but when delicious heirloom varieties have made a comeback. Check out the [website](#) for *Food & Wine* for some great heirloom tomato recipes.

### Leeks, 4 ea



Leeks contain important antioxidants that help protect your blood vessels from free-radical damage. They are also high in the B vitamin folate. The entire plant from top to bottom contains these nutrients, and when they are grown organically, the green parts can be very tender. Include them in soups and stews for extra flavor.

Leeks align perfectly with potatoes (the famous potato/leek soup), mushrooms, chicken, cauliflower, sweet potato or winter squash, eggs, cabbage (think Irish Colcannon) and seafood, including salmon.

### Table Carrots—Peninsula 1 lb; Seattle 2 lb



Organic carrots grown in the mineral-rich soils of the Sequim-Dungeness Valley are delicious raw, but studies show you get more beta-carotene if the carrots are cooked lightly. They are one of the primary vegetables used in *mirepoix*, the basis of many sauces in French cuisine.

You can steam, mash, sauté, roast, and even grill carrots. They can be candied, grated into salads, added to cookies, soups, stews and quiches. They are one of the most versatile of vegetables!

This past weekend, Nash and Patty attended the wedding of Laurie MacKenzie, who is a carrot breeder with Organic Seed Alliance in Port Townsend. We just have to share this photo of her beautiful wedding cake, which was, of course, a carrot cake decorated with different varieties of candied carrot strips and curled carrot rounds. It was the creation of Port Townsend chef Arran Stark.



## **Bulk Beets—Peninsula 1 lb; Seattle 1.5 lb**



Cut beets into 1" pieces and steam for 15 minutes to maximize their nutrition and flavor. Fill the bottom of the steamer with 2 inches of water and bring to a rapid boil. Add beets, cover, and steam for 15 minutes. Beets are cooked when you can easily insert a fork or the tip or knife into the beet. Serve on top of a salad or sprinkle balsamic on top and serve as a vegetable side dish.

### **Beet Pear Soup**

- 4 medium beets
- 1 Tbsp. butter
- ½ medium red onion, coarsely chopped
- 1 ripe pear, peeled and cored, cut into 1 inch strips
- 4 cups vegetable broth
- 2 Tbsp. fresh lemon juice
- Salt & freshly ground black pepper
- ¾ cup crumbled goat cheese

Steam beets as described above. Heat the butter on medium heat. Add the onion and cook until it begins to soften, about 3 minutes. Add the pear and cook for about 3 minutes more stirring occasionally. Add the broth and bring to a boil. Reduce heat to medium-low. Add the beets, cover and cook for 15 minutes. Season with lemon juice, salt, and pepper. Allow to cool. Use an immersion blender to puree the soup, or carefully puree in batches in a blender. Serve hot or cold, topped with goat cheese.

This recipe was adapted from *50 Best Plants on the Planet, the Most Nutrient-Dense Fruits and Vegetables, in 150 Delicious Recipes* by Cathy Thomas

### **Arugula, 1 bu**



There's very little an organic farmer can do to stop flea beetles from taking their tiny share of young arugula greens. As the plant matures, it puts out its own chemical deterrents that actually translate into phytonutrients that benefit us enormously, and the coming of cooler weather also causes the flea beetles to die off. In the meantime, the young arugula is perfectly edible and very tasty.

Arugula is a fantastic food to add to your diet. Don't limit yourself to salads, though. Try adding arugula to pastas, grains, sandwiches, wraps and soups, or blend it into a delicious spicy pesto. It pairs especially well with grilled meats, so add it to an accompanying salad.

## Soft White Wheat Flour, 2 lb



Seattle only. This is the closest our farm gets to an all-purpose flour. We think it's perfect for all kinds of pastries, pie crusts, sauces, cookies, crackers, even homemade noodles. Farmer Nash likes to dredge pork chops in it before frying. We have used it to make bread, but we find that mixing it with some hard red flour improves the flavor.

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## News from the Farm



## Beet seed crop harvested & delivered!

Tensions can run high on harvest days for a crop that's as important to the farm as the Sakata gold beet seed crop. Last week, Sam got into the combine and harvested half the field, emptying the load into about 14 cardboard bins provided to us by Sakata. In the photo above, you can see Zach assembling the bins.

Even though weather conditions were dry, once it is harvested and boxed up, the seed starts to break down and decompose unless it is at 11 or 12% moisture. It is our responsibility to quickly get the seed to Sakata in Mount Vernon where the company has a giant seed dryer that will stop the decomposition, because even a little can affect germination. So the same afternoon as it was harvested, Farmer Nash drove a truck and trailer full of the bins up to Mount Vernon and handed it over to the crew that was waiting for him there, even though he arrived after 11 pm. These seed crops are important to them, too!



During the first trip, Nash experienced some issues with the trailer. For the second run the following day, we had to borrow another trailer from Ryan McCarthy at Dungeness Valley Creamery. We sincerely thank him for that loan, because it enabled us to complete the harvest, load it into the bins (right) and Nash drove the second load to Mount Vernon. Again, he arrived late at night, but the crew was there to take charge of the cargo, and Nash was able to find a hotel and get a few hours sleep before heading back to Sequim the following day.

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## 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!**