



What's in your box for Week 10

Walla Walla-Style Onions, 1 ea



This will be the last hit of Wallas for the season. To bring out a richer flavor from these onions, slow cook them on a low heat. They caramelize and are delicious in quiches or savory pies. Try thinly sliced caramelized onions and apples as an interesting topping on a puff pastry.

Bulk Gold Beets. 1 lb



Trim and cut your beets into 1" pieces. Toss with some olive oil; a tsp. of your favorite dried herb, like marjoram, oregano or rosemary; 1/2 tsp. freshly grated lemon zest, 1/4 tsp. salt, and some freshly ground pepper. Roast in a 450°F oven for 20-25 minutes, or until beets are tender and browned. Toss roasted beets with 1 Tbsp. fresh lemon juice before serving.

Red Kale, 1 bu



Kale of any color is a hearty brassica that has been cultivated by humans for over 2,000 years. Few veggies are as nutrient-rich—A 1-cup serving is loaded with vitamins A, C, B-complex and K, as well as manganese, copper, potassium, iron, calcium, phosphorus and dietary fiber. Kale's sturdy nature makes it a natural for soups and stews. To braise, coarsely chop your kale and add to 1 cup chicken or veggie stock, along with a pad of butter, a minced garlic clove, some finely chopped chilies, some herbs, salt and pepper.

Bring to a boil, cover, decrease the heat and simmer for 8 minutes or until tender.

Spinach, 1 bu, Seattle only



We have been enjoying a few leaves of Nash's spinach in our breakfast smoothies all summer long. We add it to a cup of plain yogurt, 1 banana, some berries, a handful of Itsy Bitsy sunflower sprouts, a cup of organic apple juice, a tablespoon of fresh turmeric (that Nash chopped and froze last spring) and 1/8 tsp. pepper. Once pureed, it makes a very refreshing and filling breakfast drink.

Cauliflower, 1 hd



Here is an especially tasty and healthy way to enjoy cauliflower, thanks to whfoods.com.

Poached Halibut with Cauliflower and Fennel

1-1/2 lbs halibut, cut into 8 pieces
1 Tbsp. fresh lemon juice
1 Tbsp. + 1 cup chicken or vegetable broth

1 medium-sized onion, cut in half and sliced medium thick
1 large carrot, turned into 1-1/2 inch pieces
1-1/2 cups small cauliflower florets
1 medium-sized fennel bulb, sliced medium thick
5 medium cloves garlic, pressed
Salt and black pepper to taste
Chopped fennel green tops for garnish

Slice onion and chop garlic and let sit for at least 5 minutes to bring out their hidden health-promoting properties. Rub halibut with lemon juice and season with a little salt and pepper. Set aside.

Heat 1 Tbsp. broth in a skillet. Sauté onion in broth over medium heat for 5 minutes stirring frequently. Add the rest of the broth and carrots. Simmer on medium heat for about 10 minutes covered. Add cauliflower, fennel, and garlic. Place halibut steaks on top and continue to cook, covered, for about 6 more minutes. Season with salt and pepper. Serve halibut with vegetables and broth on brown rice. Sprinkle with chopped fennel greens.



**Tomatoes—Peninsula, 1 pint Sungolds;
Seattle, 1.75 lb Heirlooms**

Cut your tomatoes in wedges, and 1 large sweet onion into thin wedges. Slice 1 large cucumber into 1/4" rounds. Whisk together 1/4 cup olive oil, 2 Tbsp. cider vinegar, 1 minced garlic clove, 1 tsp. minced fresh basil or 1-1/2 tsp. dry, and 1/2 tsp. salt. Pour over tomatoes, onion and cucumber and toss to coat. Serve immediately. Recipe from www.tasteofhome.com.

Cucumbers, 3



Peel and slice your cuke. Mash 1 clove garlic with 1/2 tsp. salt and mince it. Add to 1 pint plain yogurt and 2-3 Tbsp. fresh chopped mint (or 1 Tbsp. dried). Stir until the cucumbers are well-dispersed. This very refreshing salad comes to us from Mi Ae Lipe's *Bounty from the Box, The CSA Farm Cookbook*. We have copies at the Farm Store!

Italian Plums, 1/2 lb, Peninsula only



These plums come from an old plum tree on the east side of the Dungeness Field. Farm staff have enjoyed these plums in the early fall for many years.

Besides just eating them, plums can be roasted. Wash and cut them in half lengthwise. Remove pits and toss with 1 Tbsp. melted butter and 1 tsp. sugar. Place, cut side down, on baking sheet and roast in 400°F oven for about 15 minutes, or until caramelized. Allow to cool and serve as a dessert with a dollop of whipped cream, or as a tasty side for roast pork, pork chops, or some of Nash's pastured pork sausages or brats.

News from the Farm



Farewell & Thank You, Kia Armstrong!

In 2003, a young girl from Maine pulled into the farm, looking for a job. We put her to work on the field crew, and manager Sam McCullough now laughs as he recalls thinking she wouldn't last 6 months. Boy, did she fool us!

Fifteen years later we look back on Kia Armstrong's career at Nash's and are so impressed by the breadth of her experience and her work to promote the farm. She is passionate about local food systems and organic farming, and the knowledge she gained through her work on the farm was put to good use to extend our sales to other parts of the Northwest and into the Seattle area. She represented our farm at regional events, served on the boards of Tilth Producers, the U-District Farmers Market and Port Angeles Farmers Market, and also ran several of Nash's farmers markets, including two in Seattle.

In recent years, Kia was instrumental in helping Nash's acquire and create a full-grocery farm store in Dungeness. She has run the store as manager since 2015, setting up systems, establishing relationships with local and regional producers, and helping to make our Farm Store one of the best neighborhood organic stores in the area. We owe much of our current success to her hard work and talents.

Over the years, in addition to all this incredible work, Kia has married (musician Cort Armstrong), learned to play the bass, purchased a house in Dungeness, and had two beautiful children, Spencer (5) and Norah (3). As she moves into this new phase of her life, we wish her and her family all the best, and hope that they will continue to be a part of our community and farm family.

In the photo above, Kia, who loves Nash's sweet onions, passes the Store Manager baton to Jeremy Buggy, who is fond of Nash's leeks. These natural-born leaders seem to prefer the organic alliums!

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!