



What's in your box for Week 11

The change of seasons has gotten our sweet tooth going. That's our only rationale for so many dessert recipes this week!

Pears—1.5 lb Peninsula, 2 lb Seattle



Nash's orchard has a variety of pears that are just beginning to ripen. Pears are one of humanity's oldest foraged and cultivated foods, dating back to prehistoric times. Throughout history the fruit has been revered, with frequent mentions in religion, literature, and folklore.

Pears ripen from the inside, which is why they are frequently not allowed to ripen on the tree. If you choose to allow your pears to ripen awhile, check the very top for softness, which will indicate that it is getting ripe inside.

Pears are a natural poached. Quarter the pears and just cover with cold water. Add spices and sweeteners, such as cinnamon, ginger slices, black peppercorns, allspice berries, star anise, vanilla bean, lemon, wine, honey and sugar. Simmer for 15-20 minutes. Remove pears, strain out the spices, and cook the liquid over medium-high heat to reduce it down to a syrup. Drizzle over the pears.

Thank you *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe for info on pears.



Red Beets, 1.5 lb

Our market manager Bre Krumpe, who is a very good baker, shared this recipe with us. It turns one of nature's power-house vegetables into a very tasty dessert!

Double Fudge Beet Muffins

- 2 eggs
- 1 cup beet purée
- 1/4 cup maple syrup, agave nectar or honey
- 1/3 cup brown sugar
- 1/4 tsp. sea salt
- 1.5 tsp. baking soda
- 1/4 cup melted coconut oil or butter
- 1/4 cup unsweetened almond milk
- 1/2 cup unsweetened cocoa powder
- 1 1/3 cups Nash soft white wheat or triticale flour
- 1/3 cup semisweet chocolate chips + more for topping

Roast or steam 2 red beets until soft. Puree in a blender until you get 1 cup. Preheat oven to 375° F and line muffin tins with paper liners, or lightly grease (to make 12 muffins).

Whisk eggs and add beet puree, melted oil/butter, sweetener, brown sugar, baking soda, salt and whisk for 45 seconds. Stir in the almond milk and whisk once more.

Add cocoa powder and flours and stir with a spoon or spatula until just combined, being careful not to over-mix. If the batter appears too thick, add a touch more almond milk. It should be quite thick and NOT pourable, rather scoopable.

Lastly, stir in chocolate chips. Then divide batter evenly between muffin tins (should be enough for 11-12) and sprinkle with a few more chocolate chips (optional but recommended).

Bake for 17-22 minutes or until a toothpick inserted into the center comes out clean. Let cool for a few minutes in the pan, remove from tins and let cool on a cooling rack. Will keep covered for several days. Freezer for longer-term storage.

Green Kale, 1 bu



Few vegetables are as nutrient-rich as kale. A 1-cup serving contains staggering amounts of vitamins A, C, and K, as well as manganese, dietary fiber, copper, B vitamins, potassium, iron, calcium, phosphorus, and vitamin E - all for only 36 calories.

Cabbage—1 Green, Peninsula; 1 Red Seattle



To help cabbage stay fresh longer, do not wash it until you are ready to use it. Store cabbage in the refrigerator vegetable crisper. Avoid slicing or shredding cabbage in advance, as this will cause it to lose a significant amount of vitamin C. Most head cabbages will keep for 1 week to 10 days.

Carrots—1.25 lb Peninsula, 2.5 lb Seattle



Try something a little different with your Nash's carrots.

Carrot Soufflé

1 lb. carrots, coarsely chopped

½ cup butter

1 tsp. vanilla extract

3 eggs

3 Tbsp. Nash's triticale or soft white wheat flour

1 tsp. baking powder

½ tsp. salt

¾ cup organic turbinado sugar

Preheat your oven to 350 F and lightly grease a 2-quart casserole dish. Bring a pot of salted water to a boil and add the carrots. Cook until tender, 15-20 minutes. Drain and mash. Stir in butter, vanilla, and eggs. Mix well. Sift together flour, baking powder, salt and sugar and stir it into the carrot mixture. Blend until smooth. Transfer into the casserole and bake for 45 minutes. Serve immediately.

Triticale Flour, 2 lb



Triticale is a cross between wheat and rye that was developed in Sweden a century ago. We find that this grain makes a very versatile flour for both pastries and breads, with a delicious, nutty flavor.

News from the Farm



Practicing Quinoa

If you happen to take the scenic route along Schmuck Road (off of Port Williams Road) in the pristine Sequim-Dungeness Valley, prepare yourselves to see red. Don't worry, it's the glorious kind of red—25 acres of beautiful Redhead Quinoa that will take your breath away.

Oftentimes, when people think quinoa, there is a quick association with the phrase, "Incan food of the gods." Understandable, as quinoa originated in the Andean region of northwestern South America, and was domesticated 3,000 to 4,000 years ago for human consumption in the Lake Titicaca basin of Peru and Bolivia. And today, through Nash's partnership with Lundberg Family Farms in California's Sacramento Valley, the "food of the gods" has landed on Schmuck Road in Sequim.

Last May, Nash and his team planted the quinoa as part of a contract with the Lundberg family. The Lundbergs have owned and operated their farm since 1937 and are pioneers in organic farming, and were the first business to produce and market a brand of organic rice in the United States. Today, the third and fourth generations carry on the Lundberg family heritage by using eco-positive farming methods that not only produce wholesome, healthful rice, rice cakes, chips and more, but also package and market organic foods with a focus on improving and protecting the environment for generations to come.

This passion and dedication to certified organic and eco-farmed fields is shared with Nash and his entire 600-acre farming operation in the Dungeness Valley of the Olympic Peninsula. For three years, the Lundbergs and Nash have partnered in the art of growing quinoa, and through this organic collaboration, we look forward to a successful harvest at the end of September. Oh, and because you've asked, just know that Nash's Organic Produce may one day grow quinoa for ourselves, but for now, practicing quinoa makes perfect.

Photo by Steve Conroy

THIS SATURDAY!

Growing Great Organic Garlic!

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

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!

