



What's in your box for Week 12

Broccoli, 3.5 lb



Add small pieces of sautéed broccoli florets and stems to pasta, rice, and potato dishes or chop broccoli into small pieces and sprinkle them over pizzas, salads, casseroles, and just about anything that could use color and vegetable crunch.

Apples, 2 lb



Add apples to vegetable salads for extra crunch and sweetness. They go especially well with nuts, celery, bacon, and beets, and provide a welcome sweet note in coleslaw. Or sometimes the simple things are best—like apple slices with a little whipped cream, cinnamon, nutmeg, and sugar.

Lacinato Kale, 1 bu



Kale's ability to maintain its texture and flavor makes it ideal for stews, casseroles, and slow-cooking soups. Or scramble eggs with a bit of cooked kale stirred in instead of spinach.

Italian Parsley, 1 bu



Parsley goes well with anchovies, anise, bay, beans, beef, beets, chicken, duck, carrots, egg, fish, fennel, garlic, grains, onions, oranges, potatoes, pork, pasta, tarragon, thyme, tomatoes, veal, and venison, and it makes a great addition to just about any dressing or dip.

Carrots—1 lb Peninsula, 2.5 lb Seattle



Carrots have a huge affinity for other members of their plant family. Cook them with dill, cumin, parsley, anise, cilantro, parsnips, and fennel. Like potatoes, carrots are the workhorses of the kitchen. Add them to soups, stews, casseroles, steaks, roasts, and a wide variety of other dishes for color, flavor, and nutrients.

Red Beets, 1 lb



Betalains are a phytonutrient found in beets that have been studied for their anti-oxidant, anti-inflammatory and detoxification support. You can find these same compounds in the stem of chard or rhubarb, but not to the extent that you find them in both the flesh and peel of beets. These fragile plant compounds can be lost in the cooking process. To prevent this, steam beets for no more than 15 minutes and to roast them for no more than one hour.

Beet Slaw

Keep all those phytonutrients in a delicious and gorgeous slaw.

- 4 medium beets, grated
- 1/8 cup cider vinegar
- 1 tsp. Dijon mustard
- Grated orange peel from one small orange
- 1 Tbsp. honey
- 1/4 cup olive oil
- 1 tsp. caraway seeds

Depending on how juicy your beets are, you may want to squeeze with a paper towel to pull out moisture that will make the dressing to liquid-y.

Vigorously whisk cider vinegar, Dijon mustard, grated orange peel and honey in small bowl. Gradually beat in oil. Pour $\frac{3}{4}$ of the dressing over the beets and mix well. Add the rest if needed. Add caraway seeds and toss. Season to taste with kosher salt and pepper.

Recipe adapted from www.thekitchn.com

News from the Farm



It's more than just grunt work

“There’s something about them that I’m attuned to. I observe them. I learn their behaviors. I can see how they’re feeling by looking at them and listening. I literally speak to them in their language.”

Literally? Oh yes.

Andrea LaPlante, Nash’s very own pig whisperer, is trying to learn and speak the unique language of pigs. “I make grunts at them and see how they react, to see how it works. I can give them an alarm the way they would alarm each other. I use that same sound to my advantage. You can’t force pigs to do anything. You need to communicate with them and learn how they work in order to get them to do what you need them to do. They’re different from any other livestock, because they’re incredibly intelligent.”

Andrea came to Nash’s Farm by way of western Massachusetts, and has been working on a variety of farms since the tender age of 13—from tobacco farms, to plant nurseries, a few vegetable farms, and then a dairy farm in Maine. Later, she was accepted at Warren Wilson College in North Carolina, specializing in animal husbandry. Interestingly enough, Nash found Andrea on the internet after she posted her resume on an agricultural site. Thankfully, he followed his instincts to reach out.

The rest is history. Well, history in the making, anyway. It turns out Andrea is getting plenty of opportunity to apply what she’s learned when it comes to developing a successful pig breeding program. Early on she realized the genetics of the herd needed to be diversified. She retired the three existing boars and purchased one Berkshire boar named Black Jack. Nature seems to have taken its course, as there have been 30 litters since his arrival and he’s now well into his 3rd farrowing season. In addition to Black Jack, Andrea recently acquired two new gilts (young females who have not given birth yet) who are a cross between the Gloucestershire Old Spot and Berkshire breeds, purchased from a farm in NE Oregon.

Recently Andrea developed a new line of sausage products for the farm store and the Sequim, PA, PT, U-District and Ballard farmer's markets. We are pleased to report they are getting rave reviews. Nash's pigs are referred to as Pastured/Grassfed pork. They consume an abundance of organic vegetables that have been culled from our fields, as well as their regular staple of Nash's organic barley soaked in whey from the Mt. Townsend Creamery.

Some say they live like royalty, and we owe so much of this to Andrea for having the heart, as well as the strong physical and mental capabilities to humanely care for these animals. Sometimes it's a mind game, and other times it's a real love fest. For Andrea, it's a daily dance between the two.

"Sometimes I have to convince them that what I want them to do is their idea. They are problem solvers so we're always playing funny mind games. But they also have the capacity for deeper affection, I've found. I've had connections with all the different kinds of livestock that I've worked with in the past, but I really feel like there are stronger emotions felt with the pigs. They are reciprocated, and you can see that too. They make eye contact with me and move their faces when they're clearly excited to see me. And I know it's not just because of the food," she laughs, "At least that's what I tell myself."

All of us on the farm are pretty certain that it's not "just the food," Andrea. At Nash's, we clearly see the benefits of having our very own pig whisperer. And the pictures say it all.



Photos by Sarah Necco

Don't miss

CLALLAM COUNTY FARM DAY

September 29, 10 am to 4 pm

This is a unique agricultural experience in Clallam County. Just \$10 per carload gets you into 6 participating farms: Dungeness Valley Creamery, Jardin du Soleil, Agnew Grocery & Feed, Five Acre School, Lazy J Tree Farm and Finn Hall Farm. You can enjoy hayrides, family activities, displays and good food. Proceeds from this event go towards the North Olympic Land Trust, the organization that has preserved so many precious acres of farmland in Clallam County.

While you're out and about, looking at the farms, stop by Nash's Farm Store and pick up cold drinks, healthy snacks, organic produce from many of our area farms, chips and crackers, plus local cheese, beer, wine and cider. We have picnic tables, and a fun Kids' Corner for the little ones to play in while you relax! Open daily from 10 am to 7 pm.

