



What's in your box for Week 13

Carrots, 3.5 lb



Carrots come in other colors besides orange, but orange predominates around the world in modern times. The original carrot was probably white or purple and was first documented in ancient Persia. By the 15th century they had made their way to Europe and the transition to orange began. For some reason, orange carrots store better in cold climates than carrots of other colors, and European farmers inadvertently selected for that color. They would store their carrots and other tubers in root cellars, eating out of them all winter long, and the carrots that held up the best were the orange ones. Consequently, they were the ones planted the next spring and taken to seed. As Europe colonized other parts of the world, they took their orange carrots with them.

Carrots are super-rich in beta-carotene, the precursor to vitamin A. They are also a good source of antioxidants, potassium, vitamin K, sodium, phosphorus, calcium, vitamin C, niacin and vitamin B6. Other nutrients include vitamin A, E, folate, zinc, and iron.

Red Russian Kale, 1 bu



1 Tbsp. olive oil
 1 small yellow onion, chopped
 1/2 tsp. crushed red pepper flakes
 3 to 4 cloves fresh garlic, diced (or to taste)
 1 bunch of prepared kale
 1 14-oz. can whole peeled tomatoes
 Coarse salt and freshly-ground pepper, to taste

1/4 cup chicken stock

Wash kale well. Remove tough parts of stems. Put leaves in a pile and run a sharp knife through them about three times. Heat olive oil in large pot over medium-high heat. Add onions and saute until sof-

tened, about 4 minutes. Add red pepper flakes, garlic, stir, and let cook for about one minute until the garlic becomes fragrant. Add kale, salt and pepper, cook for three minutes. Pour in tomatoes and juice, then add chicken stock. Gently mix well.

Turn heat to medium, cover pot and cook for about 15 to 20 minutes or until kale is soft and silky. Add fresh lemon juice, red vinegar, or fresh nutmeg to taste at end (optional).

Recipe from whatscookingamerica.net

Apples—Peninsula 2 lb; Seattle 2.5 lb



Years ago, when Farmer Nash was a young man just starting out farming here, he would locate different apple trees in the Sequim-Dungeness area and ask the landowner for a cutting. That way, he got quite a few apple varieties from the original pioneer families that are now growing on our Dungeness farm orchard. It's been so many years, however, that we don't have the old names for the different apples. They are all tasty, though.

Garlic, .25 lb



We've heard that heaven smells like an Italian kitchen, and it's garlic that makes that kitchen smell so good. It makes an ordinary dish a fantastic one, and while it's at it, it offers us many health benefits.

Ancient civilizations used garlic to treat asthma, digestive disorders, heart disease, infections, respiratory disorders, tumors, and even intestinal worms. Today, claims for the health benefits of garlic include lower blood pressure and cholesterol, an anti-inflammatory effect, a reduced risk of cancer, and a stronger immune system.

Simple Garlic Chicken

Peel 3 garlic cloves and cut them up into small even pieces. Sprinkle two chicken breasts with a little salt and pepper. Heat 2 Tbsp. oil in a skillet and add the garlic. Cook on a medium flame, stirring to avoid burning the garlic. Continue for two minutes or till the garlic just starts to turn brown. Remove to a plate.

Add chicken to the pan and cook till one side starts turning brown, about 4-5 minutes. Turn over and cook other side. Add garlic and 1/4 cup white wine and let cook for a minute.

In a small bowl, whisk 1 tsp. Dijon mustard, 1/2 cup chicken broth and 1/4 tsp. salt. Add mixture to the chicken and bring to a boil. Reduce heat and let simmer. Cover and let cook for about 8-10 minutes. Sprinkle scallion greens or parsley on top and serve hot.

Chioggia Beets—Peninsula 2 lb; Seattle 3 lb



Chioggia beets are the most attractive of all the beets, with their concentric red and white rings. Just grate raw Chioggias on top of a bed of greens and they look like a party!

They are also known as candy cane or candy stripe beet. They come from the town of Chioggia, near Venice in Italy. Though they can be prepared much like any other beet, Chioggias have an especially sweet flavor and don't make everything they are cooked with turn magenta. They are more tender so require less cooking than other beets, and if you add a splash of lemon juice or white vinegar, their colors will maintain through the cooking process.

Naked Oats, 2 lb



These hull-less oats, or Naked Oats as we prefer to call them, have a great variety name—Streaker. They are the same as other oats, but their hulls are looser so that when they go through the combine, most of the hulls are shaken off.

They also have the same powerful health benefits as other varieties of oats, including their cholesterol-lowering fiber, called beta-glucan. There were so many studies done since the 1960s proving the beneficial effects of this special fiber on cholesterol levels that by the 1980s, oats were the center of many fad diets. The fad may have passed, but starting your day with fresh-cooked oatmeal is still a wise choice, especially for folks with a higher risk of heart disease, high blood pressure, or stroke.

One cup of oats gives you 70% of your daily manganese requirement, plus vitamin B1 and magnesium. Oats may also help prevent type 2 diabetes and bolster your immune system. There is even evidence that it fights cancer, specifically breast cancer.

Pan-seared Oatmeal

1.5 cups Nash's Naked Oats
2 cups milk or coconut milk
2 cups water
1/3 cup brown sugar
1/8 tsp. salt

Put the oats into a food processor or blender and pulse several times to coarse-grind. Bring the milk and water to a boil, add brown sugar, salt and oats and then let simmer, stirring constantly, for about 20 minutes, until thick and oats are soft.

Pour the mixture into a rectangular baking dish and let cool for at least an hour to become solidified. Meanwhile, bring 1 cup honey to a boil. Put some fruit, like berries or cut up apple in a bowl and pour the honey over them. Let stand.

Lightly coat a frying pan with vegetable oil or butter. Place on medium heat. Cut the oatmeal into squares and sear each piece on each side. Place on plates and pour the honey/fruit mixture over the tops. Garnish with a little grated coconut and slivered almonds.

News from the Farm



With a little help from our friends

We had an excellent crop of grain this year, and our usual and customary way to store it is to clean it and put it in 4' x 4' x 4' wooden bins, constructed so that they are pretty airtight and may be lifted and handled by forklifts. Every year we need to replace a few, but because early September was so wet this year, we had to harvest much of our grain in windows of dry weather in late August and again in mid-September. Sam was in the combine more than he was out of it, and the grain came in all at once. We got caught with lots of excellent grain and nowhere to put it!

Fortunately, Nash has quite a few good buddies who know how to handle power tools and have dealt extensively with wood, either in construction, or in cabinet making. He put out a call for help, and bless them, about a dozen guys showed up with their own tools last Tuesday evening. They quickly set up a system, assigned tasks, and set to work. The first evening they cranked out 16 bins that our mechanic Zach almost immediately filled and stacked. The following Friday afternoon, they did 14 more, for a total of 30 new bins. Very impressive!

One of the biggest problems was finding the plywood and other lumber. Because of Hurricane Florence, much of the available lumber was shipped to the Carolinas, leaving a very limited quantity on the Peninsula. Nash had to scrounge around to find enough to put together 30 bins, but in the end he got what he needed.

We thank our good friends who volunteered their free time for this project. Besides our never-ending gratitude, they got some pork burgers, an apple crisp, and some organic soda. Hope it was enough!

Protect our precious farmland!

The North Olympic Land Trust is working on preserving 132 acres of prime soil on Schmuck Road, west of Sequim Bay. They need all our help to match state and federal funds and keep this beautiful farmland in agriculture in perpetuity. [YOU CAN HELP!](#)

This weekend, 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.