



What's in your box for Week 14

Apples, 2.5 lb



More than 60 percent of the commercial US apple crop is grown in Washington State, although increasingly apples are being imported from abroad, especially from China and Chile, to supply big box stores. The varieties you are most likely to see at local farmers markets or through your Nash's CSA are heirloom varieties—old fashioned cultivars with distinctive flavors, perfumes, shapes and skin hues. Often these antique apples are more complex and nuanced than their commercially popular cousins, which are typically bred for uniformity for packing and longer shipping and storing qualities.

With Halloween coming up, consider caramel apples for kids or grandkids. Nash's Farm Store has some of [Chocolate Serenade's](#) great caramel sauce in stock. Or make applesauce, an excellent breakfast food. Or combine julienned apples with finely sliced red cabbage and grated carrots for a refreshing crunchy slaw in a vinaigrette dressing.

Juice Carrots, 3 lb



Whether you've jumped on the juicing train yourself or have heard of the health benefits of juicing from others, everybody seems to know that a super fun way of getting your daily dose of fruits and vegetables is to juice them up! Aside from being one of the most delicious ways of taking in pro-vitamin A, vitamins C, D, E, K, B1 and B6, a fresh glass of carrot juice is a great way to jump start the morning due to the easily assimilated sugar content. Not a fan of waste? Neither are we. All the leftover fiber from your carrot juice is super good for you too! Whipped up into muffins, cookies, and cakes,

baking with juiced carrot pulp is a creative way of gleaning every ounce of nutrition from Nash's famously sweet carrots.

Red Cabbage, 1 hd



Red cabbage, also known as purple cabbage, is a cruciferous vegetable that's delicious both raw and cooked. It's often eaten raw in salads, steamed, braised or sautéed with other vegetables. It's also referenced as red kraut or blue kraut and can provide the much-needed benefits of probiotics in this form due to the fermentation process. In addition, the fiber from red cabbage is known to prevent constipation, lower the risk of developing diverticular disease and may help relieve symptoms of some gastrointestinal conditions, such as IBS.

Garlic Ginger Red Cabbage

This garlic ginger red cabbage takes only minutes and is full of flavor. An easy, healthy and tasty side dish that would go well with any meat or fish.

2 Tablespoons coconut oil
1 Tablespoon butter
3 cloves garlic crushed
2 teaspoons fresh ginger grated
8 cups red cabbage shredded
1 teaspoon salt
1/2 teaspoon pepper
1/3 cup water

In a skillet on medium high heat, add the coconut oil and butter. When melted, add the garlic and ginger and mix well. Add in your cabbage, salt, pepper and water, and cover. Turn heat down to medium and cook for 5 minutes or until the cabbage is as soft as you would like. Mix well and serve. Recipe from author Denise Wright (MyLifeCookbook.com)

Collard Greens, 1 bu



Collards are a brassica with a lighter taste. Romans and Greeks attributed great therapeutic powers to collards to the point where Julius Caesar ate a plateful after a heavy banquet to ward off indigestion. They are a staple of traditional Southern cuisine, where they tend to be overcooked. Collards will lose much of their health benefits if they are cooked too long, so cook them until just tender.

Low in calories, collard leaves contain lots of soluble and insoluble dietary fiber that help control LDL cholesterol levels and protect against hemorrhoids, constipation, and colon cancer. They are rich in phytonutrients with potent anti-cancer properties and are an excellent source of folates, vitamins C, A, K and the vital B-complex group, plus anti-oxidants that boost the body's autoimmune system. The leaves and stems are also high in minerals like iron, calcium, copper, manganese, selenium and zinc.

Collards & Pasta

1 bunch collard greens, stemmed and washed
2 Tbsp. extra virgin olive oil
1 medium onion, red or yellow, coarsely chopped
Salt to taste
1/4 tsp. red pepper flakes
2 garlic cloves, minced
Freshly ground pepper
8 to 12 ounces pasta, any shape

½ cup cooking water from the pasta
1 to 2 ounces grated Parmesan

Blanch collards for 2 minutes in boiling water, transfer to a bowl of cold water and then drain. Squeeze out excess water and cut into thin ribbons.

Heat olive oil over medium heat in large frying pan and add onion. Cook, stirring often, until tender and translucent, about 5 minutes. Add generous pinch of salt, red pepper flakes and garlic. Cook, stirring, about 1 minute, and add collard greens and salt and pepper to taste. When greens begin to sizzle, turn the heat to low, cover and simmer 5 minutes. Add 1/2 cup water, cover and continue to simmer for another 5 to 10 minutes, stirring often, until greens are tender. Taste and adjust seasonings.

Cook pasta al dente, following instructions on the package. Before draining pasta, ladle 1/2 cup cooking water from pot into the frying pan with greens and onions. Drain pasta and toss with greens. Serve with Parmesan to taste.

Recipe from cooking.nytimes.com

Diana Fava Beans, 1 pint



Thoroughly rinse and inspect fava beans, picking out small dirt clods or damaged beans that made it through our seed cleaner. Soak 1-part beans in 2-parts water for 6+ hours; they will double in size and cook in less time. Strain, rinse and combine 1-part soaked beans in 2-parts fresh water. Bring to a boil and season as desired with chili powder, cumin, coriander, bay leaf, garlic, peppers, onions, etc. Add salt and/or tomatoes half way through, and lower to simmer. Dianas are tender in 65 minutes if pre-soaked. Favas become very tender when simmered on low in a crockpot overnight.

Fava beans are very high in protein and energy, like other beans and lentils. 100 g beans contain 341 calories per 100 g. These beans also have lots of antioxidants, vitamins, minerals, and plant-sterols. They are a very rich source of dietary fiber (66% per100g RDA) for normal elimination. Dietary fiber helps to protect the mucous membrane of the colon by decreasing its exposure time to toxic substances as well as by binding to cancer-causing chemicals in the colon. Dietary fiber has also been shown to reduce blood cholesterol levels by decreasing re-absorption of cholesterol binding bile acids in the colon.

Sweet Corn, 2 ears



Try a flavored butter with your Nash's corn! Curry is dynamite with corn, so mix 4 Tbsp. salted butter with 1 tsp. curry powder and 1-1/2 tsp. freshly squeezed lime juice. Or try 4 Tbsp. salted butter mixed with 2 Tbsp. chopped chipotle chiles in adobo sauce. Another interesting combination would be 4 Tbsp. salted butter mixed with 2 tsp. white miso and a dash of soy sauce. Corn lends itself to many international flavors!

Spinach, 1 bu



It's part of our mental furniture that spinach is good for us, but sometimes it helps to have it spelled out. Spinach is rich in vitamins K, A and C, as well as folate, manganese, magnesium, iron, potassium and calcium. It's also a good source of niacin, zinc, protein, fiber, vitamin E, thiamin, vitamin B6, phosphorus and copper.

In other words, it's loaded with good things for every part of your body to help keep cholesterol from oxidizing and protect your body from free radicals, particularly in the colon. The folate is also good for maintaining a healthy cardiovascu-

lar system, while its magnesium content helps lower high blood pressure levels. Studies have also shown that spinach helps maintain vigorous brain function, memory and mental clarity.

In order to retain the rich iron content of spinach while cooking, add a bit of lemon juice or vinegar while steaming. Thanks to Mercola.com for the nutrition info.

Sungold Tomatoes, 1 pint



Seattle only. Everyone loves sungolds and no wonder. With their distinctive, tangy-sweet taste, Sungold cherry tomatoes are best eaten fresh off the vine or used for salads and party trays. They are also delicious sautéed, grilled, or stewed, and they can be used in nearly any recipe, hot or cold, that calls for cherry tomatoes. Try using Sungold cherry tomatoes as a colorful stand-in for caprese skewers, or make a homemade Sungold tomato compote or jam to serve on crackers with a touch of goat cheese. Store at room temperature for two to three days, away from direct sunlight.

News from the Farm



Nash's new hens are finally laying

The new hen flock is doing pretty well now. They are very happy to go outdoors and scratch around in the dirt and grass. Fortunately, right now the eagles are focusing on the salmon that are moving up the Dungeness River and they are not attacking our chickens. Must have gotten tired of the taste.

The new flock was born on May 3, so they are now 5 months old. Starting around 2 weeks ago, we found the occasional tiny egg, about half the size of a regular egg, on the floor of the hen house. We quickly opened up the nesting boxes and put clean straw in them, and the young hens immediately began to explore them. Now many of them are using the boxes and we have gone from 4 to 5 eggs per day to 34 to 36. We figure in a month or so most of the hens will be laying 5 to 6 eggs per week, which is normal for a hen in her first year.

Their eggs are going to be small for the next couple of months, but by winter they will be laying adult-sized eggs. We have been very lucky that by and large their health seems to be good. They eat Nash's mixed grains soaked in whey from the Mount Townsend Creamery in Port Townsend, plus all the bugs they can find, and culled veggies from the Store. We hope their good health continues, especially as the cold months commence.



Help the folks at Skagit River Ranch

It's a tremendous amount of work to raise chicks to laying age in hopes of getting them there in a healthy state. Our fellow farmers at Skagit River Ranch in Sedro Woolley have had their laying hens stolen! Thieves took their laying flock (500-600 producing birds in groups of 50-100 at a time!) last spring and left them in shock and utter dismay. They were counting on the revenue from the eggs and are now about \$35,000 in the red. They have been running a "Go Fund Me" campaign and could use all the help they can get. Small family farms run on tight margins and such a loss is devastating.

If you'd like to help the good folks at Skagit River Ranch, follow the [link](#) to their Go-Fund-Me page.

We welcome

Thomas Steidley, Produce Clerk

It took us a while, but we finally found an enthusiastic, experienced and energetic produce clerk to round out our produce department staff. Thomas Steidley was born in Lafayette, LA, but raised in Florida and in Albuquerque, New Mexico. He graduated from the University of New Mexico with a degree in Biology in 2015. "I am fascinated by the interconnectedness of life," he says, "and how we humans fit into it, for better or worse."

Thomas worked a summer for the USGS in New Mexico, and intends to become a park ranger someday. "After a series of life-changing events," he laughs, "I decided to travel a little, and the national parks were a real draw for me." He spent time in the Grand Tetons, Yellowstone, and Glacier National Parks. While traveling, he heard about Olympic National Park and decided to head to the Northwest to check it out.

"I stopped by Nash's Farm Store last August to pick up some snacks and found out there was a job opening." We are grateful he did!

Thomas still hasn't been able to find living quarters for the winter yet. If you have a room or trailer for rent, or know someone who does, call him at the Farm Store, 360-683-4642.



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. Check out their website for photos and more information. [YOU CAN HELP!](#)