



What's in your box for Week 15

Rainbow Chard, 1 bu



You just have to look at rainbow chard to know it's healthy! A basic rule of thumb is that the more color a veggie has, the more vitamins, minerals and anti-oxidants they have. Different colors indicate the presence of different phyto-nutrients, so rainbow chard offers us a range of health benefits.

We may be getting close to the end of salad season, but here's one last colorful burst of raw rainbow chard.

Rainbow Chard Salad

6 stalks rainbow chard, or about 1 cup greens and sliced stems per person

1 small shallot, peeled and finely minced

1 small tart apple, cut into fine matchsticks

1/4 cup sunflower seeds, toasted in a dry pan until fragrant

1/2 cup crumbled feta cheese

1/4 cup extra virgin olive oil

2 Tbsp. white wine vinegar

Juice of 1 lemon

Salt and fresh ground black pepper

Wash, dry, and trim the ends from your chard. Slice the stalks thinly, about 1/8 to 1/4 inch. If they are very thick, slice them lengthwise and then chop. Add the stems to a large bowl.

Cut the leaves into small slices or ribbons. The aim here is to avoid large pieces of the greens, which can be tough. Slicing them small makes them tender. Add to the bowl with the stalks, along with the shallot.

Whisk together the dressing ingredients and toss some of it with the chard/shallot, enough to moisten but

not drown. Slice the apple into very thin matchsticks. Toss with a spritz of lemon juice so it doesn't brown. Add the apples and the toasted sunflower seeds to the top of the chard. Crumble the feta over the top, and give everything a good grinding of fresh black pepper.

Recipe from theviewfromgreatisland.com

Table Carrots, 3 lb



A medium-size carrot has 25 calories, 6 grams of carbs, and 2 grams of fiber. Carrots are an excellent source of vitamin A, providing more than 200% of your daily requirement in just one carrot. Carrots are loaded with beta-carotene, a natural chemical that the body changes into vitamin A.

Apples (Orchard Mix) —



2.5 lb Peninsula, 3 lb Seattle

There are differing opinions about whether you can mix apple varieties in a pie. If you do mix them, you may end up with a variety of textures in the pie, because some apples could get a little applesaucy while others have more texture. But we enjoy all the flavors that explode in every bite. Your mixed apples will also make dynamite juice or applesauce.

Red Kale, 1 bu



Red kale has a sweeter and more delicate flavor compared to green kale, and its nutrition is almost identical. It's a great option for a nutrient-dense green leafy vegetable, packed with vitamin K, vitamin C and other antioxidants. Try a power-packed kale smoothie at www.abelandcole.co.uk

Sweet Corn, 2 ears



With the cooler weather coming on, here's a way to use your sweet corn in a warm dish. If you'd rather eat it on the cob, save the recipe for later in the year and use an organic frozen corn.

Sweet Corn Soup

1/2 tablespoon olive oil
1 small red-skinned potato, peeled and chopped
1 small carrot, chopped

1 small onion, chopped
1 clove garlic, minced
2 cups chicken stock
1 cup corn, fresh or frozen
Salt and pepper
2 tablespoons fresh parsley or thyme

1 lime
Hot sauce or butter

Heat a medium/large pot over medium heat. Add the olive oil along with the potato, carrot and onion. Cook until the onion is tender, about 6-7 minutes. Add the garlic and cook for 30 seconds. Pour in the chicken stock and stir. Add salt and pepper to taste. Bring to a boil then cover and reduce to a simmer for 5 minutes.

Add half the corn and cook, covered, for 10-15 minutes until vegetables are tender. Transfer the mixture to a blender and blend until smooth. Alternatively you can use an immersion blender to blend until smooth.

Pour the soup back into the pot. Add the remaining corn, parsley and salt and pepper to taste. Serve with a squeeze of lime and butter/hot sauce. Enjoy!

Recipe from meaningfuleats.com

Golden Beets—



1 lb Peninsula, 2.5 Seattle

Beets are very low in saturated fat and cholesterol. They are a good source of vitamin C, iron and magnesium, and a very good source of dietary fiber, folate, potassium and manganese.

They are especially good for cardiovascular health due to certain unique pigment antioxidants in the root, as well as in the green tops that have been found to protect against coronary artery disease and stroke and lower cholesterol levels within the body.

If you follow the basic rule of thumb that more color means more phytonutrients, beets are loaded—both the red and the golden. Different colors indicate the presence of different phytochemicals. Golden beets have carotenoids, zeaxanthin, lycopene, flavonoids, and beta-carotene. Lots of long words that tell us to include lots of different colors in our vegetable and fruit choices so we are guaranteed that we get the full spectrum of nutrients for optimal health.

A large portion of the calories in beets come from sugars, so enjoy them in moderation.

Roasted Beet Hummus

2 medium-sized beets
1 cup cooked chickpeas
1 clove garlic
2 tablespoons sesame seeds
Juice of 1 lemon
Drizzle extra virgin olive oil
Sprinkle sea salt

Preheat oven to 375°F. Wash and trim the beets. Place them in a covered baking dish with 1/8 inch of water and roast them for about an hour.

In a small saucepan, add sesame seeds and just enough olive oil to coat. Toast them over a medium-high heat for about 5 minutes, or as needed. When the sesame seeds turn golden, remove them from the stove.

When the beets are fully cooked, peel them and cube them. Add the following ingredients to your food processor: chickpeas, toasted sesame seeds, roasted beets and a pinch of salt. Add 1/2 of the lemon juice to the mixture and puree it. Add more lemon juice as needed. Salt to taste and serve with artisan bread, crackers or other raw veggies.

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Carving Pumpkin GIVEAWAY at Nash's Store!

As the first pumpkins roll into Nash's Farm Store, we can't help but reflect on our favorite autumnal traditions: snuggling up in your favorite sweater again, the first bites of your grandmother's apple pie, and of course CARVING PUMPKINS! Is your uncle a master carver? Do you wait for your kids to get distracted so you can show them how it's really done? Like or Follow us on [Facebook](#), leave us a comment below the giveaway post with your favorite pumpkin carving memory, and that's it! You now have a chance to win two free pumpkins of your choice. A winner will be selected at random and announced on October 17th!

News from the Farm



Harvesting the quinoa

On Thursday, October 4, there was finally a dry window in the weather to be able to harvest the quinoa using the combine. It was a delicate dance, as is everything in farming, because if the crop is too moist,

the stems will clog up the machine and the seed will start to decompose quickly, making it necessary to put it on a dryer and use a bunch of propane. On the other hand, if the plants and seed heads are too dry, they shatter and a lot of seed ends up on the ground, rather than in the hopper of the combine.

But no matter, we had to take advantage of this short weather window, because rain was due over the weekend. Sam worked all day Thursday to get the quinoa harvested and since it rained as soon as Friday, it was a really good thing!

Photo above: After the seed heads are cut off, the stems retain that distinctive reddish color.

On Sunday morning, a very large truck from Lundberg Family Farms in California, who had contracted us to grow the quinoa, showed up at Delta Farm where Sam and the crew had off-loaded the quinoa into huge bags. Nash and Zach used the forklifts to load the bags on to the truck and when it left, it had 26 2,000-lb bags of quinoa on board.



The aerial photo of the quinoa below is from Sequim photographer [John Gussman](#). He took it with a drone at the end of September. What makes it interesting is that the horizontal lines are the tracks left by the irrigation cannon as it was dragged across the field. The diagonal wavy lines are elk tracks! The elk herd is attracted by the quinoa even though they don't eat it or bed down in it. Sam has noted that it was a consistent route they used from the north end of the fields to the south end.

We love the photo because it looks almost like a textile. Thank you John, for your beautiful photography! As an extra treat, here's a link to a recent short film he made on the [return of Chinook salmon](#) to the Elwha River.

