



What's in your box for Week 16

Winter Squashes

1 Buttercup for Peninsula; 2-3 Gold Nugget Hubbards for Seattle

Buttercup is an old classic squash that can be baked, boiled or steamed. When baked, they become dry and fine-textured. They are creamy and smooth when steamed. Buttercups make wonderful soups or pies. You can steam cubes of the buttercup until done, then dress with olive oil, garlic, tamari and ginger for a savory dish, or with apples and ginger for a sweeter one.



Gold Nugget Squash has a starchy texture and sweet flesh. It can be cooked in all the ways you can think of, and added to risotto, soup or curries, casseroles, pies, pasta dishes, and chili. Its petite size is perfect for stuffed and baked squash applications, especially when filled with spicy meats, grains, vegetables, and cheeses.



Apples (Orchard Mix)



1.25 lb Peninsula; 3.5 lb Seattle

Apples are low in calories and free of fat, sodium and cholesterol. They are rich in fiber, disease-fighting anti-oxidants and a variety of vitamins and minerals including potassium, folate, niacin and vitamins A, B, C, E and K. Eating apples has been associated with lower risk of a variety of cancers, stroke and diabetes. In addition, these nutritional powerhouses may help protect the brain from developing Alzheimer's and Parkinson's disease, and even lower a person's risk of tooth decay.

Green Kale, 1 bu



Add kale to pasta sauce, smoothies, or soup. Or try one of these methods:

Saute. A splash of olive oil and a little onion or garlic are all this veggie needs, and it cooks up in minutes. The leaf is tougher than spinach leaves, so it won't wilt as quickly in the pan.

Make a kale Caesar salad. You can eat kale raw in a salad, and the leaves can stand up to heavy dressings. Whip up a homemade mustard-based dressing that has all the thickness of Caesar but fewer calories.

Kale chips. Bake kale in a low oven with just a little olive oil drizzled over lightly salted leaves. Keep your eye on them, because they get crispy quickly.

Sweet Corn, 4 ears



Try it Mexican style!

2 ears of corn, shucked and boiled or grilled/oven roasted

1 tsp. extra virgin olive oil or coconut oil

1/2 tsp. salt

1 tsp. arbol chili powder, lime chili powder, or chili powder

2 Tbsp. queso anejo (a Mexican aged cheese similar to Parmesan) or
grated Parmesan cheese

1 lime, cut into quarters

Coat each cooked ear of corn with oil and sprinkle with salt, chili powder, and cheese. Serve with lime wedges for squeezing a sprinkle of juice on just before eating. Enjoy!

Italian Parsley, 1 bu



Parsley pesto is a super way to eat raw garlic and get the full health benefits that allium has to offer.

Parsley is no slouch in the health department either. Eating parsley can reduce the risk of cancers such as breast, digestive tract, skin and prostate. It contains high levels of a flavonoid called apigenin. Not only does apigenin possesses remarkable anti-cancer properties, it's also a powerful anti-inflammatory and antioxidant.

Parsley Pesto

2 cloves garlic

2 cups packed, stemmed Italian parsley

Course salt

1/4 cup walnuts

1/2 cup freshly grated Parmesan cheese, or to taste

2/3 cup olive oil

Salt and pepper

In a food processor place the garlic, parsley, pinch salt, walnuts, and cheese. Process until they form a paste. Gradually blend in olive oil, taste adjust your seasoning if necessary. Great with pasta, poultry, vegetables and rice.

Green Cabbage, 1 hd



Try your cabbage and carrots in a delicious slaw.

2 pounds green cabbage, cored and shredded
Salt and pepper
Ice water
1 teaspoon caraway seeds
2/3 cup mayonnaise

2 tablespoons white vinegar
1 clove garlic, grated
1 teaspoon Dijon mustard
2 carrots, grated (1 cup)

In a large bowl, toss the cabbage with 1 Tbsp. salt. Cover with ice water; refrigerate for 1 hour.

Meanwhile, in a small skillet, lightly toast the caraway seeds over low heat until fragrant, about 3 minutes. In a bowl, whisk together the mayonnaise, vinegar, garlic, mustard and 1/2 tsp. pepper.

Drain the chilled cabbage well, then squeeze in a kitchen towel to absorb any excess moisture; return it to the large bowl. Stir in the carrots and toasted caraway seeds. Add the dressing and stir well; serve cold.

Recipe from www.rachaelraymag.com

Cornmeal, 1 pint



Fine grind for Seattle; coarse grind for Peninsula

Corn was so plentiful where it originated in Central and South America that it was planted along roadsides so that everyone could help themselves to it. When Columbus arrived in the Americas, the natives had already developed more than 200 types of maize—one of the most remarkable plant breeding achievements in history. In modern times, corn has turned up in hundreds of different forms and is a base grain for thousands of dishes around the world. Nash's fine grind is excellent for corn bread, and

the coarse grind makes great polenta.

Parmesan Polenta with Sausage Ragù

Both the polenta and the ragù can be made ahead of time, for a quick, easy, yet delicious weekday meal.

1/4 cup olive oil
1 lb. Nash's sweet Italian sausage
1 red onion, minced
4 cloves garlic, minced
1 (28-oz.) can whole peeled tomatoes, crushed
1 1/2 Tbsp. balsamic vinegar
2 Tbsp. dried basil
Salt and freshly ground black pepper
1 tsp. fine sea salt
1 1/4 cups Nash's cornmeal

1/2 cup freshly grated Parmesan, plus more for garnish

Heat 2 Tbsp. oil in a 4-qt. saucepan over medium-high; add sausage and cook, breaking it into small pieces with a wooden spoon, until browned, 5 minutes. Add onion and cook, stirring occasionally, until translucent, about 5 minutes. Add garlic and cook 1 minute more. Add tomatoes and boil; simmer until thick, 20 minutes. Add basil, vinegar, salt and pepper to taste. Keep warm.

Meanwhile, bring sea salt and 5 cups water to a boil in a 4-qt. saucepan. Slowly add cornmeal and cook, stirring constantly, and reduce heat to medium-low. Cover and cook, stirring occasionally, until thick and creamy, 8 minutes. Remove from heat and add remaining oil, Parmesan, and salt. Divide between bowls and top with ragù; garnish with more Parmesan.

Recipe from www.saveur.com

News from the Farm



Cider pressing time!

Apples originated in Central Asia and have been enjoyed by humans for thousands of years. By seed or cuttings, they made their way into Europe, and came to England after the Norman Conquest of 1066 BC. The British brought them to the American colonies, and they disseminated throughout the New World.

We like to think that things like apple sauce, apple pie, or apple juice were the reasons people wanted apples, but the colonists and pioneers who eventually headed west across North America wanted apples for one reason only: CIDER!

And by that, we don't mean a fizzy soft drink. We mean hard cider, the most cost-effective way for a poor farming family to have a little libation after a hard day's work. Life was difficult, and the ordinary apple helped to make it a little easier. Hard cider was so common, even children drank it, especially in places where water quality was questionable.

Apples came to the Sequim-Dungeness Valley with the westward migration of European Americans. All the homesteaders planted apple trees and even today, you can find pioneer apple trees on old farm properties. Back in the 1970s, Farmer Nash went looking for apple trees around the Sequim Valley and, with permission from the landowners, he took cuttings from many of those old pioneer trees and planted them in Dungeness. Today we have a sizable orchard, and although we no longer remember any of the old varietal names, we harvest them in the fall and, using the original apple press (right), we press out the juice and bottle it in plastic jugs. The residue goes to our pigs.

Come on down for a cider pressing!

If you would like to join Nash for an old-fashioned apple gathering and cider pressing, come to our packing shed, 1865 East Anderson Road, across from the Old Dungeness Schoolhouse, on **Saturday, October 27, from 12 noon to 4 pm.** If you have apples from your own trees, bring them along and we will try to press them for you. No problem if you don't. We would greatly appreciate your help gathering the fallen or low hanging apples (no need to climb ladders!) and for your help, you will get a half-gallon of the farmstead apple juice. If you put it in a glass container and leave it in the fridge for a couple of months, it turns to hard cider and you can toast the original pioneers who made it possible!

