



What's in your box for Week 17

Apples (Orchard Mix)



2 lb Peninsula; 3 lb Seattle
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, this **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!

Lacinato Kale, 1 bu



Kale is a hardy and hearty green that humans have cultivated for over 2,000 years.

Stir-frying and sauteing. Kale leaves, stripped from their stems and coarsely shredded, can be stir-fried. For best results, parboil them for 5 minutes, then add to a well-oiled stir-fry pan or wok and cook for an additional 5 minutes.

Braising and Stewing. The sturdy nature of kale takes very well to braising and stewing. One

method is to braise coarsely chopped kale in stock or water into which butter, garlic, chiles, herbs, salt, and pepper have been added. Bring to a boil, cover, decrease the heat, and simmer over low heat for 8 to 12 minutes, or until the kale is tender.

Kale can also be stewed; use plenty of liquid such as stock or red wine, and simmer over low to medium heat for 20 to 25 minutes, stirring constantly.

Ginger Kale

1 large bunch kale, stems removed and leaves cut into strips
2 tbsp olive oil
1 tbsp butter
2 large cloves garlic, minced
1 medium onion, chopped
1 tbsp minced fresh ginger or 1 tsp dried ginger
Juice of 1 fresh lime
Freshly ground black pepper

Steam the kale until it wilts slightly. In a large skillet or wok, heat the oil and butter. Then add the garlic, onion, and ginger; saute until the onion turns soft. Toss in the kale. Cover and cook on low heat until the kale is tender. Sprinkle with lime juice and pepper to taste.

From [Bounty from the Box: The CSA Farm Cookbook](#)

Red Beets



2 lb Peninsula; 3 lb Seattle

This colorful and elegant side dish is so easy to make!

4 beets, trimmed, leaving 1 inch of stems attached
1/4 cup minced shallot
2 tablespoons minced fresh parsley
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon red wine vinegar
salt and pepper to taste
1/4 cup crumbled feta cheese

Preheat oven to 400 degrees F. Place beets onto a baking sheet and bake in preheated oven until easily pierced with a fork, 45 minutes to 1 hour. Once done, remove from oven, and allow to cool until you can handle them. Peel beets, and cut into 1/4 inch slices.

While the beets are roasting, whisk together shallot, parsley, olive oil, balsamic vinegar, and red wine vinegar in a bowl until blended; season to taste with salt and pepper, and set aside.

To assemble the dish, place the warm, sliced beets onto a serving dish, pour vinaigrette over the beets, and sprinkle with feta cheese before serving.

From AllRecipes.com

Carrots



2 lbs Peninsula, 3 lb Seattle

Baking and roasting: Like other root vegetables, carrots are lovely roasted, which concentrates their natural sugars and caramelizes them. Place cut carrots in a shallow pan, toss them with oil and seasonings as desired, cover them, and bake them in a 425F degree oven for 30 minutes. Remove the cover, stir them, and finish roasting uncovered for another 5 to 10 minutes until they are tender and

beginning to show golden caramel colors.

Savoy Cabbage, 1 hd



Baking and Roasting: Cabbage can be tasty sliced and combined in a casserole dish with other vegetables, bacon or other meat, and seasonings, then topped with plenty of butter, covered and baked for 30 to 40 minutes in a 325 degree oven.

Creamy savoy cabbage with carrots

- 1 large Savoy cabbage
- 4 large carrots
- 1/4 cup butter
- 4 tbsp double cream
- pinch nutmeg

Pull off any tough outer leaves from the cabbage and discard. Cut in half, then remove the hard inner core. Rinse the leaves, then shred as finely as you can. Cut the carrots into fine, thin strips or grate in the food processor.

Bring a pan of water to boil and add the cabbage and carrots. Boil for 6 minutes until just tender, then drain. Return to the hot pan and add the butter and cream. Season with pepper, and salt if you like, add the nutmeg and stir well to coat. Pile into a serving dish and serve immediately.

From BBCGoodFood.com

Delicata Squash, 1 ea



Serve it up with sweetness and a hint of cinnamon. You may find this recipe going into permanent rotation. Anything to get the kids to eat their veggies, right?

Brown Sugar Delicata Squash Recipe

2-3 lbs Delicata squash (about 2 average-sized squash)

2 tablespoons olive oil

2 tablespoons maple syrup

2 tablespoons brown sugar

Salt and pepper to taste

1/4 teaspoon ground cinnamon or more to taste

Organic cooking spray

Preheat the oven to 400 degrees. Halve the Delicata squash lengthwise and remove the seeds. Cut the halves into 3/4 inch thick slices. Grease a sheet pan.

In a small bowl mix together the olive oil, maple syrup, brown sugar, cinnamon and salt and pepper to taste. Pour the mixture over the squash and toss to coat. Bake for 20-30 minutes or until squash is tender and starting to brown. Serve immediately.

Local Farms Benefit Wildlife



Once we have harvested a crop, be it grain or vegetable, we have noticed that many wild animals move in to take advantage of what might be left on the stalks or on the ground. For instance, during the past month, residents of Sequim have observed thousands of geese circling the valley on the warm sunny days, and we have seen many of them land in the fields where earlier we grew barley, wheat and oats on Schmuck Road. Harvested farm fields, like the grain field at River Run Farm on the right, provide badly needed nutrition for migrating birds, as well as large open spaces where the birds can rest, but still see anything approaching, like a predator.



Because organic farms do not use chemicals, our effect on the Dungeness River is low, except that we do irrigate from the river, but irrigation was turned off on September 15. Salmon are now moving up the river and the eagles that preyed on our chicken flocks all spring and summer are laser-focused on the fish. Birds of prey find lots to eat on farm fields, everything from voles and mice to smaller birds.

We don't get much negative impact from deer, unlike home gardens. Deer keep moving as they eat, so they do little damage to an 800-foot row of greens. Elk, on the other hand, can do a lot of damage just by moving around because they are so big. But once a field is harvested, like the soft white wheat field above, they are more than welcome to eat the grain that has shattered on the ground and lie out in the sun.