



Here we are at the final week of our 2018 Summer CSA program and the season sure has flown by! The year has been filled with countless challenges and rewards and we're honored that you've joined us on this journey. We appreciate your support of our program and hope you've gained some insight into the many challenges our food systems face in addition to enjoying all the healthy, organic food we are so lucky to be able to grow right here in Dungeness. Our region is rich in the soil and climate to produce food year round, but we still have a long way to go to build the ground swell of support it will take to continue to grow a sustainable food system throughout the Puget Sound.

Being a CSA member is kind of like being a rebel. Investing your time and energy into partnering with a local farm, toward the goal of feeding your family and strengthening our community, is a powerful statement in today's world of fast, cheap, toxic food. Your commitment doesn't just fill bellies, support local jobs and save farmland. Your active participation also sends a message to friends and neighbors, that our collective health is a priority. That there ARE alternatives to big box stores, food that has traveled thousands of miles and chemicals and pesticides. That our actions today have a direct impact on future generation's ability to feed themselves, in the face of climate change and unaccountable global food systems.

Thank you for walking your talk, for prioritizing your health and for supporting Nash's Organic Produce. Although the CSA season is drawing to a close, we'll be pumping out fresh food all winter long! We hope you'll take advantage of our year round farmers markets and Farm Store to continue feeding your body and soul with the most nutrient-rich, delicious, whole foods available.

With blessings and gratitude,

Susan, Nash, Patty, Rachel, Eileen and the entire team at Nash's Organic Produce

## What's in your box for Week 20

### Green Savoy Cabbage, 1 hd (Seattle)



Cabbage has a special antioxidant family called *glucosinolates* which are important compounds that support liver detoxification. It is wise to incorporate cabbage and other members of the brassica family (broccoli, kale, arugula, mustard greens) into your diet on a regular basis. Unique to Savoy cabbage is a glucosinolate called sinigrin, which has shown unique cancer protective properties for bladder, colon, and prostate cancer. Be sure to not overcook your cabbage, or these benefits will diminish.

### Quick and Easy Ginger Garlic Sautéed Savoy Cabbage

This is a great way to add a warm and delicious crunch to your fall side dish rotations. Make sure to not overcook the Savoy cabbage, as it is more delicate than other varieties.

- 1 head savoy cabbage (shredded)
- 2 Tbsp. olive oil
- 1 Tbsp. tamari
- 1 Tbsp. minced garlic
- 1 ¼ Tbsp. ginger, minced
- 1 lime, juiced

Heat wok or large skillet medium heat. Add cabbage and stir-fry until it just starts to wilt (do NOT overcook). Add garlic, ginger, tamari and cook 1 minute. Drizzle with lime juice and serve.



### Italian Parsley, 1 bu

Herbs, like parsley, are a great way to add flavor and nutrients to any meal or side, and an especially nifty way to get vegetables into dishes for family members who are less enthused about the glory of vegetables.

Parsley should never be used as a solely a garnish. It has been considered a protective and purifying herb for over two thousand years. Parsley is perfectly packaged, being high in both vitamin C and iron (iron absorption is increased by vitamin C). In animal studies, a particular plant chemical found in parsley helped to reduce tumor formation. Parsley also helps neutralize certain carcinogens such as benzoprenes found in cigarette smoke and charcoal grill smoke.

### Parsley Salad with Toasted Almonds and Lemon

This is a great way to use up leftover grains and give them new life!

- 3 1/2 Tbsp. fresh lemon juice
- 1 Tbsp. Dijon mustard

1 tsp. honey  
1/2 tsp. black pepper  
1/4 to 1/2 tsp. fine sea salt  
1 clove garlic, grated  
1/4 cup olive oil  
1 cup cold, cooked grain, such as basmati rice  
5 cups roughly chopped Italian parsley, with tender stems  
1 cup whole almonds, toasted and roughly chopped  
1/2 cup finely diced sweet onion, such as Vidalia  
Zest of 1 lemon  
Dashes hot paprika, for garnish (optional)  
Make the dressing right in the serving bowl. Combine the lemon juice, mustard, honey, pepper, salt and garlic in a large bowl and whisk to combine. Slowly add the olive oil, whisking until emulsified.

Reheat the rice until steaming. Add the parsley to the dressing and toss to combine. Add the rice, almonds, onions and lemon zest, and toss well. Serve, garnished with a couple dashes of hot paprika if desired.

Source: [Foodnetwork.com](http://Foodnetwork.com)

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## **Apples (Orchard Mix), 2 lbs (Peninsula)**



Particular phytonutrients (plant chemicals) found in apples can help in regulating blood sugar. Research has shown that eating apples has a beneficial impact on the bacteria in the digestive tract which helps us to properly absorb nutrients from our food.

Apples are heart-healthy. Total cholesterol and LDL cholesterol (“bad cholesterol”) are both decreased when there is a regular intake of apples. Quercetin is a phytochemical found in apples that provides our cardiovascular systems with anti-inflammatory benefits.

### **Baked Apples**

Savor the apple harvest with this delicious, heart-warming dessert.

4 large apples  
1/4 cup brown sugar  
1 tsp. cinnamon  
1/4 cup chopped pecans (optional)  
1/4 cup currants or chopped raisins  
1 Tbsp. butter  
3/4 cup boiling water

Preheat your oven to 375°F. Rinse and dry the apples. Using a sharp paring knife or an apple corer, cut out the cores, leaving the bottom 1/2 inch of the apples intact. If using a paring knife, first cut out the stem area and then use a small metal spoon to scoop out the seeds. Cut the holes so that they are an inch or so wide.

Place the brown sugar, cinnamon, currants or chopped raisins, and chopped pecans in a small bowl and stir to combine. Put the apples in a baking dish and stuff each apple with the mixture. Place a dot of butter (one-quarter tablespoon) on top of the sugar.

Pour the boiling water into the bottom of the baking dish. Bake for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy. When done, remove the apples from the oven and baste them with the juices from the pan.

Terrific with a side of vanilla ice cream.

Recipe adapted from [http://www.simplyrecipes.com/recipes/baked\\_apples/#ixzz4JWpGUJxa](http://www.simplyrecipes.com/recipes/baked_apples/#ixzz4JWpGUJxa)

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### **Garlic Cloves, .2 lb (Seattle)**



#### **Garlic Dip**

Makes 3/4 cup

2 cups cooked or canned garbanzo beans  
1 Tbsp fresh lemon juice  
3 cloves garlic, chopped  
1/4 cup chicken or vegetables broth

3 Tbsp extra virgin olive oil  
Sea salt and pepper to taste

Combine all ingredients in the blender and blend until smooth. Serve with carrot sticks or celery, kohlrabi, cauliflower, steam beets, halved Brussels sprouts, bok choy stems, sunchoke, etc.

From The World's Healthiest Foods

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### **Red Kale, 1 bu**



Kale has gained popularity in recent years for being a nutrition powerhouse, and the research continues. Kale has been cited to lower the risk of multiple cancers in individuals consuming it on a regular basis. In addition, new research has shown that isothiocyanates (the same compounds responsible for their cancer-protective effects) can help regulate detoxification on a genetic level—that's super powerful!

#### **Creamy Kale Salad**

1 ripe avocado, halved, seed removed  
2 Tbsp. white wine vinegar  
2 tsp. Dijon mustard  
3 Tbsp. walnut oil or extra-virgin olive oil  
Salt and freshly ground black pepper to taste

1/2 bunch kale (8 oz), stemmed and coarsely chopped  
1 small red beet, peeled and thinly sliced  
1 sweet, crisp apple, cored and cut into thin wedges  
1/2 cup toasted walnuts, chopped

Combine avocado, vinegar, mustard, and oil in a food processor. Pulse until smooth (it will be thick). Season with salt and pepper. Combine kale, beets, apple, and walnuts in a large bowl. Toss with avocado dressing and season with salt and pepper. Serve immediately.

Recipe from Whole Living, January/February 2011

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### **Broccoli, 1 lb (Peninsula)**



Broccoli packs formidable amounts of vitamins A, B2, B6, C, and K, as well as folate, dietary fiber, phosphorus, potassium, and manganese.

#### **Crispy Cheesy Roasted Broccoli**

##### Ingredients

12 oz fresh broccoli florets

1 1/2 Tbsp olive oil  
2 oz cheddar cheese, finely shredded  
1/8 cup panko breadcrumbs  
1/2 tsp black pepper  
1/4 tsp kosher salt  
bit of vegetable oil cooking spray

Preheat oven to 500 F degrees. Line a large rimmed baking sheet with parchment paper and set aside.

To a large mixing bowl, add broccoli florets and olive oil, giving it a toss with your hands to fully coat the broccoli with the oil. Add pepper and salt and toss again to combine.

Transfer broccoli to prepared baking sheet and bake 8 minutes. While broccoli is baking, combine cheese and panko in a small bowl.

Remove baking sheet from oven and sprinkle broccoli with cheese/panko mixture. Spray quickly with a little cooking spray and return to oven for 3-5 minutes, until cheese is melted and a bit crispy.

Can be served from the baking sheet or alternatively, after broccoli is finished with the first 8 minute bake, transfer broccoli to a large casserole dish. Top with cheese/panko and bake 3-5 minutes and serve directly from the dish. Just make sure the casserole dish is oven safe at 500!

Source: [TheChunkyChef.com](http://TheChunkyChef.com)

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## **Sugar Pie Pumpkins, 1 ea**

Sugar pie pumpkins can be roasted in the oven, and the cooked flesh used in cookies, muffins, pies or biscuits. One easy winter squash or pumpkin roasting technique is to just wash the squash thoroughly, knock off the stem (or not!), and stick the whole thing in the oven. Putting it on a roasting dish or pan is a good idea too, as juices can escape while it's cooking. Depending on its size, the entire pumpkin will cook in about an

hour; you'll know it's done when its easily pierced with a fork.

Remove the cooked squash, halve it, and when cooled, remove the seeds and mash by hand or transfer to a blender or food processor to make a puree. The skins are edible, so be sure to blend those up too! Pumpkin puree also freezes well.

### **Pumpkin Cornmeal Biscuits**

1/4 cup butter  
1 1/2 cups Nash's white flour  
1/2 cup Nash's cornmeal  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt  
2 tablespoons brown sugar, packed  
1/2 cup pumpkin puree  
3/4 cup plus 2 tablespoons apple cider or apple juice

Preheat the oven to 425 & oil a baking sheet. Cut the butter into small pieces and place in a medium bowl. Sift in the flour, cornmeal, baking powder, baking soda and salt. Add the brown sugar and mix until lump-free.

In a blender or food processor, combine the pumpkin puree and the cider or juice. Pour into the flour mixture and stir briefly, just until well blended. Drop the biscuits by 1/4 cups onto the baking sheet 1-2 inches apart.

Bake for about 20 minutes, until puffed and very slightly brown around the edges and a toothpick tests clean. Serve immediately.

This seasonal recipe comes from the *Moosewood Restaurant New Classics* cookbook.

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## Red Beets, 2 lb (Peninsula), 3 lb jumbo (Seattle)



Beets have been associated in many cultures with love; it is said if a man and woman eat from the same beet, they will fall in love. Beets were eaten in ancient Greek and Roman times for their aphrodisiac qualities. The red beet was hung on the walls of prostitution houses in 740 AD and in the early 20th century!

**Roasted Beet Salad** ~ Serves 4 as a side dish

### Ingredients

1-2 lbs Beets,

Feta or soft goat cheese,

Olive oil,

Apple cider vinegar,

Salt and pepper,

1/2 bunch cilantro

Rinse and top the beets (save the greens for eating later!)

Quarter beets and place in roasting pan, drizzle with olive oil and mix with fork to ensure the beets are evenly coated

Roast at 350°F until tender enough for a knife to go through the center.

Add a dash of vinegar, salt, pepper, and feta/goat cheese to taste

Toss everything together with chopped cilantro \*If you prefer, you can peel the beets for aesthetic appeal with this dish (keep in mind you lose nutrient content when you peel any vegetable!).

Recipe adapted from: [Underwoodgardens.com](http://Underwoodgardens.com)

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## Nash's Best Carrots, 2 lbs



Quality carrots are rich in beta carotene, the precursor to vitamin A, which is a beneficial nutrient for eyes and vision. Vitamin A is a crucial part of the chemical transition that our eyes make to adapt to dark environments. So the next time you walk into a dark room, while your eyes are adjusting to the lack of light, you can thank the Vitamin A in your system when your eyes adapt and you are able to see the objects in front of you. In fact, carrots have been used during wars to help aviators overcome night blindness. Carrots are also high in pectin, the soluble fiber that can help to reduce blood cholesterol levels. Carrots contain iodine which is an important nutrient for the function of the thyroid gland. Other nutrients found in carrots include B vitamins, phosphorous, and calcium.

### Carrot Soup

This recipe serves 6-8 but is easily doubled for freezing leftovers.

2 tablespoons of butter

2 tablespoons of extra virgin olive oil

2 teaspoons ground cumin

2 teaspoons ground coriander  
2 teaspoons turmeric  
1 large onion, diced  
1 lb of carrots  
3-4 cups of chicken stock (can substitute with vegetable stock)  
1 tablespoon freshly grated ginger  
2 cloves of garlic, minced

In a large stock pot, sauté diced onion and dried spices in the olive oil and butter until onions are translucent. Add the carrots and heat for 5-7 minutes, stirring occasionally. Add stock, ginger, and garlic and bring to a boil. Simmer uncovered until the carrots are soft and then remove from heat. Allow to cool enough to use an immersion blender or blender (carefully!) to puree the soup. Add more stock (or water) if necessary.

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### Soft White Wheat Flour, 2 lb (Peninsula), 3 lb (Seattle)



With the bran removed from the whole wheat variety of Soft White Wheat, Nash's soft white flour is the answer to dessert and fine dining challenges. Use it to bake cookies, scones, tarts, cakes, pie crusts, airy muffins croissants and light biscuits. Mix it with other of our flours to lighten up the texture of whatever you are baking.

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### News from the Farm

## New Boar in Town



There's a new boar in town, and the "gilt girls" are all abuzz. Unbred female hogs are called "gilts," and Nash's Hog Manager, Andrea LaPlante, has known for some time that she would need to step in and help these young ladies out. Right now there's only one boar, Blackjack, and he's already papa to all the young ones on the farm. After careful research and inquiry, Andrea went on a road trip to Pleasant Valley Farm in Blaine, WA, and brought back a new young boar named Flapjack.



Flapjack is a one-year old registered, purebred Berkshire boar, a heritage breed known for one of the most prized meats in Japan, “Kurobuta pork.” Chefs from all over the world consider this premium grade of pork to be equal in status to “Kobe Beef.”

Finding a boar in the size range of our gilts was key, so Andrea knew that the next member of Nash’s hog family needed to be younger. If he were much older than a year, he would be too big and could cause injury to the females. Flapjack has been pastured his whole life, and both Nash’s and Pleasant Valley Farms work hard to maintain a vaccination-free policy for their animals. This is why Flapjack, along with all of his predecessors on the farm, must first be quarantined for a month. When he’s given the all-clear, this healthy hunk of a boar can be released into pasture with the ladies who have been patiently waiting to meet him.



What can we expect from Nash’s younger generation of boar and gilts? Very happy pigs, of course. And a new and welcome status for the girls as they proudly transition from gilt to sow. In a few short months, we can look forward to several litters of spring piglets that will be for sale as weaner pigs when they reach 7 weeks old.

Meanwhile, quarantine isn’t as bad as it sounds. The new digs are great, the organic food is fabulous, and Flapjack has already figured out how easy it is to train Andrea. He flops over. She rubs his belly. Welcome to the family, Flapjack.

*Nash’s has a wide variety of pork cuts and sausages available in our farm store freezer, yet another meal-planning option for the holidays and more. Also, ask us about our pork-buying program or [visit the website](#) for more information.*

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### **Update on Patty’s Status**

Patty just had her first post-op appointment after her hip replacement this last Tuesday and is happy to report that everything checked out fine. She is still feeling discomfort and needs to build up her leg muscles with physical therapy (starting next week) but the incision has healed well and she’s graduating from the walker to a cane. “In this season of gratitude, I have every reason to be extra thankful,” she says. “My employees have stepped up to fill in for my work so beautifully (Thank you, Eileen!) and we live in an age when there is actually something we can do about hip arthritis. It’s actually pretty miraculous!”