

Camas Swale Farm

July 13- July 17 2012



Look at what's sizing up!

News from the farm

This week on the farm flew by and it is amazing to reflect on all that we have accomplished. The weeds are under control, the growing tomato plants have another row of twine for trellising support, we dug the first potatoes of the season, and a new seeding of scallions is in the ground. The evenings have become a special time to walk the field and appreciate the joy and nourishment the plants give us everyday.

Today was the first day of our garlic harvest! Garlic is planted in the fall and let to overwinter until it is finally pulled up in the summertime. Don't wait to use your green garlic, it is spicy and easy to peel, but does not keep well.

We are very excited about this week's share. Escarole is a new favorite that we had not grown before. It is a bitter green in the endive family and has its own unique flavor. We like it simply sauteed with garlic and lemon. Try the recipe on this newsletter or check out Martha Stewart's awesome online guide to cooking with escarole. Fennel is another cool new addition to this week's share. It is great raw in salads or cooked with other veggies.

<http://www.marthastewart.com/286399/escarole-recipes/@center/276955/seasonal-produce-recipe-guide>

What's in my share?

Escarole (*slightly wavy green heads*)

Summer Squash:

Dark Green, Romanesco, Cocozelle, Yellow Crookneck or Straightneck

Snap Peas:

Sugar Ann, Cascadia, and Sugar

Cabbage:

Derby Day

New Potatoes:

Pink Desiree or Yellow German Butterball

Broccoli

Romaine Lettuce

Fennel Bulb

Fresh Garlic

Parsley

Save the date!
Farm tour and
potluck August
4th 3-8pm!

