

Camas Swale Farm

August 10 – 14 2012



Raaaawwk!

News from the farm

We write to you all after a full day of harvesting beans, cucumbers, and squash. A total of 250 pounds came out of the field today and lots more to harvest tomorrow morning! Dilly beans, pickles, and frozen squash for the winter are on our ever-growing list of preserved foods to make. Contact us if you are interested in bulk orders for projects like these!

Amidst news of a drought-stricken nation, we are lucky to be farming here in Oregon. We can appreciate morning clouds for protecting veggies during harvests and the afternoon sun for ripening the fruits in the field. Our irrigation system provides the crops with the water they need to thrive. We can even cut the water off from certain zones of the field, as we did with the garlic as their papers dried up for storage.

In your shares this week, you will find a little preview of the tomato bounty that awaits us. Tomato varieties are defined as either “determinant” or “indeterminant”. Indeterminant tomatoes will put off as many fruits as they can during their lifecycle, where as determinant varieties have a fixed number of possible fruits. Determinant varieties generally ripen earlier and make up most of the varieties that we have begun to harvest. There are 17 varieties in the field and the greenhouse, mainly indeterminants. Jonah and Amber choose varieties that are best suited to our growing climate and give preference to heirlooms.

What's in my share?

- Zucchini/Summer Squash:
*Dark Green, Cocozelle,
Yellow Crookneck or Straightneck,
Patty Pan*
- Green Beans:
*Provider, Contender, Tender Green,
Blue Lake, Royal Burgundy (purple)*
- Carrots
- Bintje Potatoes
- Salad Mix
- Fresh Onions
- Tomatoes:
Glacier, Stupice, and various others
- Jalapeño Pepper
- Cucumber:
*Shintokiwa (long green), Marketmore
(green), Lemon (yellow ball)*
- Garlic
- Cilantro

Thank you to everyone who came out for our farm potluck and tour! Here's an idea from the winner of both the "best taste" and "best use" categories in our zucchini cook-off: Shred zucchini with a vegetable peeler and boil it just like pasta. Top with whatever you wish! Below is another favorite from the competition.

Zucchini Rice Gratin

From smittenkitchen.com

1/3 cup uncooked white rice, long-grain is suggested but use whatever you prefer
5 tablespoons olive oil
1 1/2 pounds zucchini (about 3 medium), sliced 1/4-inch thick
1/2 pound plum tomatoes, sliced 1/4-inch thick
Table salt and freshly ground black pepper
1 medium onion, halved lengthwise and thinly sliced
3 garlic cloves, minced
2 large eggs, lightly beaten
1 teaspoon chopped fresh thyme leaves
1/2 cup grated Parmesan, divided

Preheat oven to 450°F. Cook the rice according to your favorite method. The package directions work in some cases, but check my notes above about adjustments I find I have to make. If you cook the rice in a large, wide-ish covered skillet, it might cook even faster but you'll have the chance to use it again (and save on dirty dishes) when you need to cook the onions in a bit.

While rice cooks, coat two large (or, if you have the same pitifully small oven as I do, three smaller) baking sheets each with a tablespoon of a of olive oil (a bit less for smaller pans). Spread zucchini and tomato slices on the baking sheets in as close to a single layer as you can. Sprinkle with 1/2 teaspoon salt and a few grinds of black pepper. Roast tomatoes for 10 minutes and zucchini for 20. Flip zucchini halfway through; it's not worth the messy effort for the tomatoes. Leave oven on.

Heat large, heavy skillet (such as the one you used to cook your rice) over medium heat. Once hot, add 2 tablespoons olive oil, heat oil, then add onions, garlic and 1/4 teaspoon salt to pan. Cover and reduce heat to low, cooking onion until limp and tender, about 15 to 20 minutes. Stir occasionally.

Combine onion mixture, rice, eggs, thyme, half of your grated cheese and a half-tablespoon of olive oil in a bowl. Add a good amount of freshly ground black pepper. Use the remaining half-tablespoon of olive oil to coat a shallow 2-quart baking dish. Spread half of rice mixture in bottom of dish. Arrange half of roasted zucchini on top. Spread remaining rice mixture over it and please don't worry about being neat about this; dinner will be "rustic" tonight!

Arrange remaining zucchini on top, then tomato slices. Sprinkle with remaining grated cheese and bake until set and golden brown, about 20 minutes. Each oven varies, but I find mine does the very best browning when the dish is on a rack near the top of the oven.