

# Camas Swale Farm

August 17- 21 2012



Eggplant flowers are as pretty as the fruit.

## News from the farm

While trellising the ever-growing forest of tomatoes today, I took a moment to sit in the shade of the plants. Today was hot. I drank some water and observed a honeybee. When I remember to listen to the bees, I am reminded of their constant activity and their importance to our farm ecosystem. I watched as the bee found a blossom and worked very hard to collect all the pollen it could, buzzing all the while. We would be missing many fruits in the field if not for our pollinators!

We picked the last peas of the season today, as well as the first watermelon! Our harvest list continues to change every week as you can see in your shares. We hope you enjoy the peppers and eggplants this week, a new addition. If you ever have trouble getting through your share each week, freezing is a great way to stock up on veggies for later. Eggplants and peppers freeze beautifully. After steaming or blanching, cool the pieces in cold water, let drain and then freeze. There are lots of resources on the internet for preserving summer's bounty, such as the National Center for Home Food Preparation: <http://nchfp.uga.edu/>. - Intern Hannah

### What's in my share?

- Basil
- Tomatoes
- Eggplant
  - Black Beauty or Listada de Gandia*
- Bell Peppers (green or purple)
- Hot Pepper (yellow)
  - Hungarian Wax type*
- Green beans
- Sierra Lettuce
- Onions
  - New York Early*
- Cucumber
  - Lemon (round yellow) and Marketmore (long green) or Phoono Kera (yellow brown)*
- Summer Squash
  - Dark Green, Romanesco, Cocozelle, Yellow Crookneck or Straightneck*

## Ratatouille (serves 6-8)

*adapted from CSA member Janet Jameson's recipe- thanks Janet! Freeze any leftovers in 1 gallon freezer bags for an easy dinner later.*

2 zucchini, cut into  $\frac{3}{4}$ " rounds  
1 eggplant, peeled and cut into  $\frac{3}{4}$ " thick rounds

1 bell pepper, sliced lengthwise  
1 onion, thinly sliced  
2 cloves garlic mashed

1- 1.5 lb tomatoes, sliced into  $\frac{1}{2}$ " rounds ( your share comes with 1.5 lbs)  
3 tbsp basil (and thyme combines well, or parsley only)  
 $\frac{1}{2}$  cup olive oil  
salt and pepper

- Toss the zucchini and eggplant in a colander with 1 tbsp salt. Let sit for 30 minutes to "sweat". Rinse, drain and pat dry with a towel. Sweating increases flavor and texture of the vegetables in the final dish.
- In a skillet, saute zucchini and eggplant one layer at a time in 4 tbsp hot olive oil, brown very lightly (about 1 minute). Remove to side dish.
- In the same skillet, cook onions and peppers slowly in 2 tbsp olive oil (if necessary) for 10 minutes. Stir in garlic, salt and pepper to taste.
- Lay the tomato slices over the onion/peppers mixture. Cover and cook over low heat for 5 minutes, as the tomatoes begin to render their juice. Uncover, baste with juice, then boil until juice is almost disappeared.
- In a 2  $\frac{1}{2}$  quart casserole dish, layer the tomatoes in the bottom. Sprinkle over it 1 tbsp basil or other herbs. Layer eggplant and zucchini on that, then  $\frac{1}{2}$  the remaining tomatoes and basil. Add the rest of the eggplant etc., and finish with tomatoes and basil. Cover dish with oven proof lid.
- Cook on low in the oven at about 250 F for about 10 minutes. The dish should be simmering at this point. Raise the heat a little and cook uncovered for about 10-15 minutes, basting several times until the juices evaporate leaving a spoonful or two of flavored olive oil. You can also do this in a stove top pan with lid.

The dish will gain in flavor when reheated. Can be cooked the day before, serve with savory meat dishes like roasts or as a cold appetizer.

*Bless the flowers \* Bless the Fruits \* Bless the Leaves and Stems \* Bless the Roots*