

Camas Swale Farm

August 31- September 4 2012



What's in my share?

- Melon: *Honeydew or Canteloupe*
- Tomatoes: *Mixed heirlooms & salad types*
- Cherry Tomatoes
- Summer Squash: *Mixed varieties!*
- Hot Pepper: *Anaheim*
- Green Bell Peppers
- Sweet Corn
- Eggplant
- Green Beans
- Sierra Lettuce
- Cucumbers
- Red Onions
- Garlic
- Basil

Stuffed Summer Vegetables

Adapted from Cooking Light magazine

This recipe is for 2 zucchini (4 servings). Make more of the filling and use it to fill bell peppers, Anaheim peppers, or halved and scraped out eggplant!

- 2 medium-large zucchini
- 2 teaspoons olive oil
- 2 tablespoon chopped basil
- 1 cup chopped onion
- 1 ½ cup chopped bell pepper, or mix in some Anaheim for some mild spice
- 1 ½ cup chopped tomatoes
- 2-3 garlic cloves, minced
- ¼ cup feta cheese, crumbled
- 1/3 cup panko or coarse breadcrumbs
- salt and pepper to taste

Preheat oven to 350°

Cut the zucchini (or peppers or eggplant) lengthwise and scoop out the pulp, leaving ¼ inch-thick shell. Place zucchini halves with the scooped-out side downward on a greased baking sheet and bake at 350° for 15 minutes.

Chop the remaining zucchini pulp into ½ inch pieces. Heat up olive oil in a skillet over medium-high heat. Sauté onions for 5 minutes and then add peppers, basil, garlic, zucchini pulp, and tomatoes and sauté for another 6 minutes*. Add salt and pepper to taste. Remove from heat and mix with feta cheese and panko/breadcrumbs.

Now you can fill your zucchinis with the mixture! Add extra breadcrumbs mixed with some olive oil to the top if you'd like. Bake for 20 minutes on a greased baking sheet.

*Note: If using eggplant, sauté eggplant pulp for 5 minutes separately from the other veggies and add back into the mixture with the breadcrumbs and feta.

News from the farm

As early-summer green beans and squash begin to slow down, late-summer crops are kicking into high-gear. Tomato, eggplant, pepper, and melon harvests amount to hundreds of pounds each week and keep us picking! This must be why the wheelbarrow was invented.

It's melon season! We have thoroughly enjoyed mid-day breaks to test-taste the many varieties in the field for ripeness. Some varieties pull off the vine easily when ripe, others need a little tug. Melons do not continue to ripen off the vine. We have done our research and you will find a ripe melon in your share this week!

If you ever have too many tomatoes, freezing is the easiest way to preserve them. Freeze individual tomatoes on baking sheets and then transfer to freezer-safe bags. You can also freeze or can tomato sauce. We have lots of tomatoes available for bulk ordering. Contact us if you are interested!



Intern Jason smiling like a slice of summer melon.

In the spotlight! Melons

How can you tell if a melon is ripe? Tap the side of the fruit with your knuckles. A light or metallic sound means that the fruit is still green; a dull sound means it is ripe. Another indicator of ripeness is that fruits have a "ground spot" where they rest on the ground; this spot turns slightly yellow as the fruit matures. Can melons ripen off the vine? Immature melons do not further ripen off the vine so we hope to have picked you a nice one to begin with! Melons store best at about 50 degrees F but for home use we usually keep melons on the counter where they never sit for long! Refrigerate leftovers or freeze cubes of the fruit for use in smoothies later.