

Camas Swale Farm

September 7-11th 2012



This is how your garlic was dried before it was 'cleaned'. Cleaning garlic involves trimming the greens, roots and removing some of the paper around the bulb. Then garlic is ready to store!

What's in my share?

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

News from the field!

This week marked our last big push to get fall crop in the ground. We spent a full day this week transforming beds of green beans to new plantings of fall turnips, beets, and spinach. Instead of pulling the green bean plants out by their roots, we cut them at the base and left the roots in the ground. The roots were then tilled into the soil to create a nice new seedbed. All legumes act as "nitrogen fixers", contributing this essential nutrient to the soil. Crop rotation not only helps to minimize pests and disease, but can also contribute to soil fertility.

Harvests continue to fill our days. As tomatoes reach their peak-productivity (390 pounds harvested today!), we are also working on getting storage crops in. The potato plants have died back, a sign that their skins are fully-formed and ready for storage. Winter squash foliage and onion tops are beginning to die back as well... a sign of their near readiness to be harvested!



Whew, its hot! Hens resting in the heat.

Indian Spicè Cucumber Salad

2 slicing cucumbers, cut into 1/4" rounds
1.5 cups plain yogurt
2 tbsp olive oil
1-2 garlic cloves, minced
1 tbsp mustard seeds
1 tsp cumin powder
1/4 tsp salt (or more, to taste)
Pepper to taste
1/3 cup cilantro, chopped (optional)

This recipe similar to raita, a condiment served with curries. I've come to enjoy this as a side dish by using more cucumbers than raita.

Saute the oil, garlic and spices on low heat until some mustard seeds pop or for 5 minutes. Put cucumber slices in a bowl with extra room for the yogurt. Add yogurt. Add spiced oil and mix well coating all the cucumbers. Add cilantro and stir gently. Goes great with curried green beans!- amber

Jonah's Summer Salad

A quick and easy salad to make when we come in tired from the field. Time in the fridge allows flavors to marinate and become quite tasty, but eat within three days.

6 small tomatoes or 2 big ones, roughly chopped
1 green slicing cucumber, diced
1 small red onion, sliced thinly
2 tbsp balsamic vinegar
2 tbsp olive oil
Salt and pepper to taste

Mix all ingredients in a bowl. Enjoy the flavors of summertime! Try on toast, chips or in a pita with falafel and hummus.

In the spotlight! Sweet Corn

If you don't gobble it up right away, corn can be stored at 32-34F in a bag or a tupperware that is not air tight. It is best to eat sweet corn within 2-3 days. Your corn was picked this morning. How does corn form all these kernels? The tassles produce pollen which fall on the silks when the wind blows. Silks deliver pollen to the kernel and the kernel develops. If you find an ear with undeveloped kernels, it means that the ear was not fully pollinated. We hope your ears of corn are nice and full!