

# Camas Swale Farm

September 14-18th 2012



You can also find us at the Veneta Farmer's market on Friday 2-6pm, making a splash with farm fresh produce!

## What's in my share?

- Tatsoi (an asian cooking green, crisp head, dark green leaves)
- Purple Tomatillos
- Plums
- Melon: *Honeydew or Canteloupe*
- Tomatoes: *Mixed heirlooms & salad types*
- Cherry Tomatoes
- Summer Squash: *Mixed varieties!*
- Hot Pepper: *Jalapeños*
- Green Bell Peppers
- Sweet Italian frying pepper (long)
- Eggplant
- Cucumbers
- Red Onions
- Basil (1/4lb, enough for about 1 cup finished pesto)
- Garlic

## Ginger Miso Eggplant and Tatsoi Stirfry

Serves 2 as a main dish or 4 as a side dish.

- 2 tbsp miso paste (white or red, any will work)
- 4 tbsp boiling water
- 1 tbsp tamari
- 1 tbsp rice vinegar
- 2 tsp honey (or maple syrup)
- 2" nub of ginger, grated
- 1 tbsp coconut oil
- 1 eggplant cubed
- 1-2 cloves garlic, minced
- 1 tsp minced jalapeno or chili pepper
- 1 head of tatsoi, sliced, separated into stems and leaves
- 1 tsp sesame oil (optional)

### Sauce:

In a small bowl, combine miso paste with boiling water and quickly whisk well, until the miso is totally incorporated into the water. Add the tamari, rice vinegar, honey, ginger and sesame oil, and stir well to combine. Set this sauce aside.

### Vegetables:

In a large pan or wok, heat the coconut oil and stirfry the garlic and hot pepper over medium-high heat until it just brown, about 1-2 minutes. Add the eggplant and the miso sauce, and stirfry until it has softened, about 5-7 minutes. Add your tatsoi stems, and stirfry until they are soft, about 2 minutes more. Add the tatsoi leaves and continue to stirfry until the greens have just softened, about 2 minutes more.

In a separate small pan over medium heat, toast the sesame seeds for 3-5 minutes, until they turn golden brown.

Serve the stirfry over a bed of cooked brown rice or quinoa, topped with toasted sesame seeds. Yum!



Farmers Jonah, Jason and Amber visited Deck Family Farm to see how they raise their chicks and more. Staying in touch with other organic farmers is important and we value our visit! You can buy their organic chicken, pork and beef directly from their farm or at Eugene Saturday farmer's market!

## **In the spotlight!**

### **Tomatillos**

Tomatillos are not just little tomatoes! Tomatillos have a yummy sweet and acidic flavor. They are usually the main ingredient in any green salsa you may find. To use, remove their papery husk and rinse them off (their skins are naturally a bit sticky). Try the green salsa recipe listed here to pair with any Mexican dish, add them to an egg scramble, or come up with your own creative use!

Tomatillos are rich in iron, magnesium, phosphorus copper, vitamin C, vitamin K, niacin, potassium, and manganese!

## *News from the field*

Summer is officially over in 9 days but the growing season is still kickin'. Harvest is at its peak and will not be slowing down for a while. This week we continue the potato harvest. Dig, wash, dig, wash, is our rhythm. Many farmers use "potato diggers", an implement attached to a tractor or draft animal, which turns up the soil to bring potatoes up to the surface. We harvest the old-fashioned way, with sharp digging forks and a bit of muscle. We may seek a potato digger implement in the future, but for now nothing beats the reliability of hand digging and our reliance on fossil fuels is limited.

This is the last week for cucumbers and zucchini/summer squash so please enjoy them! Look forward to winter squash soon!

## *Quick Roasted Tomatillo Salsa*

From the New York Times

1 pound tomatillos, husked and rinsed  
1 jalapeño, seeded for milder flavor  
1/4 cup chopped onion  
1/2 cup coarsely chopped cilantro (optional)  
2 cloves garlic (optional)  
Salt to taste

- 1) Preheat the broiler and line a baking sheet with foil. Place tomatillos on top, stem down. Broil 2-5 minutes until charred on the top (2-5 minutes). Flip tomatillos and broil another 2-5 minutes. Remove from heat. (You can also roast the jalapeño if you want. It will only take 2 minutes to roast so do not forget! If you have roasted the jalapeño, peel and stem it, then coarsely chop.)
- 2) Transfer tomatillos and jalapeño (with their juices) to a blender and add onion, cilantro, garlic, salt, and 1/4 cup water. Blend well.
- 3) Let cool for 30 minutes before serving and enjoy! Will keep 3-4 days in the fridge.