

Camas Swale Farm

September 21-25th 2012

News from the field

We are utilizing this last bit of reliably dry weather to “field cure” this season’s onion harvest. Onions are another amazing food that can store all winter if properly cured and stored. All onions in your shares so far this season have been “fresh onions”. Their skins were not fully formed. Since cutting the water from the onion zone, the plant tops have dropped to the ground as the skins around the bulb began to dry.

These onions have been pulled up and out of the ground and set in the sun to continue to cure. Soon they will have a home in storage where they will await distribution in future shares. Any white onions you receive from now on will store well if kept in a cool, dry, dark place!

We like to talk about the back-breaking work we do on the farm, but much of today was spent sitting! We plopped ourselves on the ground and took on the tedious task of thinning the fall crop of turnips and radishes. This allows space for the roots to grow full.



Pumpkin and winter squash patch, a look at what's to come!



What's in my share?

- Bok Choy
- Sweet Corn: *True Gold*
- Carrots
- Tomatoes: *Mixed heirlooms & salad types*
- Potatoes: *Desiree red potato*
- Hot Pepper: *Hungarian Wax* (medium yellow/orange)
- Sweet Pepper: *Jimmy Nardello, Corno di toro* (long red frying)
- Bell Peppers: *Mixed colors*
- Eggplant: *Black Beauty, Listada di Gandia, Rosa Bianca*
- Melon: *Honeydew or Canteloupe*
- Tomatillos (purple and green)
- Garlic

Larger quantities of tomatoes can be added to your CSA share any week! We estimate that requests for extras will be available through mid October. All types that we grow have proven very flavorful--you have had samples!

Large Heirlooms- *great for soups, sauce, salsa, and fresh.*

Small and Medium Red- *excellent for soup, salads and freezing whole, or sauce that does not require peeling skin.*

Romas- *best for tomato paste.*

Order 5 lbs or more of one type or a mixture for \$2.25 per pound. When the harvest is really great, your farm shares are more abundant and you are the first to be offered these bulk prices for add-ons. We hope you will consider preserving this season!

In the spotlight: Tomatoes!

This quintessential summer food is infinitely better when home or locally-grown than anything trucked from miles away to the grocery store. Most tomatoes are picked green and ripened en route to the store using ethylene gas. There is nothing like a vine-ripened tomato! We have 17 varieties in the field, many of which are unique or heirloom varieties.

As many of you may know, tomatoes require a lot of work to grow. Our seeds were first planted in March, spouted in the seedhouse, tended to during the cool spring months, and finally moved to the field and greenhouse in May/June. We top-dressed the plants with compost in July and continued to weed around the plants. Pruning and trellising were also regular tasks until fruits began to ripen. We are harvesting upwards of 700 pounds each week!

Tomatoes are famously rich in lycopene, an antioxidant-rich phytonutrient. They are also a great source of vitamin A and vitamin C.

Roasted Tomato Soup

Adapted from steamykitchen.com

- 5 large tomatoes, cut into 3/4" slices
- 1 onion, cut into 1/2" slices
- 1 hot wax pepper, cut lengthwise and seeded (or not if you like it spicy!)
- 2 sweet peppers, seeded and cut into large strips
- 1 head garlic, wrapped in foil with olive oil
- Olive oil
- 1/2 teaspoon paprika
- 3/4 tsp. salt
- Black pepper
- 2 cups vegetable broth
- 1/4 cup parmesan cheese

Preheat oven to 375°F. Arrange all vegetables on a baking sheet and drizzle olive oil all over. Roast for 20 minutes, along with the garlic packet.

Unwrap garlic and squeeze out the roasted meat out, leaving the papers behind. Add all ingredients to a blender and blend to a smooth puree. Heat in a pot and serve! Garnish with additional parmesan cheese and black pepper.