

Camas Swale Farm

September 28-October 2, 2012

News from the field

We seeded into flats for the last time this season. These plants will be transplanted into the greenhouse and provide us with greens during the cold months. The tomatoes, peppers, and eggplant that currently reside in the greenhouse will soon make way for these winter-hardy plants. Don't worry, the fruits of summer are not over yet!

This week's share is a celebration of early fall, a mix of summer and fall staples. When else can you enjoy a melon alongside winter squash?



Roasted Delicata Squash Stuffed with White Beans, Greens & Sage

Adapted from www.cooklocal.com

- 1 Delicata squash, halved and scooped
- 1 large garlic clove, minced
extra-virgin olive oil
- 1 15-oz can small white beans (such as navy beans), drained and rinsed
- 1 bunch kale
- 3/4 tablespoon minced fresh sage
- 1/2 cup fresh breadcrumbs
- 1/4 cup grated parmesan cheese

Preheat oven to 350 degrees. Place squash halves face down on an oiled sheet pan or in a baking dish. Bake until the flesh is tender when pierced with a knife or fork--about 1 hour. Add a little water to cook faster. Remove the squash when done and set aside.

Meanwhile, make your filling: heat a little extra-virgin olive oil (about 1-2 Tbsp) in a pan over medium heat until hot, then add the minced garlic and saute for 30 secs., until fragrant. Add kale and saute until wilted. Now add drained, rinsed white beans and continue cooking the mixture until the beans are heated through. Stir in the chopped fresh sage, season to taste with salt and black pepper. Remove from heat.

Now you'll fill the squash halves: first, preheat the oven to 425 degrees. In a small bowl, mix together the breadcrumbs and grated parmesan cheese. When bean and kale mixture has cooled slightly, stir half of the breadcrumb mixture into it--this will help bind the filling together slightly. Divide this filling mixture between the cooked squash halves.

Sprinkle the remaining breadcrumb and cheese mixture over the top of the filled squash halves. Drizzle some olive oil over the top of each squash half. Return the pan to the oven and bake the squash halves until the topping is golden, about another 15 minutes or so (check a little bit before so the topping doesn't burn).

What's in my share?

- Red Russian Kale
- Red or green Cabbage
- Delicata Winter Squash
- Tomatoes: *Mixed heirlooms and cherries*
- Tomatillos: purple or green
- Potatoes: *German butterball*
- Hot Pepper: *Anaheim (green)*
- Sweet Peppers: *Jimmy Nardello (long red frying), mixed Bells*
- Eggplant: *Black Beauty, Listada di Gandia, Rosa Bianca*
- Melon: *Honeydew or Canteloupe*
- Carrots