

Camas Swale Farm

October 5, 2012 – October 09, 2012

News from the field

With every meal we eat, we are constantly reminded of the amazing gifts of Autumn. There is a sweetness and warmth in fall veggies that pair perfectly with the cooler temperatures and the breeze in the air. Today began our harvest of winter squash for storage. The plants have died back, yet the colorful fruits are full of energy. Winter squash stores beautifully and serves as a nutrient-rich staple food all winter.

We will be giving out a new winter squash in your shares each week. Contact us if you would like to order more of your favorite! We also have large pumpkins for sale for jack-o-lantern carving!



Chakchouka (North African baked eggs in tomato pepper sauce)

Recipe adapted from [The Frugal Cook](#) by Fiona Beckett

This is a great way to use up all those peppers and tomatoes! We love the flavor of eggs baked in this tasty sauce, however you can also use it as a base for stewed chickpeas or meat. Yum!

- 3 tbsp olive oil
- 1 onion, peeled and sliced (or swap for the scallions in your share!)
- 2 bell peppers, quartered, seeded, and sliced
- 3-4 cloves garlic, minced
- 1 ½ tsp ground cumin
- ½-1 cayenne pepper, seeded and chopped finely (adjust amount to your taste)
- 2 large tomatoes, coarsely chopped
- 4 eggs
- Salt and pepper to taste
- Feta and pita bread to serve (optional, but tasty!)

Heat oil in a large frying pan. Add sliced onion, bell peppers, garlic, and cayenne and cook for 10-15 minutes until they begin to soften.

Add the chopped tomatoes and cook until the sauce has thickened, about 20 minutes. Taste and add salt and pepper to your liking. Make four hollows in the sauce with a spoon and crack an egg into each hollow.

Cover the pan with a lid or a large piece of foil and cook until egg whites are set and egg yolks are still slightly runny.

Enjoy alongside pita bread with feta on top.

What's in my share?

- Acorn Winter Squash
- Scallions
- Beets
- Chard
- Potatoes (*German Butterball*)
- Melons
- Sweet Peppers
- Cayenne Peppers
- Tomatoes
- Cherry Tomatoes
- Tomatillos
- Garlic