

Camas Swale Farm

October 19-23, 2012

News from the field

It sure has been another busy week here on the farm. Rain early in the week provided just the right amount of moisture for tilling during this short window of dry weather late in the week. Since the rain on Monday, we have pulled out all outdoor tomato and pepper plants, their trellis, and most of the drip-lines of our field irrigation system. The field now displays a contrast of vibrant green fall crops and bare tilled soil. Soil never remains bare here for long and the coming rains will water in the cover crop that we will seed as soon as we get to it.

There are many new treats in your shares this week. We love the Hakurei turnips sliced into salads, but become deliciously buttery when roasted or cooked into soups. Soup and salad are the basis of our meals this time of the year, providing both warmth and a freshness. Happy cooking! - Hannah

What's in my share?

- Leeks
- Pie Pumpkins
- Hakurei Salad Turnips
- Potatoes: *Kennebec*
- Romaine Lettuce
- Asian Cabbage
- Hot Pepper: *Hungarian Hot Wax*
- Sweet Peppers
- Tomatoes
- Onions
- Garlic
- Basil



Potato Leek Soup

Adapted from Epicurious magazine

- 3 leeks, split lengthwise and chopped (green and white parts)
- 1 tbsp unsalted butter
- 1 1/2 cups water (substitute some or all of this for cream or milk for a more decadent and creamy soup)
- 1 pound potatoes
- 1 cup chicken or veggie broth
- salt and fresh ground pepper to taste
- 2 tbsp minced fresh parsley leaves (optional)

In a large heavy saucepan cook the leeks in the butter with salt and pepper to taste, covered, over moderately low heat. Stir occasionally, for 8 to 10 minutes, or until they are softened but not browned.

Add the water (or milk/cream), the broth, and the potatoes, peeled and cut into 1/2-inch dice. Simmer the mixture, covered, for 20 minutes, or until the potatoes are tender.

In a blender, purée 1 cup of the soup. Stir the purée into the remaining soup with the parsley. Season the soup with salt and pepper.



Stuffed Asian Cabbage Rolls

Adapted from “The Family Kitchen” Blog

- Large leaves from 1 head Asian Cabbage (chop remainder of head for sweet addition to salad)
- 1 lb. ground beef or turkey, or crumbled tempeh
- 2 carrots and/or turnips, shredded
- 1 cup cooked brown rice
- 4-5 cloves garlic, minced
- 2 tbsp ginger, grated or minced
- 3 tbsp soy sauce or tamari
- 2 tbsp sesame oil
- As much minced hot pepper as you choose

Preheat your oven to 400 degrees.

In a mixing bowl, combine all ingredients except the cabbage.

Make your cabbage leaves more pliable by rolling out with a rolling pin. Add filling to each leaf and roll tightly. Place rolls side-by-side in a baking dish. Pour 1 cup water over the cabbage rolls and cover the dish with a lid or aluminum foil. Bake in the oven for 30-35 minutes.

Note: You can prepare these ahead of time and bake them when you want to eat!



Fall broccoli and cauliflower are beginning to head up!