

Camas Swale Farm

October 26-31, 2012

News from the field

Fall has certainly arrived—the brisk mornings, brilliant skies, and trees displaying leaves changing color by the day. We have been enjoying the moments when the rain isn't pouring out in the field, cultivating fall and winter crop beds and tidying up the edges of the field. When the rain shows up, we retreat to the greenhouse and clear the remaining tomatoes and peppers.

With the summer crops out of the greenhouse, we applied a generous helping of compost and planted seedlings of lettuce, spinach, bok choy, and picking greens which will grow through the winter in their new home. The greenhouse serves as a very helpful tool for season extension and winter production in our temperate climate. Although we are able to grow a bounty of outdoor crops into the colder months of the the year as well. You'll see proof of this if you decide to continue with us for the November share!
-Jonah

What's in my share?

- Cauliflower
- Green Tomatoes
- Paste Tomatoes
- Parsnips
- Romaine Lettuce
- Leeks
- Potatoes: *Desiree red potato*
- Hot Pepper: *Habanero*
- Sweet Peppers
- Winter squash: *Red Kuri (hubbard)*
- Kale
- Radish



Jason, Jonah, Amber, Hannah, and Mr. Dog—Your hard-working farm crew.

Mashed Parsnips and Potatoes

A recipe from "Martha Stewart Living"

We have already enjoyed many of Jason's "root mash" creations. They are a deliciously warming fall treat. Be creative with variations on this recipe. Add some herbs, boiled or roasted squash, carrots, sweet potatoes, or celeriac, or even some chopped kale!

- 4 tbsp unsalted butter
- 3 large parsnips, roughly chopped
- 2 small or one large leek, sliced thinly crosswise
- 1 pound potatoes, roughly chopped
- 1/2 cup milk
- Salt and pepper

In a large saucepan, melt 2 tbsp butter over medium-high heat. Add leeks, stirring often, until softened, about 4 minutes. Add parsnips, continuing to stir, until softened, about 5 minutes.

Add potatoes and 3 cups water and bring to a boil. Cover and reduce heat to simmer.

Cook until parsnips and potatoes are soft and begin to fall apart, about 20 minutes. Drain through a colander.

Mash the mixture either by hand or with a food processor, adding the milk and remaining 2 tbsp butter. Season with salt and pepper.

In the spotlight: Paste Tomatoes!

We harvested many pounds of paste tomatoes when clearing the plants out of the greenhouse this week. Now it is up to you to can/freeze tomatoes for the winter! Paste tomatoes are great for making tomato sauce because they contain less water content than other tomatoes and the seeds and juice that they do have squeeze out easily. Some people remove the skins of their tomatoes for sauce, but we like to keep them on.

Our favorite way to make sauce is to cut tomatoes in half, squeeze out their juices, and chop them up into a pot. We then bring the sauce to a boil, let reduce uncovered by at least 1/3, and then blend with an immersion blender (a regular blender or food processor also works). If you want to freeze your sauce you can add onion, peppers, garlic, basil, or any other fun additions you can think of. Freeze sauce in freezer-safe bags. For instruction on canning, visit the National Center for Home Food Preservation's website at www.nchfp.uga.edu. Do not be intimidated; it's fun!



Thai Green Tomato Soup *Serves 6 to 8*

- 2 tbsp olive oil
- 1 cup chopped onion
- 1/2 tsp cumin seed
- 2 cloves garlic, minced
- 3 cups peeled and diced potatoes
- 3 cups diced green tomatoes
- 2 cups vegetable stock
- 1 (15 oz) can coconut milk
- 1 1/2 tbsp green curry paste

In a large stockpot, heat olive oil over medium high heat. Add onion and saute for 2-3 minutes. Add cumin seed and garlic, and saute for another minute or so.

Add tomatoes and potatoes, and saute for 2-3 minutes. Add stock and bring soup to a boil. Lower heat, cover, and simmer for 20-30 minutes until potatoes are tender. Add coconut milk and curry paste. Season to taste with salt and pepper.

Using an immersion blender, blend to a creamy consistency. Serve and enjoy!

