

Camas Swale Farm

October 12-16, 2012

News from the field

Much of our time on the farm these days is spent tying up the loose ends from main season production. Summer crops are all out of the field, cover crop is in, and storage crops are cleaned and in storage. However, despite the cool and rainy days, this is also a time of new growth. The greenhouse is full of newly seeded salad and little transplants of kale and other winter greens. We also still have quite a bit of winter crop outside in the field, thriving. Dark green is the dominant color, a contrast to the rainbow of squash, peppers, and tomatoes of the summer months. You will find a mix of storage crops as well as freshly harvested greens, broccoli, carrots, and leeks in your share. We love this time of the season when we can enjoy fresh food from the field and not have to rush to get the next planting in. That will come in just a few short months when we are energized again from a winter's rest.



Potato-Leek Hash with Swiss Chard and Eggs

Recipe adapted from Cooking Light magazine

This is a variation on a meal we eat often: sautéed veggies with eggs cracked into the pan. This dish is great for any meal of the day. Chanterelle mushrooms would be a fine addition.

- 2 tbsp olive oil or butter
- 2 cups sliced leeks (about 2 large ones)
- 12 ounces fingerling potatoes, cut in half lengthwise
- 2 garlic cloves, minced
- 1 ¼ tsp paprika
- ½ tsp salt
- ½ tsp black pepper
- 1 bunch Chard, thinly sliced
- 4 eggs
- ¼ cup shredded gruyere cheese

Heat oil/butter in a large skillet (we like cast iron) over medium heat. Add leek, cook for 8 minutes, stirring frequently. Add potatoes and garlic, cover with a lid, and cook about 15 minutes until the potatoes are tender. Add a little water and stir to prevent any sticking. Stir in the spices. Add chard, cook 4 minutes, stirring constantly.

Using a wooden spoon, push the potato mixture aside to make four egg-sized spaces. Crack an egg into each space, sprinkle the remaining paprika, salt and pepper on top, and cover to cook eggs for 3 minutes. Sprinkle cheese over the mixture and cover to cook the eggs to your desired texture.

What's in my share?

- Chanterelle mushrooms
- Red Cabbage
- Sweet potato Winter Squash
- Carrots
- Potatoes: *banana fingerling*
- Beets
- Leeks
- Broccoli
- Chard
- Red onions (Use soon, not for storage)
- Radish
- Garlic



Seasons change... late summer onions drying and fall seedlings a-growing.

In the spotlight: Chanterelle mushrooms!

Fall mushrooms are quite bountiful in the northwest, with a number of different edibles to identify. One of our favorites are the chanterelles which I am sure many of you are familiar with. They are one of the finest textured and full flavored mushrooms out there. We harvest the chanterelles in local forests using small tools and baskets, and leave no trace ethics as every mushroom collector should. Enjoy this very local wild food!

Cooking suggestions: Fresh, wild mushrooms contain a lot of water. The best way to prepare them regardless of what dish they end up in is to dry-saute them. Chop them into the size you desire, saute them in a pan over medium-high heat, dash with salt and watch the water sweat out of the mushrooms. This water can be poured off for use in a soup or other dish or evaporated off. After the water is gone I like to saute in a little butter then add to whatever dish I am making. Some favorites include mushroom chowder, pasta with mushroom sauce, egg scramble with mushrooms and potatoes or just as is with chopped garlic. -Jonah