

Camas Swale Farm

November 20, 2012

News from the field

Amber and I were less in the field this week than usual. We were fortunate to attend the National Biodynamic Farming conference in Madison, WI this week thanks to a scholarship. More than 600 farmers, gardeners and educators attended from all over the US, Mexico and Europe.

The theme of the conference was Sacred Agriculture. This was enveloped by lectures from some of the most well known authors and farmers involved in the field of biodynamic and organic agriculture. Topics spanned from research on the biodynamic preparations (certain plant teas and extracts used to inoculate the soil) to management strategies for community supported farms. Also shared were experiences from young farmers, which we participated in a panel for, titled: Ninjas in the Field, Stories from Young Farmers.

Overall we feel like a resounding message from the conference is that; The importance of agriculture is not only to produce the necessary nourishment we need from foodstuffs but also to partake in the healing and proper stewarding of the earth. We feel this every day in the field but it sure was nice meeting hundreds of other farmers that feel this way too and to learn additional skills to put into practice. - Jonah

What's in my share?

- Sweet Mustard Greens or Chard
- Red or Savoy Cabbage
- Carrot
- Beets
- Potatoes: *Binje* (best fried, baked, roasted)
- Sweet Potatoes
- Winter squash: *Pie Pumpkin*
- Leeks
- Onion
- Parsley
- Garlic



Wandra (the road island red) enjoyed the rare sighting of sunshine last week, as did we!

Creamy Garden Greens

We've enjoyed this variation of creamed spinach as side to a savory dish like tomato lentil soup, or a topping to mashed potatoes or pasta. You can even add a little grated parmesan to the cream sauce.

1 bunch Chard or Mustard Greens, thick stems removed, diced small and leaves sliced into ribbons
2 leeks, ends trimmed, white and some green parts sliced into thin coins
3 tbsp butter
1 tbsp olive oil
3 tbsp all-purpose flour
1 1/4 cups milk (or cream)
1/8 tsp nutmeg

Salt and pepper

Rinse the greens, but no need to dry them, just place it in a large pot with olive oil over medium heat. Cook, covered, with just the water clinging to leaves, stirring occasionally, until wilted, about 6 minutes.

Wipe out the large pot so you can use it again. Heat milk or cream in a small saucepan over moderate heat, stirring, until warm. Keep warm. Meanwhile, cook leeks in butter in your wiped-out large pot over moderately low heat, stirring occasionally, until softened, about six minutes. Whisk in flour and cook roux ("rue"), whisking, about three minutes. The butter and flour make a soft crumbly mix. Add warm milk or cream in a slow stream, whisking constantly to prevent lumps, and simmer, whisking, until thickened, three to four minutes. Stir in chard, then nutmeg, salt and pepper to taste and cook, stirring, until heated through.