

Camas Swale Farm



Mr. Dog quality-checking Sam and Jonah's baby carrot bunches.



Uncovered savoy cabbages revel in the sunshine prior to harvesting.

News from the Field

NOVEMBER 1 – NOVEMBER 5, 2013

Our bodies are our gardens, to which our wills are gardeners; so that if we will plant nettles or sow lettuce, set hyssop and weed up thyme, supply it with one gender of herbs or distract it with many, either to have it sterile with idleness or manur'd with industry—why, the power and corrigible authority of this lies in our own wills.

— IAGO, IN WILLIAM SHAKESPEARE'S "OTHELLO"

Shakespeare's well-crafted metaphors suggest that his characters are a garden, who need to be maintained and kept from growing into a mess. Continuing to clear up the fields from a season's worth of refuse and weeds felt like cleaning out debris from our own minds, allowing us to continue moving with more clarity.

As leguminous clovers spread over the ground, enriching it, we see this little piece of land enlivened by our work. As cabbages drink the rain and size up, our own heads have received the season's cumulation, growing a little wiser.

Like the strong plants that thrived amidst threatening environmental pressure, we may be uprooted and enter into a winter-long dark unknown, but we'll rise again stronger than ever in Spring.

The spirit we reap is the spirit we sow. But the most supreme growth that a season can produce is a careful farmer.

What's in my share?

- Radishes
- Winter Squash (*Red Kuri, Green Hubbard, or Kabocha*)
- Savoy Cabbage
- Baby Carrots
- Salad Mix
- Kale
- Celery
- Potatoes (*Kenebec*)
- Hot Peppers
- Garlic Heads
- Eggs for those who ordered

FULL SHARES ONLY:

- More Garlic and Salad
- Parsnips

SERVING SUGGESTIONS FOR CELERY

- Chop it and add to your favorite tuna fish or chicken salad.
- Enjoy the delicious tradition of eating peanut butter on celery stalks ("Ants on a Log").
- Use celery leaves in salads.
- Braise chopped celery, radicchio, and onions and serve topped with walnuts and your favorite soft cheese.
- Add some to your next batch of fresh squeezed carrot juice and give it a unique taste dimension.
- Use celery leaves and sliced celery stalks to soups, stews, casseroles, and stir-fries.



While Winter is approaching, there's still a colorful palette of produce to be seen on the farm.

Roasted Radishes and Carrots

MAKES 4-6 SERVINGS

- 1 bunch radishes
- 1 bunch baby carrots
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- Salt and black pepper to taste
- Lemon half

1) Preheat the oven to 450 degrees F.

2) Place the radishes and carrots on a baking sheet and toss with the olive oil, thyme, salt, and pepper. Roast until tender yet firm in the center—about 20 minutes. Squeeze with a little lemon juice and serve.

Chickpea, Potato, and Cabbage Curry

MAKES 4-6 SERVINGS

- 1 cup dried garbanzo beans
- 1 cup chopped onion
- 4 garlic cloves
- $\frac{1}{4}$ – $\frac{1}{2}$ teaspoon red pepper flakes, or $\frac{1}{4}$ fresh habaneros
- 2 tablespoons oil
- 1 tablespoon hot curry powder (to taste)
- 1 teaspoon cumin powder
- 1 lb cubed potatoes
- 1–2 teaspoon salt (to taste)
- 4 $\frac{1}{2}$ cups chopped cabbage

1) Soak garbanzos overnight in water. Drain, recover with fresh water and bring to a boil. Reduce heat and simmer covered until very tender. Drain and reserve the cooking liquid. Add water to cooking liquid to total 2 $\frac{1}{2}$ cups.

2) Process onion, garlic, peppers and $\frac{1}{4}$ cup water in a blender until smooth. Heat the oil over a medium high heat. Put in the onion paste and stir fry for 2–3 minutes.

4) Reduce heat to medium low, then cover and continue cooking paste for another 2-3 minutes, stirring to prevent sticking.

5) Stir in curry powder and cumin. Add chickpeas, potatoes, lesser amount of salt, and reserved chickpea cooking liquid.

7) Bring to boil, then reduce heat and cover. Cook gently, stirring occasionally until the potatoes are done (20–25 minutes).

8) Add cabbage and additional $\frac{1}{2}$ – 1 cup hot water. Simmer, cover, and cook until the cabbage is just softened (10–15 minutes).

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<http://camasswalefarm.com>