

Camas Swale Farm



Mr. Buff announces the last few moments of sunlight. It's time to snuggle up inside and share the warmth.



Sweet Celeriac, ready for harvest. Both the roots and shoots are very tasty in soups, roasts, or casseroles.

News from the Field

NOVEMBER 22 – NOVEMBER 26, 2013

*Well let the wild winter wind bellow and blow
I'm as warm as a July tomato
Well there's a root cellar, fruit cellar down below
Watch your head now, and down we go*

*There's peaches on the shelf, potatoes in the bin
Supper's ready, everybody come on in
Taste a little of the summer
My grandma's put it all in jars*

— FROM "CANNED GOODS," BY GREG BROWN

The nights have been long and brisk. A full moon frost has nipped the root vegetables, making them sweeter. The roosters are quick to point out the rising sun, announcing its return with a celebratory chorus: "wah-HOOOOOO!"

This sentiment is shared by the farmers. We give thanks for what the warmth of the season has provided. The cold makes us appreciate the sweetness even more: of the bees' honey, the carrot's root, and the squash's fruit—tastes of the summer, preserved.

Wahooo! The land has given us music—three seasons of nourishment, growth, and livelihood—and we have listened. For that music, we work to prepare a fitting silence. A nourishing thank-you.

It's a time for Autumn harvest and reflection—of the crops and the soul. As we harvest all that is mature, ripe, and firm, we consider what has grown in our spirits, our thoughts and deeds. It's time to prepare a feast that testifies all that we've gained through the year. As things begin to come full circle, we circle ourselves 'round the table and relate the metaphors living in the meals.

We thank you all for joining us for this season and we wish you many blessings on your own nourishing harvests and feasts.

What's in my share?

- Sweet Potatoes
- Butternut Squash
- Wildcrafted Chanterelle Mushrooms
- Parsnips
- Baby Carrots
- Mixed Salad
- Onion
- Eggs for those who ordered

FULL SHARES ONLY:

- Additional Salad
- Celeriac



Remaining straw flowers line the edge of the veggie field, which is beginning to pull over a blanket of grasses for a winter-long sleep.

Mushroom Carrot Gravy

MAKES 2 CUPS

- 1 small carrot, peeled and roughly chopped (about ½ cup)
 - 5–6 medium-sized mushrooms
 - 1 small rib celery, roughly chopped (½ cup)
 - 1 small onion, roughly chopped (about ¾ cup)
 - 3 tablespoons unsalted butter
 - ¼ cup unbleached all-purpose flour
 - 2 cups low-sodium chicken broth
 - 2 cups low-sodium beef broth (Or 4 cups of your favorite vegetable stock)
 - 1 bay leaf
 - ¼ teaspoon dried thyme
 - 5 whole black peppercorns
 - Table salt and ground black pepper
1. Chop carrot, mushrooms, celery, and onion into ¼-inch pieces.
 2. Heat butter in large saucepan (or appropriately sized pot) over medium-high heat; when foaming subsides, add vegetables and cook, stirring until soft and browned, about 7 minutes. Reduce heat to medium; stir in flour and cook, stirring constantly, until thoroughly browned and fragrant, about 5 minutes. Whisk constantly gradually add broths, and bring to boil. Reduce heat to medium-low and add bay leaf, thyme, and peppercorns. Simmer, stirring occasionally, until thickened and reduced to 3 cups, 20 to 25 minutes.
 3. Strain gravy through fine-mesh strainer into clean saucepan, pressing on solids to extract as much liquid as possible. Adjust seasonings with salt and pepper. Serve hot.

Roasted Butternut With Miso Glaze

MAKES 4–6 SERVINGS

- 1 large butternut squash (about 2 pounds)
 - Salt to taste
 - 2 tablespoons dark sesame oil
 - 1 tablespoon mirin
 - 1 tablespoon sake
 - 2 tablespoons white or yellow miso
 - 1 tablespoon sugar
1. Preheat the oven to 425 degrees. Line a baking sheet (or 2 if necessary) with parchment. Peel the squash, cut in half and scrape out the seeds and fibers. Slice 1/2 inch thick and place in a large bowl. Season with a little salt if desired and toss with 1 1/2 tablespoons of the sesame oil. Lay the slices in one layer on the baking sheet(s).
 2. Roast the squash for 25 to 30 minutes, turning the slices over every 10 minutes, until the slices are tender all the way through and lightly colored.
 3. Meanwhile, heat the broiler and make the glaze. To make the glaze, combine the mirin and sake in the smallest saucepan you have and bring to a boil over high heat. Boil 20 seconds, taking care not to boil off much of the liquid, then turn the heat to low and stir in the miso and the sugar. Whisk over medium-low heat without letting the mixture boil until the sugar has dissolved. Remove from the heat and whisk in the sesame oil.
 4. Remove the squash from the oven and brush each slice with the miso glaze. Place under the broiler, about 2 inches from the heat, and broil for about 1 minutes, or until the glaze begins to bubble and looks shiny. Remove from the heat. Allow to cool if desired or serve hot.

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<http://CamasSwaleFarm.com>