

Camas Swale Farm



Cherry tomatoes are arriving early to the summer party! Tomatoes will soon be gracing your shares.



The CSA potluck was more than we could have asked for: food, farm, fun, family... good things.

What's in my share?

- Parsley
- Beets & Carrots (may be in bulk with no tops)
- Head Lettuce
- Snap Peas
- Bulbing Fennel
- Turnips (salad & slicing type)
- White Russian Kale
- Garlic Scapes
- Broccoli

News from the Field

JUNE 23 – JUNE 26 2015

Following a joyous farm potluck on Saturday, we're dedicating most of our time this week to catching up! It's been a non-stop endeavor this season, with abundant crops coming simultaneously on top of pivotal infrastructure projects.

While maintaining the field and keeping plants happy, we're also laying the groundwork for a walk-in cooler, designing a permanent irrigation system, researching how our Farmall Super A parts go back together, and playing hide-and-go-seek with the first zucchini fruits. We're channelling our inner lady bug, hopping across the farm to get it all done, but it's all exciting.

Our spring planting of garlic is heading up and we're happy to share a zesty taste of their flavor-scapes! Scapes are the tender stem and seed produced by maturing garlic.

Spotlight Vegetables

BEETS roast, steam, shred or boil and puree for a cake. See the recipe for beet cake. Beets also make a really fun pickling ingredient, turning any pickle a bright pink color. Steaming greens is best, to rid of oxalic acid. A farm favorite: roast in butter and garlic with potatoes or other roots.

BULBING FENNEL is also an Umbel family vegetable. Slice the bulb and use like celery, fresh or in soup. It is crispy and watery, great for eating fresh on a salad. Try fresh minced bulbing fennel in a cold bean (fava, cannellini) salad. We have also sauteed the bulbing fennel with garlic and used it as a topping for salmon, beans or homemade off-the-waffle type dishes (see "off the waffle" website). Its branching wispy tops are eaten or used as a garnish. Its stem could be delicious candied or pickled.

Massaged Kale with Apple and Gorgonzola

We didn't do the proper vote for best dish at the potluck due to strong winds and due to just having a good-ole-time anyway. But a few people asked us about the kale salad with cheese, so CSA member Patti shared it with us. Thanks Patti!

- 1 large bunch Kale
- 1 tsp sea salt
- 1/3 cup sunflower seeds, toasted
- 1/4 cup diced red onion
- 1/3 cup currants
- 3/4 cup diced apple
- 1/4 cup olive oil
- 2 tbsp unfiltered apple cider vinegar
- 1/3 cup gorgonzola cheese, crumbled

1. Farmer's note: By large she means about what you'll receive in your share. If you think it might be too salty, only add a little salt and add more at the end.

2. De-stem the kale, wash leaves, and shake or spin dry.

3. Stack leaves, roll up and cut into thin ribbons

4. Put kale in large mixing bowl. Add salt, massage salt into kale with your hands and kale should reduce to about 1/3.

5. To toast seeds, put in a dry skillet over low to medium heat and stir until contents change color and give off a nutty aroma.

6. Put kale in a fresh bowl and discard any leftover liquid.

7. Stir onion, currants, apple and toasted seeds into kale.

8. Dress with oil and vinegar and toss. Taste for salt and vinegar, adding more if necessary.

9. When at desired flavor, toss in cheese.

Originally from Cookusinterruptis.com

Beet Cake

PREHEAT OVEN TO 350 F

- 1 cup sugar of choice (cane, coconut, etc.)
- 2 cup flour
We used 1 c. white + 1 c. whole wheat
- 3/4 tbsp baking powder
- 1/2 tsp salt
- 2 tbsp powdered ginger (more or less)
- 1 tsp cinnamon
- 1 tsp allspice
- 1 tsp clove
- 1/2 tsp nutmeg
- 3 eggs or 3.5 tbsp flaxseeds (whole) in about 1/4 cup very hot water. Let flax sit for at least one minute
- 3 cups shredded beets
- 1 cup shredded carrots
- 2/3 cup olive or canola oil
- 2 tbsp melted butter or ghee to cover pan
- 1/3 cup yogurt added at the end
- 1/2 cup apple juice
- 1 tbsp baking powder

1. Butter a bundt cake pan, or 9 x 11 pan.

2. In a bowl, mix oil, sugar, egg yolks, applesauce and yogurt; set aside.

3. In another bowl, pass through a sieve the flour, baking powder, salt and spices.

4. Add the raw carrots and the raw beets and mix well.

5. With the electric mixer, whip the egg whites until they are fluffy. Fold delicately into the cake preparation. Or add the soaked flax seeds now.

6. Pour into the greased cake pan.

Bake approximately 50 minutes.

Serve with my cream cheese frosting or a drizzle of your favorite fruit syrup.