

# Camas Swale Farm



*Jonah and Amber finish a round of winter crop seeding—cabbage family and lettuces.*



*Jason picking fruits from the greenhouse cherry tomato tunnel.*

## News from the Field

JUNE 30 – JULY 3, 2015

Days have been so hot lately that we've been tempted to become completely nocturnal. Unfortunately, zucchinis and pigweed don't operate on that schedule.

While the heat has been stressful on spring crops (and the farmers), it has been a boon for ushering in exciting summer goodies: tomatoes, eggplant, squash, onions, basil, etc.

A cement floor for our walk-in cooler space dried almost overnight in the high temps (as opposed to almost a week in the winter) and we hope to prepare walls for the cooler this week.

Rather than warming the kitchen, we've been grilling a lot of veggies outdoors in the cool evening air—and lovin' it! Zucchini, turnips, beets... they're almost better that way.

New to shares this week is kohlrabi, which is a swollen stem of the cabbage family plant. Think of it as an apple of the veggie world when incorporating into meals.

### SUMMER FARMSTAND OPEN SATURDAYS 9-1PM (SUMMER HOURS)

Visit our farmstand on Saturdays at Johnson Brothers' Nursery. The nursery is located next door to the farm, just 1.5 miles north of Coburg on the south side of Coburg Rd. The nursery will be closed July 4th, therefore the stand will be as well. Every other Saturday find our farmstand at the nursery with tables full of produce.

**\*CSA members receive 10% off total purchases all season\***

## What's in my share?

- **Basil** remember that basil prefers 55-65 degree storage temperatures. This week we've bagged the basil tips, so this delicate herb should last longer in your kitchen. Find a cool spot in your kitchen or only store it in your fridge for a day or two.
- **Head Lettuce**
- **Broccoli Florets** Chop the florets and small stems.
- **Scallions** Eat the green and the white bits! It's all delicious and green onions are not to be missed in any soup, egg skillet, or Asian stir fry.
- **Zucchini** Medium sized & good material for pasta noodles (grate into wide long strands, steam and then cover with pesto for a truly veggie pasta) or for *grilling* (slice into long ¼ inch thick slabs, cover with ample salt, let sit for 30 minutes and "sweat". Water rinse sweat off of the zucchini, pat dry then brush with olive oil and grill.
- **Patty Pan Squash** to add to the grilling fun
- **Kohlrabi** This swollen cabbage family stem can also be called bulbous broccoli stem. So many fun names for this one. Peel then slice, chop or grate and eat raw or lightly cooked. This is a sweet and crispy root.
- **Green Cabbage**
- **Beets** in bulk with no tops due to flea beetle damage on leaves but otherwise great! Peel and boil for slicing on salads, slice thin and dress with butter and maple syrup then roast (in oven or in tinfoil on grill)
- **Collards for large shares only** Remove central stem and then chop, sauté, steam or add to a soup.
- **Turnips for large shares only** "Haikurei" or "salad turnip" variety. Eat fresh or cooked, greens too.

## Broccoli Pesto Quinoa

### Salad with Zucchini

Adapted from Green Kitchen Stories blog

#### Broccoli pesto

- 1 large broccoli florets (around 2 cups)
- ¼ cup fresh basil
- ½ lemon, juiced
- ½ cup roasted nuts of choice (hazelnuts, cashews pine nuts, or pistachios)
- 1 large clove garlic
- ½ cup olive oil
- salt & pepper to taste

1. Combine all the ingredients in a blender or food processor. Pulse for about a minute. Taste it. Add more olive oil or water if it feels too dry, and salt & pepper according to taste.

#### Quinoa Salad

- 1 cup broccoli pesto (recipe to the left)
- 3 cups cooked quinoa
- 1 medium sized zucchini, thinly sliced
- 2 Tbsp coconut or olive oil
- 1 generous handfuls of chopped green onions
- Torn basil leaves to serve

2. To make the salad, heat the oil in a large fry-pan over high heat. Add the zucchini rounds and fry a minute or two until starting to brown, then flip and repeat on the other side (note the second side will brown quicker than the first).

3. Combine the pesto and quinoa in a large bowl until well mixed, then stir in the green onions and zucchini. Top with torn fresh basil leaves