

# Camas Swale Farm



*Our farmstand spread next door at Johnson Brothers Greenhouses.*

## News from the Field

JULY 21 – JULY 23, 2015

So quickly the plants grow and show us that the days are zipping past! Those summer crops that we promised would come have arrived, including beans and eggplant and we hope you enjoy them in your share of the harvest.

In the morning we harvest, process, and store the crops, keeping them from the heat of the day. We ourselves work through the heat, with thermoses of ice cold cucumber water, and excellent camaraderie in tow.

This week we've made leaps of progress towards laying a mainline for our improved irrigation system, that we are able to invest in because of a grant from the NRCS. Our new irrigation system will provide more flexibility and reliability in how we water the crops, and allow us to monitor our usage. The new mainline now lays where a branch of old Mill Creek used to run, following a contour of the yesteryears.

## Green Beans with Hazelnuts & Maple Syrup

Makes 6 servings

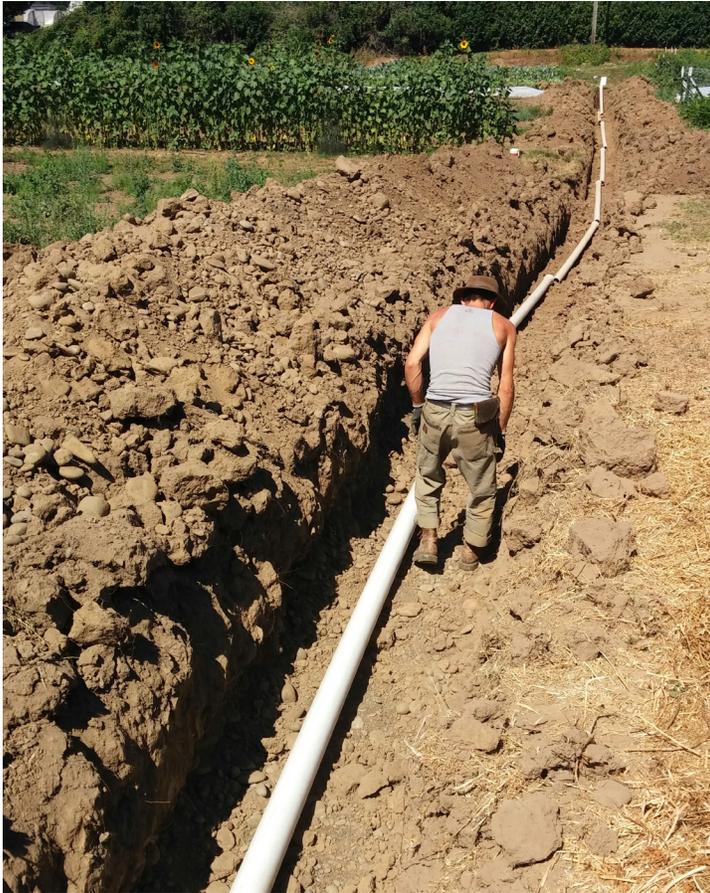
- 3/4 cup hazelnuts, toasted
- Salt and black pepper
- 2 pounds green beans, trimmed
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon pure maple syrup

1. Bring a large pot of water to a boil and add 1 tablespoon salt. Add the green beans and cook until just tender, 4 to 5 minutes. Drain and run under cold water to cool.

2. In a large bowl, whisk together the oil, vinegar, mustard, maple syrup, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add the green beans and hazelnuts and toss to combine.

## What's in my share?

- Head Lettuce
- Sage
- Tomatoes (Salad type or heirloom mix)
- Asian Cucumber
- Zucchini
- Summer Squash
- Eggplant
- Green Beans
- Red Cabbage
- New Carrots
- Garlic
- Tropeo Onions
- Strawberries or Plums
- Yukon Gem Potatoes for Full Shares



*Jonah laying a new irrigation mainline and exploring the loamy subsoil that feeds our crops.*

## Baba Ganoush with Sage

Makes 6-8 servings, or use half the recipe for a single dinner side or appetizer. If you don't eat sesame, try feta cheese as a replacement for it.

- 2 to 3 medium size eggplant
- 1/2 cup tahini or feta cheese
- 1 1/4 tsp coarse salt
- 3 cloves garlic, peeled and smashed
- 1 tbsp olive oil
- 3 tablespoons freshly-squeezed lemon juice3-4 leaves of fresh sage

1. Preheat the oven to 375 F

2. Prick each eggplant a few times, then char the outside of the eggplants by placing them directly on the flame of a gas burner and as the skin chars, turn them until the eggplants are uniformly-charred on the outside. (If you don't have a gas stove, you can char them under the broiler and then skip to the next step.)

3. Place the eggplants on a baking sheet and roast in the oven for 20 to 30 minutes, until they're completely soft; you should be able to easily poke a paring knife into them and meet no resistance.

4. Remove from oven and let cool.

5. Split the eggplant and scrape out the pulp. Puree the pulp in a blender or food processor with the other ingredients until smooth.

6. Taste, and season with additional salt and lemon juice, if necessary. Serve drizzle with olive oil, perhaps some herbs and with crackers, sliced baguette, or toasted pita chips for dipping.