

# Camas Swale Farm



*Crimson Sweet, Moon & Stars, and Mr. Stripey watermelons (and more) coming soon!*



*Overhead sprinklers making it rain on freshly transplanted cabbage, broccoli, and mustards.*

## News from the Field

AUGUST 4 – AUGUST 7, 2015

The vegetable field is a busy import/export center lately: hefty boxes of summer fruits are leaving the field in our van, while tractor bucket loads of compost, organic fertilizers, water pipe, and young transplants are introduced into the ground. For the land to keep giving to us, we have to keep returning the favor (and we certainly don't mind!).

The land is going to respond even greater after our latest input: water! Lines of rotating micro-sprinklers linked into our irrigation well are delivering muchly needed overhead water to leafy greens, fall root crops, and soil. These sprayers saturate our soil more quickly, evenly and thoroughly than drip lines. Drip lines will continue to be used for more water sensitive crops including tomatoes and winter squash.

Added bonuses of the overhead mist include irritated insect pests, cleaner and cooler produce, less dust in the field, easier weed pulling, and being able to irrigate (if needed) our whole two-acre field at once, as apposed to only four beds at a time. Plus, it's just fun to play under sprinklers in 105-degree heat.

Meanwhile, crops like summer squash, peppers, and tomatoes are receiving irrigation less often to encourage ripening (but not bursting) of fruit, and crops like potatoes and onions are drying in the field to form skins for long-term storage.

Onto the next projects!

### What's in my share?

- Kale\*
- Heirloom Tomatoes
- Cherry Tomatoes
- Zucchini
- Slicing Cucumber
- Green Beans
- New Carrots
- Onions
- Jalapeno
- Rainbow mix of potatoes
- Strawberries or plums

\* Summer leafy greens may have some sun scald or flea beetle damage



# Southwestern Salad with Farmer's Tomato Dressing

MAKES 4-6 SERVINGS

For this salad, its the dressing that is so delicious. Be creative with the vegetables and protein you use.

## SALAD

- 1 head of lettuce chopped roughly
- 1 cucumber thinly sliced
- 1 cup of cherry tomatoes, halved
- 1 cup of cabbage sliced thinly

## PROTEIN

- 1 lb of thinly sliced chicken or tofu sauteed with coconut or other high heat oil and seasoned with salt, chili powder and cumin

## TOMATO DRESSING

- 1 garlic clove
- 1/4 onion
- 2 tbsp red wine vinegar
- 2 tsp balsamic vinegar
- 4-6 tbsp olive oil
- Salt & Pepper
- 2/3 cup cherry tomatoes -OR- equivalent in heirloom tomatoes with some of the juices squeezed out

## DIRECTIONS

1. Saute protein source and set aside.
2. Mix the salad ingredients in a large shallow dish or large bowl
3. Add all dressing ingredients to a blender or "bullet" and blend.
4. Make your salad and dress per serving. Save undressed leftover salad in a tupperware, quart mason jar, or ziploc.