

# Camas Swale Farm



*Forum Yellow Onions (from Territorial Seed Company) drying and curing in our barn.*

## News from the Field

AUGUST 11 – AUGUST 14, 2015

Although the temperatures are still reaching the mid eighties each day, the weather has been cooler, the days are shortening, and the nights are quite delightful. Fall and winter crop transplants are setting in nicely, while tomatoes are peaking out. Over 1000-pound harvests every week for the past couple and we still have over a month of picking ahead of us.

Another reminder that the seasons' changes are coming were the storage onions coming in today. The yellows filled the barn to finish drying down, while the reds have a week or so left in the field. Luckily, due to lack of drying space, the potato plants just finished drying back in the field, telling us that the skins have finished and they are ready to be lifted. So, they are next on the list.

Fields of transition and the bounty of summer harvest. A time to rejoice and take in to the memory banks, to make a withdrawal of warmth in the depths of the winter. Soaking up and fully experiencing the flavors, colors, smells, and senses of the seasons is one of the greatest rewards and blessings of our work... In addition to bringing the crops to your tables!

### What's in my share?

- Scallions
- Watermelon, Cantaloupe, or Honeydew
- Heirloom Tomatoes
- Summer Squash
- Green Beans
- Jalapeno Peppers
- Italian Frying or Pimento Peppers
- Beets
- Carrots
- Strawberries



*Preserving the fruits of summer! Hard work, so very, very worthwhile.*



# Farmer Jonah's Summer Squash Parmesan

MAKES 4-6 SERVINGS. HEAT OVEN TO 375.

This is our spin on a classic dish. Plan to soak the veggies in salt water an hour in advance to get a head start.

## SUMMER SQUASH

- 3 medium summer squash, thinly sliced
- Approximately 2 cups cornmeal
- 1 tbsp each oregano and thyme
- ½ tsp tarragon
- Salt and pepper
- 2 tbsp coconut or other high heat oil for pre-baking the squash
- 2 eggs

## SAUCE & TOPPINGS

- ½ cup grated parmesan cheese (optional, yes.)
- 2 medium heirloom tomatoes or pre-made marinara sauce
- 1-2 medium tomatoes for slicing
- 1 lb of ground beef or chopped tempeh
- 1 tsp chili powder
- salt and pepper
- 1 - 2 cups shredded or sliced mozzarella

*For dairy free option try Field Roast brand Vega Cheese original flavor. It has the least amount of additives of the alternative "cheeses" and is tasty!*

- 1) Soak the sliced squash in a large bowl of salty water for about 1 hour.
- 2) In a medium bowl or large plate mix the spices with cornmeal. In a separate medium bowl beat the egg.
- 3) Prepare the sauce by sautéing the protein source in a large skillet. If using tempeh, add oil to the pan. Chop half of the tomatoes and add them to the skillet along with the sauce spices.
- 4) Remove squash slices from water and pat dry. Dip the squash slices in egg, then in cornmeal mix. Place in a single layer on an oiled 9 x13 baking sheet. You can also pan fry the squash, but baking means one less dish to clean. Bake in preheated oven for 5 minutes on each side.
- 5) Take baking sheet out of oven. Place a good sized slice of tomato on top, followed by a dollop of sauce, and finally topped with mozzarella and parmesan.
- 6) Bake in preheated oven for 35 minutes, or until golden brown.