

Camas Swale Farm



Kennebec potatoes leaving the field on Thursday. More potatoes coming soon!

News from the Field

AUGUST 18 – AUGUST 25, 2015

Cultivating the fall crops revealed a nice surprise of healthy greens, cabbage, broccoli and more, alongside a healthy flush of weeds! Caught just in time while they are young and tender and with no sign of seed, these weeds are actually a gift to the soil. They provide OM to the soil... that is **Organic Matter**.

Organic matter acts as a reserve of food for beneficial bacteria and fungi in the soil. Microbes eat the plant residues, digest the material and out comes nutrients that are much more available to crops. Without microbes and mushrooms, plants would have a missing link to all of the raw materials right around their roots. We also apply compost, plant teas, and sow cover crops because they offer biology and OM to the soil. We see the soil darken and aggregate (or get clumpier). This is good! On a farm with lots of wind, and in a drought year, a slightly heavier soil that stays put and holds water and nutrients is what we're after.

We also have to thank the new overhead irrigation for influencing this green growth, in the peak of a drought season. The plants seem happy about the new delivery method, and the farmers are thankful.

What's in my share?

- Basil
- Scallions
- Watermelon, Cantaloupe, or Honeydew
- Carrots (rainbow mix)
- Sweet Peppers (Italian fryer, pimento, red or yellow bell)
- Heirloom Tomatoes
- Cherry Tomatoes
- Snap or French Filet Beans
- Zucchini
- Summer Squash



Jonah wraps up a round of cultivation in the fall kale, chard, and sensposai zone. The young tender plants are boosting and will be harvestable in no time!



Cantaloupe & Basil Salad

Recipe from Simple Gifts Farm website.

INGREDIENTS

- 1 medium cantaloupe, melon or watermelon cubed (or use a melon baller, if you have one)
- 10 basil leaves, sliced into thin strips
- 2 tablespoons white vinegar
- 2 tablespoons olive oil
- 1 tablespoon honey or simple syrup
- A dash each of ground white pepper and salt
- Optional: ½ cup feta cheese, in small cubes
- Optional garnish: a few blueberries, blackberries or strawberries

DIRECTIONS

- 1) Combine all ingredients in a large bowl, and serve.
- 2) Optional: garnish with a few berries.

Ginger Coconut Carrots

This is a regular favorite side dish. Amounts are approximate. You can't go too wrong with this one.

VEGGIES

- 4-5 medium carrots, quartered lengthwise
- 2 cups filet or snap beans with ends snipped or more carrots

SPICES

- 1 tbsp coconut oil
- 1/4 cup chopped scallion leaves (green end)
- 1 clove of garlic minced (optional)
- 1 heaping tsp ground ginger
or 1 tbsp fresh, grated
- 1/4 tsp chili powder
- Pinch of cayenne pepper
- Salt and pepper to taste

DIRECTIONS

- 1) Steam the carrots and snap beans for 6-8 minutes or until just tender enough to enjoy. Remove from heat and place in a serving dish uncovered to prevent further cooking.
- 2) In a separate pan, heat the oil on low. Add spices and simmer for a few minutes.
- 3) Toss veggies with spices and serve warm or cold.