

Camas Swale Farm

News from the Field

AUGUST 25 – AUGUST 28, 2015



Despite our early-season concerns of insect damage, most of our potato harvest is looking beautiful! Jonah and fingerlings shown above.

The atmosphere in the valley has been smoky and hazy this week. Have you noticed? Wild fires throughout the northwest and farms tilling under large dry fields of summer crops have filled the air with dust and smoke. Both remind us that we're all in this together, that our actions within our little bubbles affect the greater macrocosm around us, and vice versa. After visiting the mountains last weekend, we appreciate even more the necessary water that the glaciers and rivers provide during this dry season.

Meanwhile in our little microcosm, the transition into September continues with the maturing of winter squash, buttoning of baby brussel's sprouts, shooting stalks of celery, deepening roots of parsnips, and the continued exodus of onions and potatoes from the field and into our barn. A second planting of summer squash is forming its first fruits.

As the work days grow shorter, we look forward to the recouping and respite that the change of season brings. Until then, we ride! And we'll do it all, one day at a time.

What's in my share?

- Collards
- Fresh Dill
- Onion
- 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



Greenhouse cherry tomato vines are at 9 feet long and still going strong. Enjoy while they last—winter salad will replace them soon.



Red Pepper & Cantaloupe salsa

Adapted from SmittenKitchen.com.
With all this heat we've been loving fruit salads and salsa as a cool snack.

INGREDIENTS

- 1 cup finely chopped cantaloupe
- 1/2 cup finely chopped red bell pepper
- 1/4 cup finely chopped onion
- 3 tbsp chopped fresh cilantro or mint
- 1 tbsp finely chopped seeded jalapeno pepper
- 1 tbsp fresh lime juice
- 1/4 tsp kosher salt
- 1/4 tsp chili or chipotle spice

DIRECTIONS

- 1) Combine all ingredients in a big bowl.
- 2) Cover and chill for at least an hour.
- 3) Serve in bowl or inside of the cantaloupe rind, with chips, pork chop or tofu steak.

Gruyere & Greens Grilled Cheese

Adapted from the CSA Cookbook, by Linda Ly. A fun one that won't heat up the kitchen too much.

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1/2 teaspoon sugar
- 1 yellow onion, thinly sliced
- 4 cremini mushrooms, finely chopped
- 8 to 10 cooking green leaves, stems removed and leaves finely chopped. Tender Collards or Chard can be used.
- 1/2 teaspoon kosher salt
- 3 tablespoons softened butter or 2 tbsp ghee
- 8 slices grainy bread
- 2 tablespoons Dijon mustard
- 2 cups grated Gruyère cheese

DIRECTIONS

- 1) In a large skillet over medium heat, melt 1 tbsp of oil and stir in the sugar until it dissolves. Add the onion and cook, stirring frequently, until tender and translucent, about 10 minutes. Scrape up any browned bits in the skillet with a spatula and mix them back in with the onion.
- 2) Push the onions aside and add the remaining 1 tablespoon of oil. Add the mushrooms, greens, and salt. Cook until the vegetables are tender and wilted, about 5 minutes. Keep stirring them around to let any excess liquid cook off.
- 3) Butter one side of each slice of bread. On the other sides, dress with mustard. Layer equal amounts of the cheese, onion, mushrooms, and greens on each slice, then top with the remaining slices of bread, buttered sides up, and pan toast.