

# Camas Swale Farm



*Radicchio on the rise.*



*What grows up must come down! Greenhouse tomatoes & eggplants make way for winter salad.*

## News from the Field

SEPTEMBER 22 - 25, 2015

Happy Equinox! We welcome the transition from Summer to Fall. On the farm this time of year refreshes our skin and spirits-- we get a bit more rest and enjoy the ambient moisture. We begin planning for cover cropping and next season's crops like sweet onions will soon be seeded for over wintering. It is timely that today an area for the foundation of our packing shed was leveled and smoothed, in preparation for building in the next few weeks. We look forward to creating a bit more covered space to wash, pack and store the harvest-- and keep us farmers warm and dry in Fall and Winter.

Did someone say Celery? This versatile and fun fall favorite has arrived! Celery are started with the earliest seeds of the season in late January along with peppers, eggplants and tomatoes. They grow all season and come to fruition with the arrival of fall and grow into the first frost. We have two types of celery this season; your standard thick crispy stalk you are most likely accustomed to, and a "green stringless" variety which you are sampling this week. The green stringless is great for cooking, mirepoix, fresh in salads etc. We'd say the one thing it lacks in is the crunch your looking for in ants on a log. You'll also receive that type this Fall. Don't forget to use the tops like you would parsley!

*"Eat leeks and carrots in the Fall; save squash and onions for the thaw." - Book of Moons: The Gardener's Year in Verse*

### What's in my share?

- Celery "green stringless"
- Head Lettuce
- Kale (*Lacinato*, a.k.a "Dinosaur Kale")
- Dill Herb
- Sweet Peppers
- Heirloom Tomatoes
- Potatoes (*Kennebec*)
- Carrots
- Leeks
- Garlic



## Farmer's Pie

*A veggie farmer's version of shepards pie. Excellent choice for using Kennebec type potatoes. Adapted from MinimalistBaker.com.*

### FILLING

- 1 medium onion or leek, diced
- 1/2 cup celery leaf
- 2 cloves garlic, minced
- 1 cup chopped carrots and/or sweet peppers
- 1 tbsp olive oil
- 1 1/2 cups cooked brown or green lentils, rinsed and drained, or equivalent ground lamb
- 4 cups vegetable or beef stock
- 2 tsp fresh rosemary or 1 tsp dried rosemary
- Salt and pepper to taste
- 1 bunch kale uncooked, chopped

### MASHED POTATOES

- 3 pounds Kennebec potatoes, thoroughly washed
- 3-4 tbsp butter or ghee
- 2 tbsp milk or coconut milk
- Salt and pepper to taste

### DIRECTIONS

- 1) Pre-heat oven to 400 F and lightly oil a 9 x 13 pan
- 2) Simmer the potatoes in salted water about 20 minutes and mash with butter and milk and seasoning.
- 3) Sautee onion (or leek) until onions are translucent. If using lamb, add raw and cook together for 10-15 mins. If using lentils, add after vegetables. Add veggies, then spices and stock. Saute until vegetables are just cooked. They will cook more in the oven.

4) **OPTIONAL:** To thicken the mixture, add 2-3 Tbsp mashed potatoes and stir. Alternatively, scoop out 1/2 of the mixture and whisk in 2 Tbsp cornstarch or arrowroot powder and whisk. Return to the pan and whisk to thicken.

5) **OPTIONAL:** Fill bottom of pan with raw kale. The kale will steam in the pan.

6) Transfer cooked filling to pan, covering the kale.

7) Cover with mashed potatoes smoothed down and bake for 15-20 minutes or until the mashers are browned.

## CSA MEMBER PUMPKIN PICK & CIDER

*Save the date*

SUNDAY OCTOBER 4TH, 4-7PM

We'll have warm cider, pumpkin snacks, carving pumpkins for sale. Other winter storage crops will be out for purchase or in exchange for vacation credits.

Bring yourself and your family and enjoy some time on the farm. If staying for pot-luck, bring a dish to share. Please email the farm to RSVP. Thanks!