

Camas Swale Farm



The aliens have landed—Purple Vienna kohlrabi will soon be upon us.



Sweet and tender Chieftain cabbages, arugula, and other greens are spreading out.

News from the Field

OCTOBER 6 - 10, 2015

Lifting weeds from the field crops last week felt like clearing our own minds, granting us and our plants more room to grow freely. As the fall cabbage and cauliflower sprawl out into the aisles, making a sea of dark green behind us, kohlrabi and broccoli are swelling up nicely.

Picking the last of the summer crops, capturing the sun and sweet flavors for a few last moments—maybe longer if we're lucky enough to get one last canning session in. A glorious time of year where two bountiful seasons collide. It always makes me think about how the food crops of the seasons change and so maybe do our needs from different foods at different times of the year. May our food also be our medicine.

We are setting in the last seeds and transplants of the season this week: one last round of head lettuce, radishes, and spinach are being set in for early winter harvest for November shares. We do still have garlic to plant, which will be set in within the next month, along with over wintering onions for next spring. The summer crop field is three quarters the way cleared with the tomatoes and peppers remaining, along with some lonesome summer squash.

After our pick tomorrow, these crops will make way for sowing a cover crop of mixed legumes (vetch, peas, favas) and a grass (oats, barley, or rye). The cover crop will help stabilize the soil through the winter months and add a whole heaping ton load of organic matter to the soil next spring. They will also fix essential nutrients into the soil, like nitrogen, which our crops will need next season. In the early spring, the vetch and peas start flowering, attracting and feeding beneficial insects like ladybugs, lacewings, and honeybees. Already thinking of next spring!

Note: The **baby mustard mix** can be eaten as a spicy salad or braised or stir-fried like you would spinach.

What's in my share?

- Collards
- Baby Mustard Mix
- French Breakfast Radishes
- Broccoli
- Leeks
- Carrots
- Sweet Peppers
- Jalapeño Peppers
- Buttercup Squash
- Red Beets
- Potatoes (*Kennebec*)

Buttercup Squash Coffee Cake

Makes 10–12 servings in 1 hour.

CRUMB MIXTURE:

- ¼ cup packed brown sugar
- ¼ cup sugar
- ¼ cup all-purpose flour
- ¼ cup quick-cooking oats
- ¼ cup chopped nuts
- 1½ teaspoons ground cinnamon
- 3 tablespoons cold butter

GLAZE:

- 1/2 cup confectioners' sugar
- 1/4 teaspoon vanilla extract
- 1-1/2 teaspoons hot water

DIRECTIONS:

SQUASH: Cut in half, de-seed, and lay halves face down on baking sheet with a little oil. Bake at 350 for 35 min. Add a little water to pan half way through to cook faster. When done, scoop out meat and set aside. Note: you can bake the seeds for 15 minutes in a separate pan for a crunchy snack.

CRUMB: In a small bowl, combine the first six ingredients. Cut in butter until crumbly; set aside.

CAKE:

- ½ cup butter-flavored shortening
- 1 cup sugar
- 2 large eggs
- 1 cup mashed cooked buttercup
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1½ teaspoons cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- Pinch ground cloves
- ½ cup applesauce

CAKE: In a large bowl, cream shortening and sugar until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Beat in squash and vanilla. Combine dry ingredients; gradually add to creamed mixture and mix well. Spoon half into a greased 9-inch. pan.

Spread applesauce over batter. Sprinkle with half of the crumb mixture. Spoon remaining batter evenly over crumb mixture. Top with remaining crumb mixture.

Bake at 350° for 50-55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing sides of pan.

Combine the confectioners' sugar, extract and enough water to achieve desired consistency; drizzle over cake.



Potato, Leek, and Collard Soup

Makes 4–6 servings in 1 hour.

- 2 tablespoon butter or cooking oil.
- 1 large leek.
- 1 bunch collards.
- 1 tablespoon garlic, minced.
- 4 cups water.
- 2 pounds potatoes, cut into ½ inch pieces.
- Salt and pepper, to taste.

DIRECTIONS:

Slice the leeks and collards. Cut the white and light green parts of the leek crosswise into ¼-inch thick slices. De-stem the collard leaves, pile in a stack and dice 'em all into one-inch bits.

Cover the pot and bring to low heat, cook for 10 minutes until the leeks are softened. Check to make sure the leeks are not browning.

While greens are sautéing, cube potatoes. After greens have softened (and smell of delightful leek aroma), add 'taters and 4 cups water (or enough to fully immerse potatoes) in large, thick-bottomed pot and bring to a boil. Reduce heat to a simmer, but continue cooking until 'taters are soft (20 minutes), stirring occasionally.

Use an immersion blender or standing blender to blend about half of the soup if you want a chunky soup, or all of it if you would like your soup to be more smooth. Add ground pepper and salt to taste. (Potatoes soak up salt, so you may need more expected.)