

# Camas Swale Farm



*New to the farm this year is Stacie, our Tuesday harvest volunteer, who has helped us since June.*



*Sam brings in a load of Frisée greens while Jonah harvests salad.*

## News from the Field

OCTOBER 20 - 23, 2015

We write to you from under the cover of heavy rainfall at last! A great rainbow encircled us around the barn Monday evening while we set aside garlic heads for seeding next year's crop and also consolidated winter storage squash, pumpkins, and potatoes. A perfect rainy day project.

Last week seemed to be a time to gather together and reach out to our community. Old friends came to visit throughout the days, including the wild geese, who honked hello as they passed over our fields yet again on their yearly journey south. On Friday, we hosted a fifth grade class field trip and farm tour for students and parents of the Coburg Charter School. It was exciting to see such youthful enthusiasm for good farming and good food ("this celery is the BEST!") from good people.

On Saturday, we were happy to be a part of the second annual Farmers Rising! convivium, hosted by Agrarian Ales and Friends of Family Farmers. A handful of local farmers, including Amber, shared their experiences with aspiring and/or beginning farmers on a variety of topics including seed saving, land acquisition, season extension, draft power, and more. It was wonderful to connect with fellow farmer friends once again after a long season of blessings and challenges.

We are blessed this week with tender and delicious parsnips, crisp Bok Choi, and fully-cured sweet pie pumpkins! Parsnips are a nutty, creamy delight, whether roasted, steamed, or fried. We love them combined with other roots and squash throughout the winter. They also pair well with Bok Choi in an asian stir fry. Feel free to display your pumpkins as decoration until you're ready to make soups, chilis, pancakes, breads, pies, or other creative meals.

### What's in my share?

- Head Lettuce
- Kale
- Bok Choi
- Radishes
- Broccoli
- Carrots
- Parsnips
- Onion
- Pie Pumpkin



## Bok Choy & Radish Slaw

*This is a yummy farm slaw that goes great with tacos or on a burger. Chop as described or place all ingredients in a food processor and pulse until blended. Add finely chopped kale for a heartier salad.*

- 2 heads baby bok choy, washed, stems and leaves separated
- 1 bunch radishes, tops removed

### Dressing:

- 1/4 cup olive oil
- 2 T tamari
- juice *and* zest from half a lime
- 1 t. apple cider vinegar
- 1 T. toasted sesame oil (optional)
- 1 T. maple syrup or honey
- 1 clove minced garlic
- 1 t. grated ginger
- 1/4 jalapeno (also optional)

Cut stalks into 2 inch slices. Slice bok choy vertically into matchsticks. Slice radishes, then stack on top of each other and chop into matchsticks. Roll bok choy leaves tightly into a bundle, and thinly slice. If necessary spin leaves and stalks dry using a salad spinner.

Mix the dressing ingredients together. Toss radishes, bok choy stalks, and leaves with the dressing. Taste and add more lime or tamari if necessary.

## Nut Butter Parsnip Fries

*A fun way to use this flavorful root. Parsnip fries are also wonderful made with just oil and salt. But if you've tried that, here's something different. Adapted from OhSheGlows. Enjoy!*

- 3 medium parsnips, peeled and cut into thin fry-like strips (carrots can also be used)
- 3 tbsp nut butter (we use sunflower butter but any nut butter will probably work great)
- 1 Tbsp extra virgin olive oil
- 1/4 tsp kosher salt, or to taste

Preheat oven to 400F and line a baking sheet with parchment paper for easy clean-up. Peel and cut parsnips into fry-like strips. In a medium size bowl, mix together the nut butters, olive oil, and salt. Take parsnips and toss in bowl with your hands until fully coated. Line up on baking pan and cook at 400F for 30-50 minutes until crisp.

See more recipes in our Newsletter archives at [www.camasswalefarm.com](http://www.camasswalefarm.com)