

# Camas Swale Farm



*Winter crops thriving next to bare soil freshly seeded in favas, peas, and vetch.*



*The still crispy, spicy colorful flesh of our Watermelon Radishes, despite insect damage on skins.*

## News from the Field

OCTOBER 27 - 30, 2015

Last week the remainder of the summer crops were cleared from the north field. This week a cover crop of Vetch, winter peas and rye were sown just before that refreshing rain over the weekend. A mix of legumes (peas and vetch) and grass (rye) work well together- both build organic matter, legumes concentrate nitrogen from the air to the soil, and grasses with their long roots bring nutrients up from deep soil and help keep the soil loose. By Spring the field will be covered by these plants and soon enough vetch's purple bee-enticing flowers will be blooming.

With the north field cleaned up and seeded, the south field is in full Fall-Winter production as you can see in the picture. Some new goodies out there that you can look forward to in the next month include Brussel sprouts, spinach, green cabbage, turnips, daikon radish, more parsnips, radicchio, sugar loaf (pan dulce) chicory and tot soi-- to mention a few... These are flavors of the Fall we look forward to every year.

In addition to fieldwork it's also time for buttoning up the greenhouse for winter. Today we removed shade cloth, pulled the plastic tighter, and closed up ventilation we had created for the summer months. Winter salad, spinach and arugula will benefit from a few more degrees of warmth as it gets cold. We also prepared holes for the posts of our new packing shed! 10 inches wide and 3 feet deep with the help of a post-hole auger that mounted on our tractor, borrowed from a gracious neighbor. Thank you Bob! This Spring Bob was able to disc a field using our disc and today we turn a days worth of digging into an hour with his auger. Community tool sharing is still alive and well here in our little corner of Coburg and we're thankful for that.

### What's in my share?

- Cauliflower
- Sulu Head Lettuce
- Napa Cabbage
- Leeks
- Tuscan Kale
- Kohlrabi
- Watermelon Radishes (with surface damage)
- Potatoes
- Butternut Squash



## Roasted Cauliflower

*We debated a recipe for cauliflower because there are so many (indian style “aloo gobi”, cauliflower fritters, cauliflower cheese soup...). We landed on one of our simple favorites. Enjoy!*

- 1 head cauliflower, cut into florets (6-8 cups total)
- 3 tbsp olive oil
- 1/4 tsp salt

Optional ingredients:

- 4 thyme sprigs or equivalent dried
- 3 cloves of garlic, peeled and chopped
- 1/4 cup grated parmesan

Directions: Pre-heat oven to 450. Toss cauliflower with all of the ingredients you are using -except the parmesan- in a large bowl. Spread in 1 layer in a large shallow baking pan and roast, stirring and turning over occasionally, until tender and golden brown, for a total of 30-40 minutes.

If you are using parmesan, sprinkle the cauliflower with parmesan after 20 minutes of cooking, and continue cooking an additional 10-15 minutes.

## Watermelon Radish and Kohlrabi Salad

*Pink watermelon radish and kohlrabi are crispy colorful roots for-vegetable platters, topping a salad or used like a cracker. They can both also be roasted or cooked in soups.*

Salad:

- 1 head of lettuce, thinly chopped
- 1/2 cabbage, thinly chopped
- 1 large kohlrabi, peeled and thinly sliced
- 1 large watermelon radish, peeled and thinly sliced
- 1/4 cup minced onion (optional)

Dressing:

- 1/2 cup cashews covered in hot water 1 hour
- 1/2 cup veganaise or mayonnaise
- Juice of 1 lime
- 1/2 tsp. each cumin, coriander, dill, oregano and chili powder
- 1/2 jalapeno (optional)
- Water or more lime juice as needed to make the consistency you like

Directions: Blend all dressing ingredients in a blender. Cover and refrigerate until cold. Toss all prepped veggies together in a large salad bowl and top with dressing. Leftover salad and dressing are great as taco fixings.