

Camas Swale Farm



Baby Bok Choi, Tatsoi, Green Waves, and Ho Mi Zi: one big happy family.



Cover crop sprouts soak up the afternoon sun.

News from the Field

NOVEMBER 10 - 13, 2015: WEEK 22 OF 23

The small diversified farmer has an innate modesty, which since he knows how much of a dance of timing it is; how much depends on the three billion organisms in his square inch of soil, met with certain seed reaching up, where a timely rainfall could tease his day-dream, nurture its hope of maturity, or wash it away. He can stir in time and prepare, maybe pray the elements come together this time in a harvest that will repay his investment, and let him carry on.

— PAUL HUNTER

Our hands have touched just about every corner of the farm this week. It feels good to be pretty on top of everything, and making progress on infrastructure improvements.

In between building and harvesting, our hands tended to hedgerows of young trees and the alleys in between. As the rows fill out and up in the coming seasons, they will shelter sensitive field crops from northern winds. In the mean time, they will shelter an alley crop of garlic throughout the winter and spring.

The skies have blessed us with a perfect mix of cool rains and warm sunshine, which have been kind to our cold-loving mache, sun-loving cabbage and germinating cover crop seed. We hope the diversity of your shares likewise satisfy whatever your appetites might crave for the last two weeks of harvest share deliveries!

What's in my share?...

- Tatsoi
- Mustard Greens
- Head Lettuce
- Cauliflower
- Leeks
- Beets (no tops)
- Carrots
- Buttercup Squash
- Black Radish or White Turnips (full shares only)

VEGGIE SPOTLIGHT: MUSTARD GREENS

Mustard greens are a little spicy but otherwise used like other cooking greens. They go well with tatsoi in an spicy nutty saute; are wonderful alone sauteed with olive oil, garlic and lemon; useful in soups (chop and add at the end); and make a great green for Saag Paneer- use mustard instead of spinach or see the traditional indian mustard greens recipes called "Sarson Ka Saag".



Cauliflower “Cheese Sticks”

Recommended by CSA member Richard Bloch, thanks for sharing!

We read that this recipe is generally made using a microwave to start but there are no microwaves on the farm! We steamed and riced the cauliflower first with good results.

- 4 cups of riced cauliflower (about 1 large head of cauliflower)
- 4 eggs
- 2 cups of mozzarella cheese
- 3 tsp oregano
- 4 cloves garlic, minced (finely chopped leeks would also be good)
- salt and pepper to taste
- 1 cup each mozzarella cheese for topping

DIRECTIONS:

- 1) Preheat oven to 425 F degrees. Prepare 2 pizza dishes or a large baking sheet with parchment paper.
- 2) Steam the cauliflower and then roughly chop into florets. Add the florets to a food processor and pulse until cauliflower resembles rice.
- 3) Add the 4 eggs, 2 cups of mozzarella, oregano, garlic and salt and pepper. Mix everything together.
- 4) Separate the mixture in half and place each half onto the prepared baking sheets and shape into either a pizza crust, or a rectangular shape for the breadsticks.
- 5) Bake the crust (no topping yet) for about 25 minutes or until nice and golden. Don't be afraid the crust is not soggy at all. Once golden, sprinkle with remaining mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted.

Slice and serve.