

Camas Swale Farm



Amber and Jonah with late season harvest at Fill Your Pantry event this weekend.



Jonah drops seed garlic into furrows. This time around, we will have three varieties: St. Helen, Czech Broadleaf and Purple Hardneck.

News from the Field

NOVEMBER 16 - 20, 2015: FINAL WEEK!

The carrots are honey from the ground this week. Though daylight is dim and short-lived, and cold air chills to the core, that first bite of celery or roasted parsnip quickly revive our spirits more than ever.

The root's sweetness, the greens' zest, and the honey's warmth restore those qualities within ourselves. Our hearts and hands go on with the rhythm of the seasons, eager and hopeful to usher this land into many seasons to come, side by side with the company of family and friends.

We're incredibly grateful that a bountiful growth of crops this season has been reflected by a lot of personal growth of the farm itself. Just as the cabbage heads sized up in the rain, our heads have grown a little wiser, too. Just as our trellises hung in there to support our towering tomato plants, we have been likewise blessed with overflowing support from family, friends, and volunteers to make it all happen.

Now is the time to reflect over the meals and all that went into them. What have we learned over the season? How have we grown, matured, and ripened? In what way do we hope to grow next year?

What's in my share?

- Radiccio
- Green Cabbage
- Kale
- Onions
- Beets
- Carrots
- Parsnips
- Butternut Squash
- Potatoes
- Garlic
- Radish (full shares only)

Thank you for supporting!

We truly couldn't be the farm that we are without you. It brings us joy and momentum to commit to growing produce for your family. Thank you for allowing us to be your farmers and standing by the farm all season long.

Your specific feedback is invaluable. In the winter we gather our thoughts and plans for next season and typically send a year end report to CSA members then. We feel it's important for members to get a full picture of what you invested in and supported! Invites for next season's CSA are usually sent in March. Other than that, we hibernate, craft, plan, gather, sow, and sew during the coldest months. Harvests still go out to restaurants and our produce will be stocked at Provisions Market Hall all winter if you have a hankerin' for it.

Your Farmers, Jonah, Jason, Amber & Sam



Unlike traditional white cabbage, purple cabbage loves the sun that helps it's color set in.

Spicy Raddiccio Slaw with Pecans

Recipe from NPR.org

- 1 head radicchio, halved and thinly sliced
- 1/2 medium head of cabbage, halved and thinly sliced.
- 1 carrot, peeled and shredded
- 1 Granny Smith apple, cut into thin matchsticks
- 1/2 medium onion, thinly sliced
- 1 cup pecans, toasted and chopped

DRESSING:

- 1 tablespoon Dijon mustard
- 1 teaspoon sugar
- 1 teaspoon smoked spicy paprika
- 3/4 cup mayonnaise
- Juice of half a lemon
- Salt and freshly ground black pepper, to taste

1) Combine the slaw ingredients large bowl. Mix well with your hands and set aside.

2) In a small bowl, stir together the dressing ingredients. Season with salt and pepper.

3) Pour the dressing over the slaw and toss well to coat. Taste for seasoning, then mound onto a platter.

Parsnip & Potato Mash

Favorite recipe on the farm. Amounts are approximate. Try adding about half the amount of parsnips to any of your favorite mashed potato recipes. Parsnips will sweeten them up, so we add minimal garlic. Try topping with steamed carrots & kale and gravy.

- 5 medium potatoes
- 3 medium parsnips
- 1 clove of garlic, minced
- 2 tbsp butter or ghee
- 1/3 cup coconut milk or cow's milk

1) Peeling the roots is optional. Depending on the quality of the potato skin, we may not peel them. We usually do not peel parsnips. Cut the roots to make them even sizes if needed.

2) Put them in a large pot and cover with water. Add a pinch of salt. Bring to a boil and simmer until tender, about 25 minutes.

3) Drain the water from the roots well. Begin to mash the roots in the pot then add the raw minced garlic and the butter and mash some more. Add the milk and beat with a wooden spoon until all is combined and the mash is a bit fluffy. Add more milk if needed. Season with salt and pepper.