



CAMAS SWALE FARM

CSA WEEKLY NEWS & RECIPES



Jonah, Lauren, and Jason dig potatoes on Thursday.



Our farmed spuds have nearly as much character as our farmer buds.

JULY 12 – JULY 15, 2016

Potatoes! Today (Monday), we lifted the first of two crops of potatoes for this season. Reds skins, yellow skins, purple skins, fingerlings—a little bit of everything this year... and you will get a chance to taste each as the weeks progress. This week will be a fingerling, Austrian Crescent, on the creamy end of the spectrum and great for potato salad (great recipe on next page).

Over the past few days, we've brought in about 2500 lbs of potatoes: 3 types of fingerling (reds, yellows, and purples), our favorite large red (Desireé), yellow classic Yukon Gold, and a nice white starchy chunker named Kennebec. Oh, and we finally did a russet!

Did you know... there are close to 4000 different varieties of potatoes, mostly all native to the Andes in Peru? This vegetable has hopped on the backs of humans and travelled all around the globe incorporating, itself as a staple food of almost all cultures. We love our potatoes! Hope you do, too!

Spotlight Vegetables

BULB FENNEL is great sliced or shredded and added to coleslaw or broccoli salad, or fried until crispy and used as a topping to a savory entree such as baked salmon or a casserole.

TOMATILLOS are the makings of salsa verde. We also enjoy chopped and sauteed tomatillos with morning eggs in a tortilla, or roasted with other veggies.

EGGPLANT. "Sweating" the eggplant prior cooking or baking encourages a firmer texture and better absorption of spices. To sweat the eggplant, chop or slice it (no need to peel it) and place in a colander. Cover with generous salt and let sit for an hour. The eggplant with "sweat". Rinse the eggplant with water, pat dry and then use for your recipe.

What's in my share?

- Cabbage
- Slicing Cucumber
- Bulb Fennel
- Eggplant
- Vates Kale
- Onions
- Fingerling Potatoes
- Tomatoes
- Purple Tomatillos
- Patty Pan Squash

Fennel & Seafood Stew

MAKES 6 SERVINGS

From the CSA Cookbook by Linda Ly.

One summer we made a similar stew with crawdaddies and, tomatoes and fennel. Rarely do we share a recipe we haven't tried, but my mouth is watering over this one.

- 2 tbsp olive oil
- 1 onion diced small
- 1 fennel bulb diced small
- 4 garlic cloves, minced
- 2 tbsp tomato paste
- ¼ tsp ground black pepper
- 4 thyme sprigs or 1 tsp dried herb
- 2 bay leaves
- 1 cup dry white wine
- 4 cups fish stock
- 1 lb tomatoes, coarsely chopped
- 2 lbs white fish fillets (such as cod, halibut)

Directions

1. Heat a large pot over a medium heat. Add oil, onion, fennel, and garlic, cooking until soft (2–3 mins). Add tomato paste, pepper, thyme, and bay leaves, stirring to coat ingredients thoroughly. Pour in wine, bring mixture to simmer, and cook until most liquid is evaporated. (2 mins).

2. Add stock and tomatoes, bring to boil. Once consistent boil is reached, reduce heat to simmer while uncovered for 20 minutes.

3. Gently stir in fish and simmer for 3 minutes more. Stir in shrimp and cook until shrimps are opaque and fish is flaky. Stir in parsley. Serve immediately with a squeeze of lemon over each bowl and sprinkle with fennel fronds, if desired.

Nicoise Salad, flexible farm style

This is a french salad that is usually composed of eggs, potatoes, green beans and tomatoes and topped with some kind of vinegar & mayo sauce, and sometimes pickles or canned fish are added.

Salad

- 3 hard boiled eggs
- 2-3 fingerling potatoes, sliced in 1" sections
- 1-2 red tomatoes sliced into half moons
- 8 ounce canned or baked & cooled tuna or salmon
- 1 cup pickled or steamed green beans cut in 2 " lengths with ends removed and/or sliced cucumber

Dressing

- 4 tbsp mayonnaise or vegenaïse
- 2 tbsp honey mustard
- 1 tbsp olive oil
- 1 tbsp cider vinegar
- 1 tsp paprika
- 2 cloves garlic minced
- sea salt
- pepper

1. Bring a large metal sauce pan with at least four cups water to a boil with one teaspoon sea salt. Wash fingerling potatoes and add potatoes to boiling water. Reduce heat to medium high. After 8 minutes add the green beans if using them. Two minutes later, for a total of 10 minutes, strain the potatoes and green beans.

2. In a glass jar, mix together all of the dressing ingredients.

3. Peel and slice three boiled eggs in half.

4. Plate hard boiled eggs, beans or cukes, potatoes, tomatoes and fish. Serve with a side of dressing and a sprinkle of sea salt - OR - on busier days, mix all ingredients except the eggs in a large serving bowl, cover with dressing and top with wedges of hard boiled eggs.