



CAMAS SWALE FARM

CSA WEEKLY NEWS & RECIPES



Jonah's having a field day getting in fall broccoli and cabbage starts. Thumbs up for planting!



Amber and baby Iris haul in a harvest of lilies and zinnias.

JULY 19 – JULY 21, 2016

Though summer feels like it's just beginning to share its gifts, we spent time (between harvesting beautiful zucchini and cucumbers) preparing fields and planting for fall harvests. While we excitedly await bringing home the first sweet melons, stocky peppers, and rich black heirloom tomatoes, we must also work to make homes for late-season root and leaf crops.

We are careful to rotate crops to locations that are both efficient for us and beneficial for the plants themselves. This week, broccoli, cabbage, cauliflower, and romanesco were planted for autumnal harvest in the former potato field.

We are proud of the resiliency, robustness, and vitality of our crops this year. Hard work pays off! A few of our tender young plants have struggled amidst pest pressure, etc. We've given them an extra boost of compost tea sprays and top-dressings of organic fertilizer for more strength to pull through, and it's rewarding to see positive results.

While often thought of as a fall-time treat, some of our heritage trees on the farm are providing us with tasty early-season apples! We believe them to be a Gravenstein type, which is a sweet-tart fruit is often available through July and August. Its flavor and texture lends itself well to cooking, or sliced fresh onto salads.

What's in my share?

- Tomatoes (Cherry or Salad)
- Potatoes (Kennebec)
- Beets
- Collards
- Cucumbers
- Zucchini
- Head Lettuce
- Scallions
- Bulb Fennel
- Baking Apples
- Savoy Cabbage (Full Shares only)

Spotlight Vegetable

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.



Summer melons sizing up—signs of things to come!

Fennel Vinaigrette

A yummy dressing for a variety of salads and slaws such as a mixed greens salad with citrus, a cucumber salad or a slaw with cabbage and apples. Use the rest of the fronds as a garnish.

- 1/3 cup olive oil
- 1/4 small fennel bulb, finely chopped, plus 1/2 cup chopped fronds
- 1 small shallot, finely chopped
- 2 tablespoons finely chopped peeled ginger
- 1 teaspoon fennel seeds, crushed
- 1/4 cup white wine vinegar
- 2 tablespoons honey
- Kosher salt and freshly ground black pepper

1. Heat oil in a medium skillet over medium heat.

2. Add chopped fennel, shallot, ginger, and fennel seeds and cook, stirring often, until tender (do not let brown), 8–10 minutes.

3. Mix in vinegar and honey. Let cool; season with salt and pepper.

Ricotta Potato Cakes with Apple Sauce

MAKES ABOUT EIGHT 3 TO 4-INCH PANCAKES.

- 1/4 cup coconut oil (or other high heat oil)
- 2 large potatoes, grated
- 4 large eggs
- 1/2 cup flour
- 1 cup ricotta cheese
- 1/4 cup chopped scallions (the white part is more spicy, or use the green part for color and flavor) salt and pepper
- 5-8 apples, peeled and diced
- 1/2 cup brown sugar
- 1 teaspoon cinnamon (or mix of nutmeg, allspice, cinnamon, ginger, cardamom, etc.)
- 1/2 cup water

Apple Sauce

In heavy saucepan add: 4-5 cups apples, sliced and diced, 1/2 cup brown sugar, 1/2 tsp cinnamon, etc. and 1/2 cup water. If using less apples, add less sugar and spice. Bring to boil, lower heat, and simmer for 15-20 minutes or until thickened. Bring to room temp or refrigerate until ready to use.

Latkas

Take the grated potatoes and press them in a colander to remove most of the liquid. In a large bowl add the eggs, flour, cheese, and onion. Add potato and season. Heat skillet. Add 1/4 cup latkas at a time, cook until brown on both sides, a few mins per batch, drain on paper towels.

Keep warm, serve with applesauce.

Happy Hour!

FRIDAY JULY 22 5-7PM

Bring yourself and family, but no dogs please.

Drinks and farm fresh yummys provided.