



# CAMAS SWALE FARM

CSA WEEKLY NEWS & RECIPES



*Summer fixings at Friday's happy hour on the farm.*



*Lauren pulls and hoes weeds from a bed of salad while Jonah refertilizes beds for fall planting.*

JULY 25 – JULY 28, 2016

The last couple weeks have been a big push for transplanting and direct seeding fall & winter crops. This includes turning over spring beds, amending with compost and organic fertilizer, and replanting them with trays of plants we started in the beginning of June. Some of the crops we are planting right now are broccoli, cauliflower, romanesco, cabbage (you may not want to hear that now because you've been seeing a lot of it), along with direct seeded crops like carrots, beets, parsnips, salad mix and turnips.

July into August is always a paramount time of the season on the farm- harvests are starting to peak out with large hauls of storage crops like garlic, onions and potatoes while summer crops like tomatoes, peppers, cukes and squash are really starting to flow in. This all while we are focusing on getting seedlings and seed into the soil for three, four and five months from now. Keeps us on our toes and we love it.

That said, it is a good time to remind you that bulk orders of these summer colors and flavors are available. Just let us know you would like to get the wholesale pricelist. This pricelist is for our wholesale restaurant accountees, and we offer it to current CSA members during peak season. It's sent out every Sunday for that week's availability.

## What's in my share?

- Eggplant
- Sweet peppers
- Kale
- Heirloom tomato mix
- Rosemary or parsley
- Purple cabbage
- Tropeo onion
- Cucumber
- Patty pan squash
- Apples
- Green beans full shares only
- Salad for salad lovers add-on



*Farmers, farm members, family, and friends share food, drinks, and music at Friday's happy hour.*

## Roasted Eggplant and Chickpea Stew

ABOUT 6 SERVINGS

*Recipe from Local Flavors book by Deborah Madison*

- Sea salt and freshly ground pepper
- 1½ pounds Yellow Finn, Russian Banana, or other waxy potatoes
- 2 large peppers, red and/or yellow bells
- 1 cup packed basil leaves
- 1 cup packed cilantro leaves
- 3 large garlic cloves
- 3 tablespoons olive oil
- ½ teaspoon roasted ground cumin
- 2 large onions, peeled and cut into eighths, or 16 very small onions
- 1 pound short oblong eggplants, such as Ichiban, quartered lengthwise
- 2 or 3 large, meaty red tomatoes, peeled, seeded and diced
- 1½ cups cooked chickpeas (1, 15-ounce can, rinsed)
- **OPTIONAL:** Add 1-2 cups of chopped kale a few minutes before the stew is finished cooking.

Preheat the broiler.

Bring 6 cups water to a boil and add 1 teaspoon salt. Slice the potatoes lengthwise about 1/2-inch thick, boil them for 5 minutes, and drain. Halve the peppers lengthwise, press to flatten them, then brush with vegetable oil. Broil, cut side down, on a baking sheet until blistered but not charred. Stack them on top of one another and set aside to steam. When cool, remove the skins and cut the pieces in half. Set the oven temperature at 350 degrees.

Coarsely chop the basil, cilantro and garlic, then puree in a small food processor with the olive oil, cumin and 1/2 teaspoon salt.

Toss all the vegetables with 1 teaspoon salt, some freshly ground pepper and the herb mixture. Using your hands, rub the mixture into the vegetables, especially the eggplant, then add the chickpeas and toss once more. Transfer everything to an earthenware gratin dish. Rinse out the herb container with 1/2 cup water and pour it over all. Cover the gratin dish tightly with foil and bake until tender, about 1 1/2 hours. Remove the foil, brush the exposed vegetables with the juices, and bake for 20 minutes or more. Let cool for at least 10 minutes before serving.