



CAMAS SWALE FARM

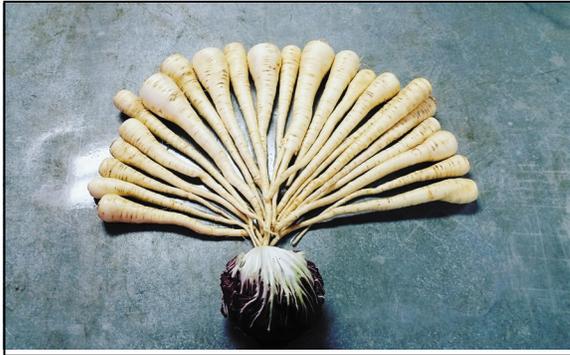
CSA WEEKLY NEWS & RECIPES

WEEK 17: OCTOBER 11 - OCTOBER 14

With Fall officially gracing us with this wet cooler weather let's officially dip into fall crops, it's time for greens and roots, risotto and soups! This week kale is back alongside radicchio. For roots, parsnips are this weeks new addition, one of our favorite's on the farm and only here for a short window in the late fall and early winter when the sugars are ripe in the root and ready to enjoy. Seeded early in the season around May, we cultivate and care for these gems for around 6 months before even giving a test dig. Well we did our test dig and it resulted in a quick decision-- they are ready and they are beauties.

You'll also find apples in your boxes. These are from Lane's Turn, an organic farm owned by John Sundquist. They may have some coddling moth damage in the center but are otherwise good tasting fruits. We mentioned earlier in the season that we elected to reach out to other organic farms for fruits. We want to give thanks to John for the pears and most apples; and thanks to Organic Redneck for those early season blueberries. The rest of the apples, the plums, and strawberries (and all of the produce and herbs) are from our land. We are thankful for this added touch of sweetness while we establish perennial fruits of our own.

Cover crop over the summer field has germinated and looks like it will be a nice stand going into the winter. Today was spent grading and preparing garlic for it's soon planting. The planting of garlic as well as fava beans (and this year fall planted strawberries!) always signifies the end of the planting season but not the end of the harvest.



Art you can eat-- having fun with radicchio and parsnips.



The next sowing of salad mix is well on its way!

What's in my share?

- Broccoli or Cauliflower
- Lacenato Kale
- Radicchio
- Parsnips
- Red Onion
- Leeks
- Liberty Apples (for baking)
- Delicata Squash
- Bulb Fennel

Leek, Parsnip, and Ginger Soup

A flavorsome winter warmer, with the added spiciness of ginger, from *The Cook's Encyclopedia of Soup*, author Debra Mayhew.

SERVES 4-6

- 2 tbsp olive oil
- 2 cups sliced leeks
- 2 tbsp peeled and minced ginger root
- 5 cups roughly chopped parsnips*
- 1 1/4 cups dry white wine
- 5 cups vegetable stock or water
- salt and fresh ground black pepper
- fromage blanc or sour cream and paprika, to garnish

* Farmer's note: your box may or may not contain a full 5 cups worth of parsnips tomorrow as they are just filling out. There will be more to come... Fill the remaining amount with carrots, delicata squash, or potatoes if needed.

1. Heat the oil in a large pot. Add the leeks and ginger and cook slowly for 2 to 3 minutes until the leeks start to become soft.
2. Add the parsnips and cook for 7 to 8 minutes longer until they begin to become soft.
3. Pour in the wine and stock or water and bring to a boil. Lower the heat and simmer for 20 to 30 minutes, or until the parsnips are tender.
4. Puree in a blender or food processor until smooth. Season to taste. Reheat and garnish with a swirl of fromage blanc or sour cream and a light dusting of paprika.

Winter Squash Risotto with Seared Raddichio

SERVES 4

- 6 cups vegetable stock or chicken stock
- 1 cup cooked winter squash such as delicata or kabocha, cooked.
- 1 head raddichio, cut into wedges 1 to 2 inches wide
- olive oil
- sea salt and freshly ground pepper
- balsamic vinegar
- 3 tablespoons unsalted butter
- 1 yellow onion, finely diced
- 1 1/2 cup arborio rice
- 1 cup freshly grated Parmigiano-Regiano or Parmesan
- 2 teaspoons pumpkin seed oil, if available

1. If you are making stock begin it first.

2. Mash the cooked squash with a fork to smooth the flesh. Brush the radicchio generously with olive oil and season with salt and pepper. Heat a skillet, add the raddichio, and cook on both sides until wilted and brown, about 5 minutes per side. Douse lightly with the vinegar, then transfer to cutting board and chop coarsely.

3. When you're ready to begin cooking the risotto, have the stock simmering on a burner. Melt the butter in a wide soup pot. Add the onion and cook over medium heat until wilted and lightly colored but not browned, about 5 minutes. Add the rice, stir to coat, and cook one minute. Turn the heat to high, add 2 cups of the simmering stock, and cook at a lively boil, stirring just a few times. When the first batch is fully absorbed, begin adding stock 1/2 cup at a time, stirring constantly. Once you've used 4 cups in all, stir the squash into the rice. Continue cooking, stirring, and adding liquid until the rice is tender, but still a little resistant, and the sauce is creamy.

4. When the rice is done, add the radicchio. Cook for a minute more to heat the radicchio, then turn off the heat and stir in the cheese. Taste for salt, season with pepper, and divide among heated plates. Season with pepper and drizzle a little of the dark green pumpkin oil into each dish.

From Local Flavors Cook-