



CAMAS SWALE FARM

CSA WEEKLY NEWS & RECIPES

WEEK 19: OCTOBER 25 - NOVEMBER 4

*The people I love the best
jump into work head first
without dallying in the shallows
and swim off with sure strokes almost out of sight.
They seem to become natives of that element,
the black sleek heads of seals
bouncing like half-submerged balls.*

*I love people who harness themselves, an ox to a heavy cart,
who pull like water buffalo, with massive patience,
who strain in the mud and the muck to move things forward,
who do what has to be done, again and again.*

— MARGE PIERCY, “TO BE OF USE”

Last week on the farm was culminated by the comraderie of friends, new and old, at our Saturday harvest party. It is always a true delight to share each other’s cheerful company and exquisite cooking over a hot cider—especially when hospitable weather allows us to walk together along the rows of crops and buildings where it all begins.

While we love for our farm members to experience where their produce comes from, we also appreciate hearing about stories from the home kitchen, favorite vegetables, and general CSA feedback. Knowing how produce is received on the home front allows us to better serve you!

As parents lugged their favorite carving pumpkins home with their families, we marveled at how fast their own little “pumpkins” had also grown, expressing jubilant grinning faces unmatched by any jack-o-lantern.

This week’s shares include a quintessential element of autumn: **Butternut squash**. Delicious when paired with leeks. The **mustard mix** can be used fresh, mixed with **head lettuce** for a spicy salad, or cooked with **cabbage**. **Romanesco** works wonderfully with most recipes for cauliflower or broccoli. Roasting Romanesco maintains its unique spiral shape.

We return to work this week with renewed inspiration, purpose, and satisfaction. We thank everyone for their support in making this such a joyous season.



Purple cauliflower heads floating in a cool water bath prior to distribution.



Friends, family, food, and fellowship. Thanks to all who made for a great Fall harvest party.

What’s in my share?

- Romanesco
- Beets
- Cabbage (*Napa*)
- Mustard Mix
- Leeks
- Collards
- Butternut Squash
- Onions (*Tropeo*)
- Garlic

Beet & Napa Cabbage Salad with Orange Zest

A fun way to use two beautiful crops- napa cabbage and beets. Adapted from "Food Person, You Are What You Eat" blog. Great as a salad to start a meal or alongside spicy baked fish or chicken.

MAKES 6 SERVINGS

- 1 pound **beets**
- 1 pound **Napa cabbage** (probably 1 head)
- 1 medium **leek**, minced
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground pepper, or to taste
- 1 - 2 teaspoons Dijon mustard
- 2 tablespoons extra virgin olive oil
- 2 tablespoons vinegar (Balsamic)
- 1 tablespoon maple syrup (or use 3 tbsp really nice balsamic instead)
- 1/4 cup chopped fresh parsley leaves
- 2 oranges, peeled and roughly chopped (including juice)

Peel and shred the beets. Thinly slice cabbage crosswise. Place beets, cabbage and shallots in bowl.

In a jar with tight-fitting lid, add salt, pepper, mustard, olive oil and vinegar. Shake well, and pour over vegetables. Toss. If desired, marinate an hour or so.

Add parsley and oranges. Toss to combine, and serve. Makes about 8 servings.

Autumn Vegetable Soup

A versatile soup for using all of the autumn vegetables, warmed with allspice and sweetened by butternut squash. We made this soup for the Harvest Party this weekend and promised to share the recipe. Original recipe from Fine Cooking Magazine.

SERVES 6-8

- 2 Tbs. olive oil
- 1 large **onion**, cut into medium dice
- 2 medium cloves **garlic**, minced
- 3-4 cups cubed or chopped produce. The original recipe recommends 2 cups 1/2-inch-cubed peeled **butternut** squash (about half a 2-lb. squash) and 1 cup carrots. Try also adding **romanesco**, brussel sprouts, potatoes, bulbing fennel or celeriac.
- 1/2 tsp. ground allspice
- 1/2 tsp paprika
- Pinch cayenne pepper; more to taste
- Kosher salt
- 1 quart lower-salt beef broth. The original recipe calls for chicken broth.
- 2 cups canned or frozen diced tomatoes with their juices*
- 4 sprigs fresh thyme or 1 tsp dried thyme
- 2 cups lightly packed, coarsely chopped **col-lards** (or kale, cabbage, baby mustard, raddichio, chard or other leafy green)
- 1 cup lower-salt canned chickpeas

Heat the oil in a large soup pot over medium-high heat. Add the onion and cook, stirring occasionally, until it begins to soften, about 6 minutes. Add the garlic and cook for 1 minute more. Add the produce, allspice, cayenne, and 1 tsp. salt and stir to combine. Add the broth, tomatoes with their juice, and thyme. Bring to a boil, reduce the heat to medium, cover, and simmer for 10 minutes. Add the chard and the chickpeas and cook uncovered until the squash is tender and the chard has wilted, about 10 minutes more. Discard the thyme springs before serving. Season to taste with more salt and cayenne.

* The frozen tomatoes we used were actually a soup base comprised of cooked and blended tomatoes with a little basil, salt and pepper. We have a suspicion that the little bit of basil in our sauce gave this soup a "Pho" like flavor that was very enjoyable.