



CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —



Brussel sprouts still on the stalk.



Jason in the brassica patch. We hope you've enjoyed Romanesco and purple cauli as much as we have!

What's in my share?

- Musquée de Provence Pumpkin
- Brussel's Sprouts
- Purple Top Turnips
- Kale
- Cabbage
- Sprouting Broccoli
- Arugula
- Parnsips
- Onion
- Cauliflower (full shares)

WEEK 21: NOVEMBER 1 - NOVEMBER 4

This week's work included garlic planting, preparing beds for planting strawberry rhizomes, buttoning up the greenhouse, sourcing cow manure to make compost and ordering supplies to add on to our packing shed so we can wash roots under cover through the winter.

Harvest at this time of year is a messy job, but one made lighter with a good crew. If you didn't get a chance to visit the farm this year you might not have met Jonah, Amber, Jason, or Lauren who are your primary farmers. Also in the field on Tuesday or Friday are Jon, Lacey, Mona, Amy, Micheal and George-- volunteers that help with CSA harvest 4 hours per week June-November. These CSA work traders are an essential part of getting the crops to your plate, albeit the most fun and gratifying part of it all. Without their assistance on harvest day picking and packing for 80 households would be a tall task. We are so grateful for these dedicated awesome folks. At our core, Jason and Lauren had their hands in everything from seeding to planting to cultivating your crops. We can't say how grateful we are for these two, they are part of the fabric of our farm that grows each season.

Holiday Boxes

Considering what to make for the Holidays? If you would like to order a **Farmer's Choice Holiday Box**, please let us know by November 18th!

Holiday boxes are one size, a value of \$40. They contain a mix of storage crops and holiday favorites. It is similar to your weekly CSA box but fuller with the Holidays and storability in mind. Holiday Boxes that are packed to fulfill vacation credit(s) are modified to meet the vacation credit amount.

Alternatively, we will also take **Season End Special Orders** (minimum order of any crop \$10). We will send the bulk price list about a week before.

Holiday boxes and special orders will be delivered Tuesday, November 22nd for pick up from 5-8pm at your choice of the Farm or 1628 E. 26th St. We'll have a box for payments at each site so you won't have to bother with sending a check.

Maple Bacon Brussel Sprouts

MAKES 4 SIDE SERVINGS

- 4 oz bacon, diced
- 1lb **Brussels sprouts**, halved
- 2 Tbsp pure maple syrup
- 1 Tbsp apple cider vinegar ¼ tsp salt

Sauté bacon in a large sauté pan over medium high heat until crisp, 5-7 min. Remove the bacon bits onto a paper towel lined plate, leaving the fat in the pan.

Add the halved Brussels sprouts to the bacon fat and sauté over medium high heat, until the Brussels sprouts begin to crisp, about 6-7 minutes, stirring once, halfway through. Reduce the heat to low.

Add the maple syrup and cider vinegar. Cook, stirring occasionally, until the Brussels sprouts are well coated and the syrup thickens, approximately 1 minute.

Add the bacon back to the pan along with the salt. Taste the Brussels sprouts and adjust the salt to taste. Heat until warmed through. From Curious Cuisiniere.

DIY Puree!

*When we say “pumpkin” here, we mean Pie Pumpkins, **Musque De Provence** or sweet types of Winter Squash including Kabocha.*

Preheat oven to 375F

Cut pumpkin in half, or quarters if very large, and scoop out the seeds.

Rub cut side of pumpkin with olive or canola oil. Place cut-side down on a cookie sheet. A Silpat lined cookie sheet makes cleanup easy.

Roast 45 – 90 minutes, until you can poke it with a fork and the rind is soft. Thick skinned pumpkins will take longer to roast.

Winter Squash Pancakes with Sage and Brown Butter

MAKES 12 SMALL PANCAKES, SERVES 3-6

- 1 cup roasted and mashed **winter squash**(see pumpkin puree instructions below)
- 1/3 cup (80 grams) yogurt or sour cream
- 2 large eggs
- 1/2 cup (about 30 grams) finely grated gruyere, comte or parmesan
- 3/4 teaspoon fine sea or table salt
- A few grinds of black pepper
- 1 teaspoon baking powder
- 1 cup (130 grams) all-purpose flour
- Butter or olive oil for frying pan
- 2 to 3 tablespoons butter, pinch of salt and a few sage leaves or a few pinches of dried sage for topping

In a large bowl, whisk squash, yogurt, eggs, cheese, salt, pepper and baking powder until smooth. Add flour and stir until just combined. Batter will be thick.

Heat a large frying pan over medium heat. Coat the bottom with butter or oil, and spoon in pancake batter, a scant 1/4 cup at a time. Press the back of the batter mound to flatten the pancake slightly. Cook until golden brown underneath, flip and then cook until the color until golden brown on the second side. If this is happening very fast, lower your heat. If you're worried pancakes have not cooked in the center, you can finish them for 10 minutes in a 250 degrees oven. You can also keep your pancakes warm there until needed. Repeat with remaining batter.

To finish, wipe out frying pan and place butter, a pinch or two of salt and sage leaves back in it, heating over medium. The sage leaves will crisp and the butter will brown in a minute or two so keep a close watch on it. Pour leaves and butter over pancakes. From Smitten Kitchen.

DIY Puree cont.... Remove from oven and allow to cool. Smash with fork or puree in a food processor.

If your pumpkin contains a good deal of liquid, strain through a small-holed sieve, or a colander lined with cheese cloth.

Freeze puree in 1-cup increments for easy pie making later in the season. Use as you would canned pumpkin puree.