



# CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —

## WEEK 22: NOVEMBER 8 - NOVEMBER 11

The weather has decided to gift us with some magnificent fall days here after that torrent a week ago. With this gift we have been preparing the beds for the last plantings of the season: strawberries, fava beans, and garlic.

We also have been plugging along lifting fall crops and storing in the walk-in cooler. Parsnips, carrots, beets, celeriac, winter radishes, and turnips are the main storage roots we grew this year. Other winter crops that will continue into the new year are brussels sprouts, cabbage, radicchio, salad greens, and all the cooking greens (kale, collards, chard).

If you want to find our produce on a plate during the winter months chances are they will be at WildCraft, Marché, Grit, Membrillo, Agrarian or Mazzi's. Also, if you haven't already penciled it in for this weekend, **Fill Your Pantry** is happening at the Lane County Fairgrounds on Sunday. We will have a farmstand set up with bulk amounts of several crops. There will be about a dozen other local organic farms participating. It's a great opportunity to stock up on storage vegetable, dry beans, corn and flour, fruit, and meat for the winter.

We live in an abundant valley in a very beautiful corner of this planet. We are surrounded by incredible natural beauty, an hour from the ocean and from the mountain tops. We experience a full four seasons, each expressing itself to its full potential most years-- something a lot of places don't get. And with each season we are blessed to have access to one vegetable or another, something many places miss out on as well. With this, as farmers, we eat very seasonally—when tomatoes and zucchinis are in season they're in most meals. When winter months come, we indulge in lots of soups, roasted vegetables, hearty salads and the stored flavors of summer in our canned goods.

We hope you've enjoyed eating seasonally through three of the seasons with us!



*Lauren and Dakota take advantage of a sunny 70-degree day to dig remaining carrots.*



*Iris in the pack she with part of the cauliflower harvest. Ah wa ca ba ja!*

### What's in my share?

- Romanesco
- Radicchio
- Winter Radish (*Bora King*)
- Collards (*Bietola*)
- Asian Mustard (*Yakata Na*)
- Onion
- Potatoes
- Winter Squash

# Greens, Eggs & Ham Breakfast Muffins

*Thank you CSA Member Kristine for sharing this recipe. It's a good play on the Dr. Seuss book and a very yummy looking recipe.*

Ingredients:

- 3 cups of any greens, chopped (spinach, **collards**, chard, kale or a mixture of several varieties)
- 1/2 **onion**, chopped fine
- 1 pepper, chopped (any variety: bell, anaheim, jalapeno if you like it spicy)
- 2 cloves garlic, minced
- 3 slices ham, chopped (Can also use cooked and chopped bacon)
- 12 eggs
- 1/4 cup cottage cheese
- 1/4 cup milk
- 2/3 cup shredded cheese (cheddar, swiss, pepper jack, whatever you like)
- salt and pepper

Saute greens and onions, seasoned with salt and pepper, in olive oil until soft, then add garlic and saute 1 more minute. Add ham to greens mixture and take off heat. In large bowl, crack eggs and whisk well with cottage cheese, milk and cheese, adding 1/2 tsp. salt and pepper. Mix greens mixture into eggs until well blended. Spoon mixture into 15 well-greased muffin cups and bake at 350 degrees for 20 minutes.

These muffins are great for a quick breakfast or snack, as they can be refrigerated and heated up, or also frozen for later.

# Granny Smith, Radish, and Radicchio Salad with Orange-Walnut Vinaigrette

Ingredients:

- 3 tablespoons fresh orange juice
- 3 tablespoons walnut oil
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 4 cups thinly sliced **radicchio** (1 [12-ounce] head)
- 1 cup thinly sliced **radishes** (about 6)
- 2 Granny Smith apples (or other of choice), quartered and cut into julienne strips (about 1 pound)
- 1/4 cup coarsely chopped walnuts, toasted

Combine first 6 ingredients in a large bowl, stirring with a whisk. Add radicchio, radishes, and apples to bowl; toss gently to coat. Place about 3/4 cup salad on each of 8 plates; sprinkle each serving with 1 1/2 teaspoons nuts.

Thinly sliced roasted beets go great with this salad as well !

## 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. 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.