



CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —



Jonah, Iris, and Amber with bulk produce available at Fill Your Pantry last Sunday. What a great event for farmers and eaters!



Work in progress: brussels sprout trimming and harvest. In late summer, the upper 10 inches were cut off the plant to concentrate growth in the upper sprouts pictured here.

What's in my share?

- Pie Pumpkins
- Sweet Potato
- Potato (Mixed colors)
- Kohlrabi
- Broccoli
- Kale
- Turnip
- Celeriac
- Brussels Sprout (on the stalk)
- Salad (for Salad Lover's Add-on)

LAST WEEK (#23): NOVEMBER 15 - NOV. 18

*Whatever is foreseen in joy
Must be lived out from day to day.
Vision held open in the dark
By our ten thousand days of work.
Harvest will fill the barn; for that
The hand must ache, the face must sweat.*

*And yet no leaf or grain is filled
By work of ours; the field is tilled
And left to grace. That we may reap,
Great work is done while we're asleep.
When we work well, a Sabbath mood
Rests on our day, and finds it good.*

— WENDELL BERRY, "WALKING MEDITATIONS"

It is with great delight and gratitude that we bring you the last share of a tremendous season. And what a hefty share it is! At last we bring to you sweet potatoes, of which the harvest was not bountiful but of what we did pull from the ground, we are happy about and we hope you are too. More to come of these delicious roots in future seasons. Kohlrabi, "apple of the brassica world", is excellent peeled and shredded for salads or chopped and used for soup. Turnip roots and greens are edible. Try using the greens in soup or sauting them with kale, oil, salt and a little tamari. Celeriac makes any soup creamier and roasts more flavorful. Peel the skins and chop. Brussel sprouts are on the stalk this week. Store in an air tight bag in the fridge for longer keeping and snap them off the stalk by hand or with knife for cooking.

Thank you for joining us this season, for all the bounty and the risks, entailed in farming. We appreciate your confidence and support in stewarding our corner of the Valley and growing food for your family, and ours. We will send reminders to those who have holiday boxes and special orders to pick up next week, and then you might not hear from us for a while as we cozy in for the Winter. Come February you will be the first to know about next season's offerings.

Sweet Potato Coconut Curry Soup

This might be our favorite soup of the 2016 season. Several of us enjoyed a bowl of this soup together at the farm's harvest party last month. Original recipe from Minimalist Baker. We made a few modifications by accident and found we preferred this slightly spicier and nuttier version.

Ingredients:

- 3 Tbsp olive oil
- 1 medium onion, diced
- 2 cloves garlic minced
- 1 large sweet potato, cubed (Pie Pumpkin also works in this recipe-- as the soup or as a vessel!)
- 2 Tbsp yellow curry powder
- 1/4 tsp chipotle (or cayenne) powder
- 3/4 tsp sea salt + 1/2 tsp pepper
- 3 cups coconut milk (either coconut milk or plain coconut beverage)
- 1/2 cup cooked chickpeas
- 1/2 cup water
- 1 tsp ginger powder
- 1 tsp fennel seeds

Start the soup by sweating the onions in a large pot over medium heat in 1/2 Tbsp coconut (or olive/canola) oil. Cook for a few minutes and then add garlic and stir.

Season with 1/4 tsp each salt and pepper and stir. Add sweet potatoes, curry powder, chipotle (or cayenne, fennel, and ginger and stir.

Cook for 5 minutes, stirring frequently.

Add 1/4 tsp more salt and pepper, coconut milk, cooked chickpeas, water and cover.

Bring to a simmer and then reduce heat to low. Simmer for 25 minutes more.

At the end of 25 minutes, taste and adjust seasonings as needed. Then puree using an immersion blender, food processor or blender. Transfer back to the pot if needed and keep heat on low until ready to serve.

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. We also take **Season End Special Orders** (see email for bulk prices).

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. The easiest way to pay is to bring check or cash to the pick up site. We'll have a list for you to check off your name and a drop box for payments.

~ Bless the seeds, bless the shoots, bless the leaves and stems and bless the roots ~