



CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —



Iris and Amber with pumpkins on one of the first foggy fall mornings. You'll soon see pie pumpkins in your CSA boxes.



Washing golden and chiongia beets.

WEEK 16: OCTOBER 4 - OCTOBER 7

Well folks, summer crops are officially out of the field and cover crops are in. The change of season really sets in when the tomatoes that we've tended to since March and were standing as tall as us just days ago are returned to the earth.

But just as we say "bye for now" to warm-weather companions, other old friends begin to emerge and say "Hello!" Suddenly, the waist-high brussel's sprouts, broccoli, leeks, and parsnips have greater prominence in the field. Dewy mornings can seem curiously still without sounds of mourning doves and cicadas. But then, suddenly, like a festive marching band passing through town, the wild dusky geese fly overhead on their autumnal route, honking as if to say "hey, the fields look good from here!"

With this encouragement and a break in the rain, we seeded vetch and peas where the tomatoes, eggplants, and peppers were. Both vetch and peas are nitrogen-fixing plants, with lush winter and early spring growth. When the plants reach about 3 feet tall in the spring, we will mow and work all that plant matter into the soil—feeding the worms, fungi, and bacteria that help to further feed our vegetable crops.

What's in my share?

- Broccoli
 - Beets
 - Chard
 - Braising Greens (mix of small mustards and kale for cooking)
 - Potatoes
 - White onions
 - Pimento Peppers (sweet)
 - Parsley
- FULL SHARES ONLY:
- Scallions

SAVE THE DATE

Sat. Oct. 22nd 4-7

Pumpkins & Potluck

Take a farm walk, connect with where your food comes from, enjoy sharing a meal together and pick up some carving pumpkins or storage crops.

We look forward to seeing old and new faces!



Chard & Onion Tart

MAKES 4-6 SERVINGS

Adapted from Smitten Kitchen, one of our more visited recipe sites. A favorite spice pairing for tarts and quiches here on the farm is nutmeg and any allium such as onion, leek or green onions. A warming dish for the cool week ahead.

- 1 sheet frozen puff pastry (half of 17 ounce package), thawed (or a basic tartdough instead)
- 2 tablespoons (1/4 stick) butter
- 2 medium onions or 2 large leeks (white and pale green parts only), coarsely chopped
- 1 tsp nutmeg
- Pinch of cayenne (optional)
- 2.5 cups of chopped Chard leaves, ribs removed (use the ribs for a different dish later such as steamed with broccoli or sauteed with eggs in the morning)
- 1 1/4 cups whipping cream (or use whole milk)
- 3 large eggs
- 2 large egg yolks
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- Cheese is optional; sometimes we sprinkle the top with parmesan before baking.

Roll out pastry on floured work surface to 12-inch square. Transfer to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold under; crimp edges. Cover; chill.

Melt butter in large nonstick skillet over medium-low heat. Add onions or leeks. Sprinkle with salt and pepper. Cover; cook until onions or leeks are very tender but not brown, stirring often, about 10 minutes. Add chard; saute until wilted, about 2 minutes. Remove from heat; cool.

Position rack in bottom third of oven; preheat to 425°F. Whisk cream and the rest of the ingredients in large bowl. Mix in cooled leek mixture. Pour filling into crust.

Bake tart 15 minutes. Reduce heat to 350°F and bake until filling is puffed and just set in center, about 15-25 minutes longer (check after 15 minutes). Transfer to rack; cool 10 minutes.

Find more recipes in our newsletter archive at
<http://CamasSwaleFarm.com/newsletters>