



CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —



Romanesco: the fun fractal vegetable.



Hauling in cauliflower before a heavy hail storm.

WEEK 18: OCTOBER 17 - OCTOBER 21

Today, as we unveiled large specimens of beautiful cauliflower and romanesco from hiding amongst lush foliage, the astonishment was amplified by drumrolls of deep, resonating thunder—a rare sensation for us here in the valley.

Indeed, almost as instantaneously as a thunderclap, the rainfall is rapidly transforming the landscape around us this week, as if by magic.

We quickly harvest the many wide open, tender heads of the broccoli family before they face damage from too many heavy raindrops. Meanwhile, however, fertilizer and organic matter on the soil's surface are dissolving, becoming more available to growing plants and earthworms. Under the protection of row covers, radishes, celery, turnips, and tender greens are swelling up with the flood of riches.

The response is especially apparent among water-hungry crops such as celery, asian cabbage, and celeriac. As buckets pour from the sky, we haul buckets of crops (and summer irrigation equipment) from the field.

From here on out, we will be distributing fully-cured winter squash in farm shares. They and other storage vegetables will also be available for purchase at our Saturday party.

What's in my share?

- Collards
- Radishes
- Celery
- Cauliflower or Romanesco
- Winter Squash
- Broccoli
- Rainbow Carrots
- Potatoes
- Onion
- Salad (*For Salad-Lovers Add-On*)

HARVEST PARTY

Saturday, Oct. 22nd 3-6pm

Pick up your carving pumpkin!

Join us in celebrating the harvest! Walk the land with your farmers as we share food and partnership with the land and each other. Bring your friends, family, and a dessert or finger food if you would like. We'll have cider, beer and soup. There will be storage crops for sale including pie and carving pumpkins and we'll send each CSA family home with a pumpkin on us. Farm walk at 5:00pm. Come near 3 to enjoy food beforehand.



Miso-Glazed Kabocha

MAKES 3-4 SERVINGS

From MJ and the Hungryman food blog.

- 1 medium **kabocha squash**
- 2 tablespoons olive or walnut oil
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger
- 2 tablespoons white miso
- 1 tablespoon maple syrup
- Toppings such as sage, walnuts and or pomegranate seeds

Preheat oven to 400F. Cut kabocha squash in half and scoop out seeds using a spoon. Slice into 1-in wedges.

In a small bowl, whisk together the oil, cinnamon, nutmeg, and ginger. Toss wedges with oil and spice mix and arrange on a baking sheet. Roast for 25-30 minutes until the squash begins to brown on the edges and becomes soft.

While squash is cooking, whisk together the miso, maple syrup, and rice wine vinegar. Take out the pan during the last 5 minutes of cooking and brush the miso sauce on top of each slice. Place pan back into oven to finish cooking. Serve with sauteed sage, walnuts and or pomegranate seeds. Enjoy as a side to salmon and sauteed **collard greens**.

Curried Chicken (or Tofu) & Salad

MAKES 6-8 SERVINGS

The original recipe is from Barefoot Contessa's cookbook Family Style, but we've added cauliflower and directions for using tofu instead of chicken. This dish is eaten at room temp or cold, and refridgerates well.

- 3 whole chicken breasts, bone-in, skin-on -OR- (2) 16 ounce firm Surata's tofu
- Olive oil
- Kosher salt and freshly ground black pepper
- 1 1/2 cups vegenaïse or good mayonnaïse
- 1/3 cup dry white wine
- 1/4 cup chutney (mango, plum or tomato type -OR- use finely chopped apples and a tbsp vinegar)
- 3 tablespoons curry powder
- 1 cup medium-diced **celery**
- 1 cup chopped **cauliflower** or **romanesco** crowns
- 1/4 cup finely minced **onions** -OR- chopped scallions (optional)
- 1/4 cup raisins
- 1 cup whole roasted, salted cashews

Preheat the oven to 350 F.

Place the chicken breasts on a sheet pan and rub the skin with olive oil. Sprinkle with salt and pepper. Roast for 35 -40 mins, until the chicken is just cooked. Set aside until cool enough to handle. Remove the meat from the bones, remove the skin, and dice the chicken into large bite-size pieces. -OR- if cut tofu into 1" cubes and gently press the pieces between two cutting boards to remove as much water as possible. Place on oiled pan and top with another tablespoon or two of olive oil. Bake at 350 F for 30 minutes. In the last 20 minutes add the cauliflower to the roasting pan.

For the dressing, whisk together the mayonnaïse, wine, chutney, curry powder, and 1 1/2 teaspoons salt.

Combine the chicken or tofu with enough dressing to moisten well. Add the celery, scallions, and raisins, and mix well. Add the cashews and serve at room temperature.