



CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —



Freshly harvested Chipollini onions ready for a tractor ride to the barn for dry storage.



Tuesday harvest crew Lacey, Jason, Amber, and Amy quality check ripeness of melons.

AUGUST 2 – AUGUST 5, 2016

*Ancient knowledge does precede
It's been passed from seed to seed
Now that seed is in our hands
Treat each one like it's our child
That within us growing wild,
Love, love, and you'll be loved
Complete the circle that has yet to cease,
Pour all you know of you into your seeds
Plant your seeds in the ground*

– CHRIS DORMAN, “SEEDS”

We're feeling the reciprocation of love lately: from luscious summer fruits of the field, from the camaraderie of family and friends, from a delightful happy hour on the farm last month, from a 70-year-old tractor that keeps on truckin', and from little children growing in our laps before our eyes.

That which we have nurtured now nourishes us, brings us together, and in turn fuels us to pass that love forward to the seeds to come.

What's in my share?

- Sweet Peppers (*Jimmy Nardello*)
- Cherry Tomatoes
- Purple Tomatillos
- Cucumber (*Pickling Type*)
- Zucchini
- Melon (*Cantaloupe*)
- Potatoes (*Purple Peruvian*)
- Onion
- Garlic
- Jalapenos

Sweet Peppers & Melons

SPOTLIGHT VEGETABLES

This week's sweet pepper is Jimmy Nardello. It is a long and red pepper that can easily be mistaken for a hot pepper but have faith in the seed and your farmers—it is indeed very sweet! More bell peppers, the more common type of sweet pepper, are to come.

And melons have arrived!! Melons must be picked ripe, as they do not ripen as well off the vine. A ripe melon comes easily off the vine and is fragrant. Melon is a general term for a group of curcubit family fruits that includes cantaloupe (orange fleshed musk melon) and honey dew (green flesh melon).



Fairmount Neighborhood Farmers Market

EVERY SUNDAY 10-2PM

at 19th & Agate, across from Prince Pücklers. CSA members receive 10% off all purchases and can apply vacation credits at the stand. Just as for a voucher for your vacation credit!

Through October you'll find Katy & Richard Bloch, honorary farmers and parents of farmer Jonah, running the booth, selling veggies and fruits from our farm. For seven years this market has been a quiet treasure to folks in the Fairmount neighborhood and beyond. This year the previous stand managers at Sweetwater Farm passed the torch to us and we've been enjoying making this market and neighborhood a part of our weekly harvest and experience. Come visit!

Quick-pickled Cucumbers

MAKES 2 CUPS

- 1 pound cucumbers, thinly sliced
- 2 teaspoons salt
- ¼ cup rice vinegar
- 1½ tablespoons sugar
- 1 scallion, thinly sliced
- 1 garlic clove, minced

1. In a collander, toss cucumbers in salt and allow to drain in your sink for up to an 1 hour.

2. In a medium bowl, combine vinegar, salt, scallion, and garlic. Add cucs and toss to coat. Cover and chill before serving. Can be served the same day, but are most flavorful in 2–3 days.

Tomatillo Salsa

MAKES ABOUT 1 CUP

- 8 ounces (5 to 6 medium) tomatillos, husked and rinsed
- ¼ Cup chopped onion and garlic
- Sweet or hot peppers, to taste
- Salt

1. Roast tomatillos and peppers on a baking sheet at a very hot heat until darkly roasted, even blackened in spots, about 5 minutes. Flip over/stir and roast the other side—4 to 5 minutes more will give you splotchy-black and blistered tomatillos and chiles.

2. In a blender or food processor, combine the tomatillos and chiles, including all the delicious juice that has run onto the baking sheet. Add ¼ cup water, blend to a coarse puree, and scrape into a serving dish. Stir onion and garlic into the salsa and season with salt, usually a generous ¼ teaspoon.