



CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —



Iris admiring the basil in the greenhouse... more of that to come in your boxes.

WEEK 10: AUGUST 30 – SEPTEMBER 2, 2016

As you have most likely noticed-- summer crops have hit their peak. For the first time in a while you don't see a cucumber in your box? The first sign that peak season is starting to decline, we give a not so bitter farewell to our friend the cucumber. You'll still see a good amount of tomatoes, sweet peppers and tomatillos for the next couple weeks....then all of a sudden we enter into Fall...

Over the next two months you will see a return of greens, and brassicas (broccoli, cauliflower, cabbage, brussel sprouts...) and autumn favorites-- parsips, celery and it's cousin celeriac, and lot's of winter squash and leeks!

Onions and potatoes cured up nicely and have good storage skins and papers along with garlic. These mid summer harvests of storage crops will store and be distributed through January.

With all this talk of summer's end and the flavors of Fall to come, a quick reminder that now is the time to capture those summer flavors... either in a can or a freezer bag, roasting, stewing, poaching, pureeing these flavors into sauce, salsa or whole fruits... Find your favorite ways to savor the sun for those winter months. Bulk orders are available as mentioned in the e-mail.

What's in my share?

- Green Beans
- Carrots
- Sweet Pepper
- Head Lettuce
- Heirloom Tomatoes
- Cherry Tomatoes
- Zucchini
- Melon (*Cantaloupe or watermelon*)
- Tomatillo
- Onion



Foil Pouch Grilled Veggies

This method of cooking is great for campfire meals or for the grill.

- 2 pounds of prepped mixed veggies including onions, green beans, sweet peppers, tomatillos, cherry tomatoes, zucchini, and melon trimmed and cut into cubes or 2 inch lengths.
- 1 teaspoon Kosher salt
- 1 teaspoon fresh ground black pepper
- 4 tablespoons olive oil or butter
- 2 tablespoon water
- 4 (18-inch by 24-inch) pieces heavy duty aluminum foil

1) Prepare the bonfire or preheat the grill.

2) Wrap the Veggies: Make two pouches. For each pouch place two pieces of foil on top of each other and lay half of the veggies in a pile roughly following the shape of the foil. Add half the salt, pepper, olive oil or butter and water. Bring the long sides of the foil together over the top of the veggies. Fold the long sides over twice, then keep folding until you have a long pouch with the foil tight against the pile of veggies. Fold the open ends of the pouch a few times to seal.

3) Cook the veggies: Put the pouch of veggies over direct medium heat, and cook with the lid closed for 8 minutes. Flip the bag of veggies, and cook for another 8 minutes. Carefully open the bag and check the texture of a longer cooking veggie, such as the green bean, from the center of the pouch. If not done seal up the envelope and cook until the beans are tender.

4) Enjoy the veggies with hummus and pita or on rice.

Zucchini Chocolate Chip Cookies

MAKES ABOUT TWO DOZEN

- 1 egg, beaten
- ½ cup butter softened
- ½ cup brown sugar
- 1/3 cup honey
- 1 tbs vanilla extract
- 1) Combine in large bowl
- 1 cup white flour
- 1 cup whole wheat flour
- ½ tsp baking soda
- ¼ tsp salt
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- 2) Combine in a separate, small bowl and blend into liquid mixture
- 1 cup finely shredded zucchini
- 12 oz chocolate chips
- 3) Stir these into other ingredients, mix well. Drop by spoonful onto greased baking sheet, and flatten with the back of a spoon. Bake at 350°, 10 to 15 minutes.

From the book *Animal, Vegetable, Miracle* by Barbara Kingsolver.