



CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —



1 of 2 Winter squash hauls from last Thursday.



Storage potato harvest from Monday yeilded beautiful results.

WEEK 13: SEPTEMBER 13 – 16, 2016

Between harvesting and planting, we are also taking advantage of the returning warmth to gather winter storage goodies.

Trailer loads of winter squash and pumpkins were rounded up for curing under the shelter of our greenhouse. This encourages the inner sugars to concentrate and the skins to firm, which ensures a longer and tastier storage through the winter.

A second late June planting of potatoes were also lifted and hauled in. Their condition, caliber, and size were a pleasing sight and we can't wait to taste varieties new to us: Modoc Red, Purple Viking, and Norkotah Russet.

We are excited to provide more winter storage vegetables this season, which has been made possible by insulated storage space in our new packing shed and the generosity of good neighbors.

Winter green crops, such as broccoli, napa cabbage, endive, brussel's sprouts, celery, and celeriac are right on track for staying strong for storage and harvest directly from the field, even as the cold days come, which only enhance their flavors.

What's in my share?

- Potatoes (Desiree, red)
- Eggplant
- Escarole
- Sweet Pepper Mix
- Basil
- Tomatoes
- Tomatillos
- Green beans
- Garlic
- Ahi Crystal Hot Peppers
- Onion

Spotlight Veggies

Escarole

This is an endive family leafy green that is a great alternative to lettuce, can be sauteed alone, or added to soup. It has a slight bitter taste. Sweet balsamic compliments it well. Wash the escarole, chop it across the grain (so that it doesn't become too stringy) and toss it in a pan with only a little salt and the residual water from the leaves. Cook it in a pan with a little olive oil on medium for a few minutes to wilt it, stirring only occasionally. If you happen to forget about it and cook it longer without adding any water, it starts to caramelize and burn slightly. The result is delicious. Season it with olive oil at the table and a drizzle of good balsamic vinegar.



Sweet Eggplant & Basil Stir Fry

MAKES 4-6 SERVINGS

- 1 pound **eggplant** (about 1 large or 2 small)
- 1/3 lb **sweet pepper** (about 1 large or 3 small)
- Salt to taste
- 3 large **garlic** cloves, peeled, halved
- 2 **ahi crystal** or other hot pepper stemmed and minced
- 1 tablespoon minced ginger
- 1 tablespoon sesame oil
- 2 teaspoons tamari or soy sauce
- 1 teaspoon sugar, or 1 tbsp honey or agave
- Freshly ground black pepper to taste
- 2 tablespoons coconut oil
- ¾ pound boneless, skinless chicken breasts, rinsed and dried, cut into small cubes -OR- 1 lb tofu, pressed to remove some water and cut into small cubes
- 1 cup **basil** leaves, roughly chopped

Instructions

- 1) Salt the eggplant generously and leave in a colander to sweat for 15 to 30 minutes, while you prepare the remaining ingredients. Rinse and drain on a clean kitchen towel.
- 2) Place the garlic in a mortar with 1/4 teaspoon salt and mash to a paste. Add the ginger and chiles, and continue to mash with the garlic. In another small bowl, mix together the sesame oil, tamari or soy sauce, sweetener and pepper. Set aside.
- 3) Heat a large, heavy skillet or wok over high heat, until a drop of water evaporates immediately upon contact. Add 1 tablespoon oil, turn the heat down to medium-high, and add the garlic paste. Stir-fry for 30 seconds, and add the chicken or tofu. Stir-fry for three to four minutes, until the protein is cooked through and no traces of pink remain. Transfer from the pan or wok to a plate or bowl.

Add the remaining tablespoon of oil to the pan. Add the eggplant. Cook, stirring, until the eggplant is lightly browned and almost cooked through, about 10 minutes. Add in the sweet pepper. Stir the chicken back into the pan, and add the sesame and tamari sauce mixture. Add ¼ cup water, cover the wok or pan, turn the heat down to medium and steam for five minutes. Uncover, and stir in the basil leaves. Stir for 30 seconds to a minute, remove from heat and serve with rice.

Adapted from NYT Cooking