



# CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —



Golden “Inca” berries in their green “paper lantern” calyx.



Brussels Sprouts be sprouting!

## WEEK 14: SEPTEMBER 20 – 23, 2016

A cool, dewy week helped settle in our tender fall seedlings and made for comfortable harvests. We now have a new round of growing asian greens, napa cabbage, tot soi, mustard, turnips and radishes to look forward to in the nearfuture.

Budding broccoli heads peeked from the leaves and maturing kale and chard leaves waved to us from under blankets of row cover encouraging us to cultivate them.

New to shares this week is a farm favorite, the goldenberry! From the tomato (solanaceae) family, this sweet-tart fruit is great for snacks, pies, jams, fruit salads, salsa, etc. This berry will keep producing into the cooler temperatures (it’s native to Peruvian mountains), so keep an eye out for it at our farmstand or future CSA shares.

Other summer crops, like peppers, eggplants, and tomatoes are slowing down, though, and it will soon be time to clear them from the field and the greenhouse, paving the way for more winter greens. We’re including green tomatoes in shares this week, which can be enjoyed for their tart flavor, or can be ripened together at home in a closed paper bag.

### What’s in my share?

- Green Tomatoes
- Cherry Tomatoes
- Golden Berries (Inca berry)
- Sweet Pepper Mix
- Broccoli
- Zucchini
- Escarole
- Japanese Pears
- Scallions
- Onions
- Heirloom Iceberg Lettuce (full share)
- Salad for Salad Lover’s Add-on

### Spotlight Vegetable: Golden Berry

Also known as Inca berry is a close relative to tomatillos or even closer relative the sweeter ground cherry. Inca berry’s are a breed of there own though, plant looking different with a fuzzy leaf, and once you taste the fruit you know it’s something special. A sweet, tangy slightly tropical flavor inca berry’s are traditionally dehydrated and made into a raisin type treat, but we have found them tasty fresh off the plant and as you’ll see in the recipe, used in sauces and dressings. Always love the unique!

Let us know what you think...



## Escarole Salad with Goldenberry Dressing

MAKES 4-6 SERVINGS

### Golden Berry Dressing

- ½ cup fresh goldenberries
- ½ cup extra virgin olive oil
- ¼ cup honey
- 2 TBS cider vinegar
- 2 tsp dijon mustard
- ½ tsp sea salt
- Black pepper to taste
- Additional water to desired consistency

### Salad

- 2 pears (or apple) ripe and sliced
- 1 head escarole rinsed and chopped (you may want to remove the core, taste it and see if you like it!)
- 1/2 c pecans toasted and coarsely chopped
- salt and freshly ground pepper
- feta cheese (optional) crumbled; can also use goat cheese
- egg; boiled and sliced

In a blender or food processor, blend the dressing ingredients. In a large bowl add escarole, apple, and pecans. Add the dressing. Top with cheese if you like. Toss and serve immediately.

## Fried Green Tomatoes and Zucchini

MAKES 4-6 SERVINGS

- 2 medium green tomatoes
- 1 medium zucchini
- chili powder, salt and pepper for sprinkling
- 1 cup flour
- 2 eggs, beaten
- 1 cup cornmeal
- Oil for frying (coconut or sunflower work well)
- Additional kosher salt
- Tomato or red pepper sauce

Slice tomatoes and zucchini about 1/4 inch thick and lay on a baking sheet. Sprinkle with chili powder, salt and pepper. Let sit for 15 minutes until juicy (the zucchini will begin to “sweat”).

Place flour, eggs and cornmeal each in their own shallow dish and prepare for dredging.

Dip each slice in flour, then egg, then cornmeal. Lay on a clean baking sheet.

Heat oil to 365 degrees. We use about 1 inch of sunflower oil in a large cast iron pan. When oil comes to temperature, drop in however many fit comfortably in your pan and fry for 3-5 minutes on each side until golden brown.

Top with warm tomato or red pepper sauce.

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