



# CAMAS SWALE FARM

— CSA WEEKLY NEWS & RECIPES —



*Harvesting in the morning, saucing in the evening... all in a day!*

## What's in my share?

- Potatoes (*Russets*)
- Sweet Pepper
- Head Lettuce
- Heirloom Tomatoes
- Patty Pan
- Cantaloupe or watermelon
- Serrano Pepper (in a paper bag)
- Onion
- Scallion
- Fennel Flowers

## WEEK 12: SEPTEMBER 6 – 9, 2016

On Saturday our awesome core crew (Jason, Lauren, Lacey, baby Iris, mama Amber and papa Jonah, with a quick appearance of course by grandma Katy) took advantage of a friends certified kitchen space and cut, cooked, spiced and processed over 300 lbs of tomatoes, onions, garlic and plums. About 100 jars of tomato sauce, enchilada sauce and plum tomato chutney were the results of this epic event. The flavors passed all of our approval for top-shelf canned goods. It's so great to have a team that you not only enjoy working with in the field but also in the kitchen.

Not only does it take a great team to grow good food, it takes starting with good seed. We source our a lot of seed from regional companies including Irish Eyes, Adaptive Seed, Osbourne, Uprising, and Wild Garden. These are all seed companies from Oregon and Washington home gardeners can also order from. Regionally adapted seed is of great benefit for a grower-- the plants that produced these seeds were grown in a very similar climate, day length, and potentially even pretty similar soil. We are especially pleased with the potato seed we received from Irish Eyes, including the Russets in your CSA box this week. This is the first year we've grown these traditional taters and we are considering keeping them on our crop variety list (along side the red, purple, creamy yellow and fingerlings that we grow). They are a nice size and texture for fries, baked potatoes and taco filling... see recipe below!

## Spotlight Veggies

Fennel flower

These flowers are edible and super delicious if you like the flavor of licorice. Pop 'em like candy or top 'em on your salad. They also will contribute that flavor to a cooked dish, especially if you start the dish with oil, onions, garlic and the fennel. Cook for a minute and then take your culinary travels where you want from there-- topping for salmon?

# Crispy Potato Tacos

MAKES 4-6 SERVINGS

While learning to be new parents and having long days in the field we occasionally scramble to feed ourselves in the evening... tacos are a choice meal for those days. Here is one of our favorite taco recipes. Enjoy!

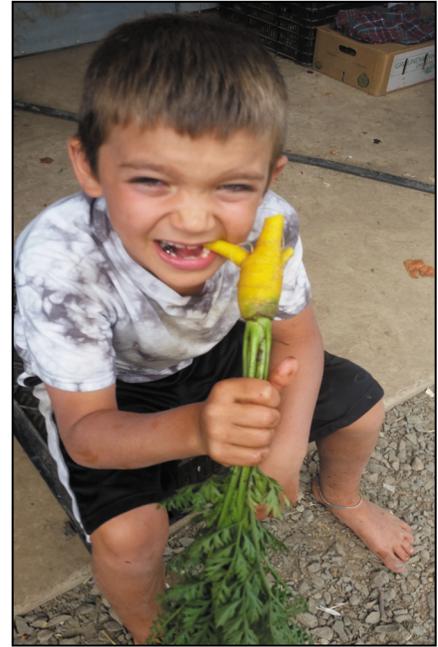
- 3 medium to large russet potatoes (about 1 lb)
- 1 lb ground lamb or beef, or chopped tempeh
- 2 tsp. kosher salt
- 1 tsp. ground cumin
- 1 tsp. ground chili
- 3 tbsp coconut oil
- 16 small corn tortillas
- Cantaloupe Salsa
- Cotija or shredded cheddar cheese

## Instructions

Prepare potatoes: Cut the russets in half moons 1/4" thick and saute in a skillet with coconut oil. Cut the sweet peppers in long slices and add to pan. Add salt, cumin, chili and serrano. Cook until the potatoes are soft.

Prepare the meat: Saute the ground meat in a separate skillet with a little oil if you are using very lean meat. Once it is cooked to your preference, add it to the potato mix.

Warm the corn tortillas in the oven. Serve with salsa and cheese.



*Three carrots in one root... volunteer Jon's son Keegan shows off his find.*

# Cantaloupe Salsa

MAKES 2 CUPS

- 2-3 medium tomatoes, seeded and chopped
- 1 1/2 cup chopped cantaloupe (watermelon may also work for recipe)
- 1/4 cup chopped onion
- 1/4 cup chopped sweet pepper
- 2 fresh Serrano or Jalapeño chilies, seeded, minced
- Juice of one or two fresh limes, (about 2 tablespoons)
- 1/4 cup packed chopped fresh cilantro
- 1/4 teaspoon salt

Combine all ingredients, stir and serve or refridgerate.