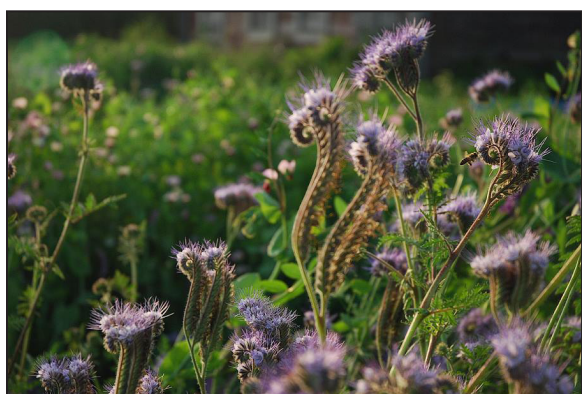


Camas Swale Farm



Summer has come early! Beds were filled out before May and red tomatoes have been spotted.



Phacelia "Bees Friend" is certainly so. This plant continually flowers as its head unfurls, providing pizzazz and pollen all summer long.

News from the Field

JUNE 16 – JUNE 19, 2015

Welcome, farm members, to your 2015 CSA! Thank you all for your support in making it all possible once again. It feels good to be back, sharing our journey with you, and we hope you enjoy this first harvest, a sort of an edible post card from us.

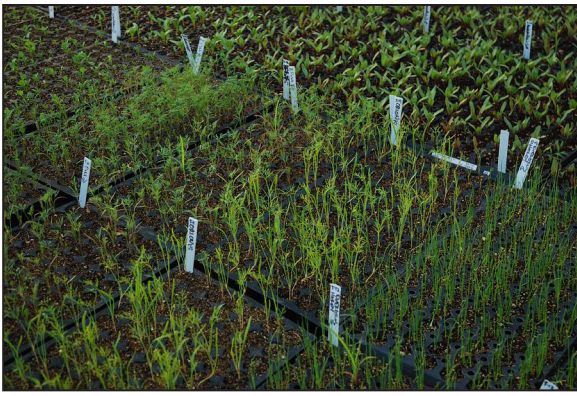
Speaking of warm welcomes, a dry winter and a warm spring allowed us to get right to work in the field and settle in roots on the new farmland. Crops have been thriving and maturing very quickly and abundantly. In addition to the items in your shares this week, we're excited to report that strawberries, tomatoes, zucchini, beets, chard, kohlrabi, collards, and garlic scapes are right around the corner!

If you're able to make it to our SUMMER SOLSTICE POTLUCK on SATURDAY, you'll be able to see it all in person. We look forward to tasting everyone's creative dishes and sharing company with those who will attend.

POTLUCK SATURDAY at 91424 Coburg Rd. 4-8pm. Prizes for dishes that are "best tasting" and "best use of vegetable". Farm tour, potluck and a little bluegrass music. Bring your family, and your sunhats. Sprinklers will be going for all ages.

What's in my share?

- **Head Lettuce:** It's not only for salad... try using leaves in place of tortillas for tacos.
- **Snap Peas:** Great fresh, also yummy grilled and sauteed.
- **Kale:** Lacinato type makes an impressive dark green raw salad. Massage with salt, olive oil, balsamic and a little chili powder.
- **Broccoli:** This is an open pollinated variety just released from Organic Seed Alliance. Its looser florets are great in stir fries, soup or fresh.
- **Turnips:** Large heads, great for nutmeg and turnip soup or for roasting with olive oil, salt and sweet herbs like cinnamon.
- **Carrots:** A flavorful Scarlet Nantes variety developed by our sister farm, Tani Creek Farm.
- **Basil**
- **Green Onions**



Starts in the greenhouse, happy to have the shade cloth drawn and almost ready for planting to the field for late summer and autumnal harvests.

Basil, other Herbs

SPOTLIGHT VEGETABLE

In your share you will find a bunch of basil. Basil prefers to be stored at warmer temperatures than most herbs (50 F). The fridge is a good alternative, but is a little cold for this heat loving herb. Instead, try placing the stems in a cup of water and sitting the cup on a cool counter.

Drying basil: Before drying most herbs, its best to hydrocool the herbs by dunking the bunch in cold water. Hang the freshly dunked herb bunch upside down in a shady cool area of the kitchen.

Basil is a great compliment to tomato, but also is traditionally eaten with Thai and Indian foods.

Basil Pesto

MAKES ABOUT 1 CUP

- 2 c fresh basil leaves
- 3 cloves garlic
- 2 Tbsp pine nuts or English walnuts
- 1/2 c olive oil
- Salt, to taste

1/2 c freshly grated Parmesan cheese

1. Place basil, garlic, nuts, oil and salt in food processor or large mortar and pestle. Puree till smooth.
2. Stir in Parmesan. Use to flavor soups, sandwiches. Add a little water, and stir into hot cooked pasta.

Snap Peas with Peanut Sauce

MAKES ABOUT 4 SERVINGS

Peanut or Cashew Sauce

- 1 cup full-fat canned coconut milk
- ½ cup unsalted, unsweetened creamy peanut butter or cashew butter
- 1 teaspoon yellow curry powder
- 2 tablespoons soy sauce or tamari
- 1 tablespoon white vinegar
- 1 tablespoon fresh ginger, grated or equivalent in powder
- ¼ to ½ teaspoon sriracha sauce (or similar red chili sauce), optional

Add all ingredients to a blender and blend until completely smooth. The consistency of the sauce should be thick.

Greens

- 2 cups snap peas, with tops snapped off, chopped in half
- 1/2 bunch kale or more, stems removed, chopped
- 1/2 lb broccoli florets & some stem chopped
- 1-2 tbsp coconut or olive oil

Heat oil on medium, add kale and broccoli and saute for 5 minutes. Add snap peas and saute another 5 minutes, stirring often. Pour in the sauce and let cook a few more minutes until greens are cooked but still bright green. Serve over rice or quinoa.

PREVIOUS RECIPES &

NEWSLETTERS ARE ONLINE AT:

<http://CamasSwaleFarm.com>