



CAMERON PLACE CSA

AUGUST 11 – AUGUST 17, 2008

Sowing, Reaping, Gleaning (repeat)

Farm life is contemplative. With long rows, simple but demanding repetitive motion, surrounded by hovering mesas frosted with clouds, it's impossible to avoid introspection. It's also impossible to avoid huge, impressive biceps. For these reasons and the food produced from such effort, the farm interns have been selfishly hoarding this experience. Point is: you too can be a farmer! Not looking for a drastic career change? Consider this Saturday's "Tend and Take" event for you.

Join us Saturday, August 16, 2008 from 8:00-11:00am at Cameron Place CSA to **tend** the fields and **take** the extras. Our farm is open to your kitchen for a bounty that includes: kale, chard, cherry tomatoes, peppers, beans, cucumbers, onions, herbs and more. If available, we won't turn down help weeding and doing a little field maintenance.

What: CSA gleaning day as consequence to the benefits of a full harvest

When: August 16, 2008 from 8:00-11:00am

Where: Cameron Place CSA farm,
3883 G 1/4 Rd., Palisade

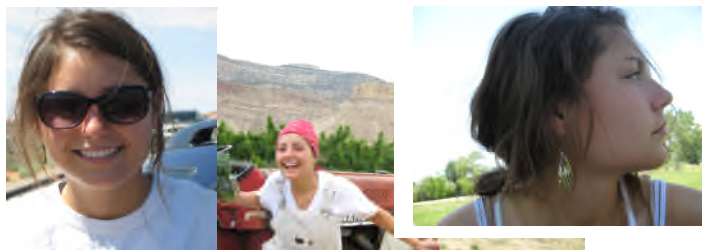
Bring: Gloves, coolers/bags/containers,
plenty of water and sun protection.

The CSA crew will be available to direct your deep breathing and muscle flexing. Please let us know via email or in person at your pick up this week if you can make it. We look forward to sharing this experience with you!

~The Cameron Place Crew

FAREWELL KELSEY!

We will sadly say goodbye to our veggie intern, Kelsey Gagnon this weekend. Kelsey has been a joy and a light to work with for the last 10 weeks. Her laughter and playful personality will surely leave a void in the crew when she is gone. Please join us in wishing her luck as she returns to the east coast to finish her degree in Environmental Engineering.



THIS WEEK'S EXPECTED BOUNTY:

Veggies: LOOSE GREENS (choice of CHARD, KALE, MESCLUN, GSB, ARUGULA, or HEAD LETTUCE), CELERY, POTATOES, ONIONS, GARLIC, BEETS, PEPPERS (both sweet and chiles), GREEN BEANS, OKRA, CUCUMBERS, TOMATOES, CARROTS, TOMATILLOS, and EGGPLANT! WHEW!

Pick your own: HERBS, CHERRY TOMATOES, FENNEL, and HABENEROS

Fruit: 4 PEACHES **Fruit Bounty:** 16 lbs. of



The crew takes a group shot early morning last week after a much needed rain. It was a magical morning with the fog rising above the mesa behind us.

COMMUNITY NEWS

- **Community potluck next Tuesday, August 19th**
All members and any friends you'd like to bring are invited. Please bring your favorite dish to share with the group along with your place setting (plate/bowl, forks and knives, etc).
- **Thank you to everyone who came out to help in the Main Street Community Garden work day last Thursday!** We thought the night was a huge success, thanks to all of you that made it happen! Dessert was just a small perk compared to the great company.
- **More cookbooks for sale!** We just received our second shipment of the From Asparagus to Zucchini cookbook. They will be available at all of your pick up locations.

RECIPES OF THE WEEK

Roasted Eggplant Pizza

This recipe appears on our website along with many other delicious ideas for how to enjoy your farm fresh produce!

Crust:

- 3 cups flour
- 1 packet yeast
- 1 tsp salt

Sauce:

- 1-2 lbs tomatoes
- 4 cloves garlic (minced)
- 2 tbsp olive oil
- 1 handful fresh basil and oregano (finely chopped)
- 1 tbsp brown sugar
- 1 chopped hot pepper (optional)
- salt and pepper to taste

Topping:

- 8 oz shredded mozzarella cheese
- 1-2 small eggplants
- 2 tbsp olive oil
- salt
- oregano (chopped or dried) & brown sugar

Directions:

1. Sift all crust ingredients together. Slowly mix in warm water until it becomes a doughy texture. Let the dough rise in a bowl while you prepare the sauce.
2. Drop the tomatoes in boiling water for 30 seconds, then transfer them to cold water. Peel and chop tomatoes into small pieces.
3. Heat oil in a large skillet and add minced garlic. Cook for one minute. Add basil and oregano. Add tomato chunks and hot pepper. Stir well and allow to cook on medium heat for 10 minutes.
4. Add brown sugar, salt and pepper and continue to stir. When sauce is thick and tasty, it is ready.
5. Slice eggplants and toss slices with olive oil and salt. Wrap eggplant slices in a piece of foil and cook over a grill or in the oven until tender and brown.
6. Punch dough and knead it on a well-floured surface for 5-10 minutes. Spread dough out on a pizza pan. Cover with sauce (using a slotted spoon ensures the thickest sauce will be on your pizza). Next, cover the sauce with shredded cheese. Finally, place roasted eggplant slices on top and sprinkle with oregano and brown sugar.
7. Bake at 325 degrees for about 45 minutes to an hour (until the crust is baked all the way through).

CSA staff

Thomas Cameron, owner
Kelsey Gagnon, intern
McCayne Miller, intern

Billi Davis, garden manager
Josh and Mitzi Harding, interns
Kathleen Wood, intern

ENCHANTED VEGETABLE

THE TOMATILLO



As you probably could've guessed, these "little tomatoes" are a close relative of the more familiar Solanaceae vegetables such as tomatoes, peppers, and potatoes. The firm little nightshades' tart and lemony flavor makes it a perfect ingredient for many Mexican dishes such as Salsa Verde. Tomatillos also contain a pectin-like substance that thickens salsas and sauces while refrigerated! The tomatillo plant produces a cellulose husk resembling a tiny lantern hanging from its branches. As the fruit matures it fills the small protective sac until it splits, thus telling the cultivator it's ready to be harvested. This enchanting veggie is sure to send your unsuspecting taste buds for a whirl, not at all tasting like your ordinary tomatoes!

Species: *Physalis philadelphica*

Varieties in our garden: *Toma Verde*- this variety produces a 2-inch green fruit, with a light green husk *Purple de Milpa*- purple tinged fruit is said to have a stronger and better flavor than its green counter part

Nutritional Value: one medium raw tomatillo weighs in at only 11 calories, with 91mg of potassium, 4 mg of vitamin C, 2.4 mg of calcium, and 2.38 mg of folic acid!

Preparation/ Storage: Your tomatillos will last for up to two weeks in the refrigerator if in good condition. When ready to use, peel the husk (you'll notice a sticky feeling, this is normal) and wash thoroughly.

Raw: Tomatillos can be chopped and added to any salads. Try eating them just like an apple for a snack! Make your own *Salsa Cruda* with chopped Tomatillos, chopped tomatoes, chopped onions, chopped jalapeno, chopped cilantro, lime juice, and a touch of salt.

Stir fried: Tomatillos can be briefly stir fried in a little olive oil, vegetable broth, or water. They have a high water content so don't add too much liquid. Cook along with some onions, garlic, and bell peppers for a tasty side dish. Season to taste with a little salt and pepper.

Simmered: *Salsa Verde* is a typical sauce served with enchiladas or burritos. Combine chopped tomatillos, chopped onions, chopped cilantro, chopped garlic, chopped serrano chiles, salt and pepper in a saucepan and cook gently 6 to 8 minutes.

Email us with any questions, concerns or comments:
cameronplacecsa@bresnan.net
Health and Happiness,
Mitzi