



CAMERON PLACE CSA

AUGUST 4 – AUGUST 9, 2008

Bounty Month

This month promises to be full of challenges as we move into high-tempo harvesting mode. Tomatillos and eggplant arrive on the scene, soon to be followed by the rest of the tomato crop, potatoes, melons, watermelon, and a return to some of the cooler season crops. While I appreciate this bounty, I am also acutely aware of the blessing of this year's crop of interns. If you spent a day on the farm, you would rapidly gain significant appreciation for McCayne, Josh, Mitzi, Kathleen, Kelsey, and Celia, as well as the numerous volunteers and work share members who make it possible for you to get your wonderful food each week. They are a diverse group with varied interests who share a common bond and interest in local, organic, and sustainable growing. Where they will take this will be as varied as they are, however, their commitment, hard work, and wonderful sense of humor enables us to sustain and build a community of local eaters that can only grow as the challenges of food production and transportation costs increase. They have patiently listened to my preaching, pop-culture references, and litany of sayings ("You have to learn two words in farming--- Patience and Hurry-up," etc), as well as handling member communication, newsletters, finances, markets, pick-ups, the Community Garden, and an ever increasing list of what needs to get done and what has to get done.

We have been blessed this year and I hope each one of you has a relationship you treasure with some member of our farm and community and that you recognize their effort and attention to making this experience the best it can be for all of you.

~Billi Davis (Garden Manager)

THIS WEEK'S EXPECTED BOUNTY:

Veggies: LOOSE GREENS (choice of CHARD, KALE, MESCLUN, GSB or ARUGULA), SUMMER SQUASH, ONIONS, BEETS, PEPPERS (both sweet and chiles), GREEN BEANS, OKRA, CUCUMBERS, TOMATOES, CARROTS, TOMATILLOS, and EGGPLANT!

Pick your own: HERBS and CHERRY TOMATOES

Fruit: 1 LB. OF PEACHES

FRUIT BOUNTY SHARE NEXT WEEK

COMING SOON: POTATOES and HABENEROS



Kelsey, Josh and Mitzi show off the giants of this week's harvest!

COMMUNITY NEWS

This season's third **community potluck** will be held here at the farm on **Tuesday, August 19th**. All member 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). Bring the kids out for some fun games, and a tour of the garden! This is a great chance to get to know your fellow sustainable community members and to share ideas, suggestions, and thoughts with each other. Come celebrate the bounty of August with all of us here at the Cameron Place. (The first tastes of this year's melons may debut that night!!)

RECIPES OF THE WEEK

Zucchini Bread

This is a healthier alternative to the squash bread recipe from a couple weeks ago, try it and see which you like better! Thank you to Kelsey and Dave who are always so generous with their baked goods!

Makes about 3 regular sized loaf pans

3 bannanas or 3 eggs
½ cup vegetable oil
½ cup applesauce
3 cups zucchini
2 cups sugar
3 cups whole wheat flour
3 tsp cinnamon
½ tsp nutmeg
1 tsp vanilla extract
1 tsp salt
1 tsp baking soda
¼ tsp baking power
Nuts of your choice

Mix wet ingredients, add in dry ingredients and bake at 325 for 1 hour. Cover tops with tin foil halfway through.

**For a delicious twist, sprinkle with a mixture of butter, brown sugar, and crushed walnuts before covering with the tin foil halfway through.

Kim Chi

This recipe was submitted by CSA member and chef Wayne Smith, adapted from Mark Bittman's "The Best Recipes in the World"

2 heads choy, leaves and stems chopped and washed

4 tablespoons salt

1 red onion, chopped

3 hot peppers (I used the Asian variety-can't remember the name), minced

1/4 cup chopped garlic

1/4 cup fish sauce (nam pla)

1/4 cup sugar

2 tablespoons grated fresh ginger

Layer the choy in a colander, sprinkling salt between layers. Let stand for several hours. Rinse the choy well and dry it in a salad spinner. Combine the onion, peppers, garlic, fish sauce, sugar, and ginger in a bowl. Add the choy and mix well. Keep refrigerated. The choy holds well and the flavor improves over several days. I like to serve it with Hawaiian style plate lunch (teriyaki grilled chicken or fish or Korean barbecued short ribs, steamed rice, and macaroni salad).

JUST A SPOONFUL

The charming picture taken months ago of the CSA crew at the Main Street Community Garden, if taken today, would include something new: plants! And yes, weeds. In addition to the CSA's pick-your-own section, downtown residents and school children are tending to their own crops on Main St. This Thursday (8/7), garden participants will gather for an evening of work and dessert at 10th and Main. Why not make weeding a little sweeter? CSA members are cordially invited to join the event and help us tame the wild basil threatening to overtake the sunflowers, all in the good company of conscious eaters and hopefully lots of chocolate.

CSA staff

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

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

Email us with any questions, concerns or comments:

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Health and Happiness,
Mitzi