



CAMERON PLACE CSA

JULY 13 - JULY 19, 2008

Harvest is transitioning into full swing...

The crew here at the Cameron Place is getting excited as we walk down the rows of our garden weeding, pruning, and thinning. The "primetime of harvest" is upon us, as McCayne puts it. Yellow, orange, pink and red heirloom and cherry tomatoes are starting to show their true colors. Sweet, hot, and paprika peppers are beginning to look thick and juicy. The beets, purple, golden, and candy-cane striped, are starting to push their delicious roots above the soil, just asking to be harvested! Onion tops are bowing down to tell us they are ready to cure for a week before we cut their necks and dig in! You all know the summer squash is in full production, garlic is in the barn drying out, and turnips will grace your kitchen tables this week for the first time. The girls are making fried okra and salsa tonight with the first tastes of mid-summer bounty! Carrots and beets are yearning to be thinned, tomatoes and peppers need pruned and staked, eggplants and cucumbers need relief from the weeds, but we all know the fruits of our labor will be great in the coming weeks and months. We hope to see you all at the potluck this week, as we share in the bounty together. Thanks for your continued encouragement and support.

~Mitzi and the rest of the crew

THIS WEEK'S EXPECTED BOUNTY:

Veggies: HEAD LETTUCE, RADISHES, LOOSE GREENS (choice of CHARD, ARUGULA, MESCLUN, or GSB) MORE SUMMER SQUASH, and first tastes of PAK CHOY, ANAHIEM GREEN CHILES, SZEGEDI SWEET PEPPERS, and TURNIPS!

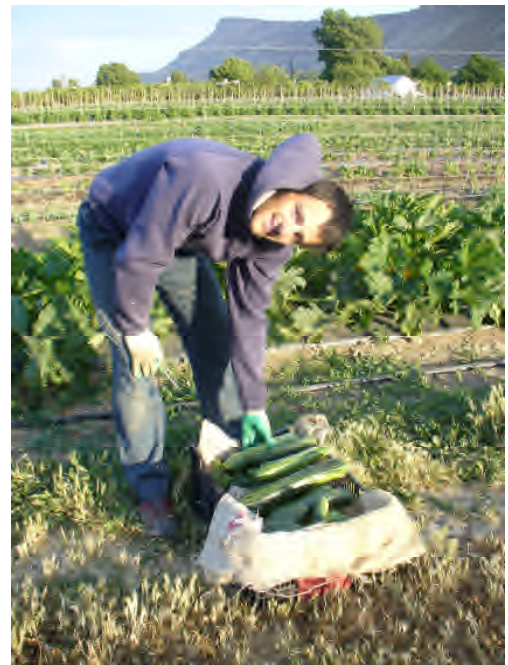
Pick your own: HERBS (CHERRY TOMATOES COMING IN 2 WEEKS!)

Fruit: 2 QUART CONTAINERS OF FRUIT

COMING SOON: ONIONS, BEETS, GARLIC, TOMATOES, CUCUMBERS, AND OKRA!

THIS THURSDAY, JULY 17
6:30pm 'till SUNDOWN
PICNIC-STYLE POTLUCK
at Main Street Community Garden
(10TH and Main in downtown Grand Junction)

Please come join us for the season's second family potluck dinner. This time it'll be Picnic-style, so please bring chairs or blankets to sit on and dinnerware/place settings for you and yours (so we can try to reduce our disposable waste!). The kids had a great time last month, so be sure to bring them along! Please bring a written recipe along with your favorite dish, so we can all copy your culinary skills if need be!



Josh harvesting summer squash. We harvested a total of 1,000 lbs. last week. Last year, the Cameron Place harvested about 300 lbs. total, due to a squash bug infestation! I think we've made up for that *and* some!

RECIPES OF THE WEEK

Getting overwhelmed with summer squash? Here's a few suggestions to keep it interesting...

Stuffed Summer Squash

I've used this recipe with all three of our squash varieties, and they were all equally delicious!

Serves: 4 to 6

4 medium squash
4 tbsp. olive oil
½ cup onions (chopped)
1 clove garlic (crushed)
1 cup ground turkey or beef
2 tomatoes
½ cup bread crumbs
1 tsp fresh parsley (chopped)
1 tsp. basil (chopped)
Salt and pepper to taste

1. Put large pot of salted water on to boil
2. Preheat oven to 350
3. Cut the ends off the squash and boil for a few minutes until tender (scallopini take a bit longer to soften, about 10 min.)
4. Cut lengthwise, and scoop out all pulp (reserve)
5. Sauté onions and garlic in olive oil
6. Add meat and cook until done
7. Drain *most* of the liquid
8. Add pulp and tomato to mix, cook until tomatoes are tender
9. Add bread crumbs, parsley, basil, salt and pepper
10. Fill squash shells with stuffing, and bake about 25 to 30 minutes

Zucchini Bread

If you feel like you can't possibly eat any more squash, try grating, putting in airtight re-sealable bag, and freezing it to make "fresh" zucchini bread all year round!

Makes 2 regular sized loaf pans

2 cups grated zucchini
(try any of our three varieties in this recipe)
3 eggs
1 cup oil
1 ¼ cup sugar
2 tsp baking soda
1 cup raisins
1 tsp vanilla extract
2 cup flour
¼ tsp baking powder
3 tsp cinnamon
1 tsp salt
1 cup walnuts

1. Preheat oven to 375
2. Beat eggs lightly
3. Stir in oil, sugar, squash, and vanilla
4. Mix flour, baking soda, baking powder, cinnamon and salt together, then stir into egg mixture until well blended.
5. Stir in raisins and walnuts
6. Pour into greased bread pans, and bake at 375 for about one hour

Battered and Fried Summer Squash

Slice squash into ¼ - ½ inch slices. Mix enough egg and flour to achieve a pancake-like consistency for batter. Add garlic salt and any other fresh or dried herbs to batter to taste. My family always uses the "Italian seasonings" such as basil, parsley, and oregano. Heat about ¼ inch olive oil in frying pan. Dip each slice of squash into batter until evenly coated, and fry on both sides until golden brown. Remove from oil and place on paper towels to soak up any excess oil. Enjoy hot and crispy!

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