



CAMERON PLACE CSA

JULY 28 – AUGUST 3, 2008

Liberating Kitchen Sinks [and decreasing environmental degradation]

There's something both utilitarian and convenient about plastic bags: low weight, low cost, water resistant and sufficiently compact to fit 342 million under the sink. Cameron Place CSA is conscious that we're part of the plastic bag hoarding phenomenon; our greens and fruit are best stored in bags that constitute the 500 billion to 1 trillion plastic bags consumed worldwide in one year. Ireland banned plastic bags and so has the city of San Francisco. We're not quite there, but with your help organic vegetables from Palisade will never touch a new plastic bag again. Here's how to help:

*Re-use the plastic bags you do have. Recycling programs are great, but they're far from perfect. Bring the bags we've given you to pickups for food including fruit shares, beans, peppers and okra.

*Invest – in high quality reusable shopping bags that you adore and would feel guilty about leaving in a hot car. They'll love our produce and make plastic bags everywhere envious.

At the farm, we're working on ways to decrease our consumption of plastic bags using ecologically and socially sustainable methods. With your help, the empty cupboard under kitchen sinks will never look better.

For more facts and conscious consumerism visit: www.reusablebags.com

THIS WEEK'S EXPECTED BOUNTY:

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

Pick your own: HERBS and CHERRY TOMATOES

Fruit: 1 LB. OF APRICOTS

COMING SOON: POTATOES and PEACHES



Kelsey takes pride in our bountiful mid-summer variety of veggies at the Telluride farmer's market last week.

COMMUNITY NEWS

SPOTLIGHTING THE RED ROSE CAFÉ!

We here at the farm would like to say “thank you” to the Red Rose Café for their continued support of the Cameron Place CSA as well as local area wineries! Their choice in serving fresh, local, organic food paired with locally produced spirits shows they truly value their customers' experience while supporting sustainable and local agriculture!

Tom comes out to the farm each week to see what we have to offer. He places his order, then returns later that day to pick up his freshly picked produce. The Red Rose Café in downtown Palisade offers a unique menu of authentic Vietnamese and Italian cuisine. Tom, from Queens New York, knows how to whip up some serious East Coast Italian cooking. His wife, Rose, will gladly help steer you to in the right direction of some delightful and healthy Vietnamese cuisine. The couple opened the restaurant about five years ago after spending 25 years running the former Rose's Cafe at East Seventh Avenue and Quebec Street in Denver. We encourage all of our members to treat themselves to a night out at the Red Rose Café. Enjoy Sunday brunch 10am-2pm, and dinner 4:30pm-9:00pm daily.

RECIPES OF THE WEEK

Killer Chiles Rellenos

This recipe was adapted from Ann Hazard's cookbook "Cooking with Baja Magic".

She comments that the initial "blistering" of the fresh chiles is the secret to amazing rellenos.

Poblano Ancho



Serves 3 as main course or 6 as a side dish. Bien Provecho!

6 large Poblano Ancho chiles (for more heat) -OR-
6 large Anaheim chiles (for a bit less heat)
1/2 pound Monterey Jack cheese, thinly sliced
1/4 cup flour
6 raw eggs, separated
1/2 cup flour
1/4 tsp salt
1 cup corn or canola oil
2 cups of your favorite salsa (try some homemade!)

Anaheim



1. Rinse the chiles
2. Preheat oven to Broil
3. Arrange chiles on 9x14 in. baking sheet and place on the top rack of the oven
4. Watch and listen closely. When the skins start to make popping sounds and to char and turn black in places, take the chiles out and flip them over. Be sure and use a potholder so you don't burn your hands
5. When both sides are fairly evenly charred, remove them from the oven.
6. Wrap each chile in a moist paper towel or place in a sealed plastic bag to steam.
7. After a few minutes, check them. Once the skin comes off easily, peel each chile.
8. Cut a slit almost the full length of each chile. Make a small "t" across the top, by the stem. Pull out fibers and seeds replace with a slice of cheese, and refold. You can set these aside, for a few minutes or a few hours if you put them in the refrigerator.
9. Whip the egg whites at high speed with an electric mixer, until stiff peaks have formed.
10. Heat the oil in a skillet until a drop of water sizzles when dropped into the pan.
11. Beat the egg yolks with one tablespoon flour and salt. Mix the yolks into egg whites and stir until you have a thick paste.
12. Roll chiles in 1/4 cup flour and dip each one in egg batter. Coat evenly. Fry, seam side down on both sides until golden brown. Place on paper towels to drain.
13. Meanwhile, heat salsa in a medium saucepan. Place one or two Rellenos on each plate and pour salsa over them.



ENCHANTED VEGETABLE

BY KATHLEEN WOOD

In the summertime, peppers remind me of good Mexican food or roasters in New Mexico. There's one pepper variety that does things differently, both in spelling and origin. Fun to pronounce, hard to spell and the language where it originates is one of the most unique and hardest to learn.

THE SZEGEDI SWEET PEPPER

Szegedi: Hungarian Paprika cultivators from the town of Szeged, Hungary.

Color: Yellow!

Uses: With a medium-thick flesh that is both tender and flavorful, these peppers stuff well. Dunk the entire pepper in boiling water for 4-5 minutes and remove to a cold ice-bath. Stuffings are easy: rice and goat's cheese, quinoa and eggplant, or wildrice and beef. Honor the Hungarians and use plenty of paprika, pepper or majoram. Enjoy your töltött paprika (stuffed peppers in Hungarian)!



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Health and Happiness,
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