



CAMERON PLACE CSA

June 15-21, 2008

REAPING WHAT WE'VE SOWN...

We all survived the first week of harvest, pick-ups, and markets here at the Cameron Place! It was a joy to finally share the fruits of our labor with all of you. It has been a long six weeks for us in preparation for the season. Seeding trays and nursing baby plants in the greenhouses, tilling the fields and pulling beds, setting up irrigation tape, and transplanting plants into the ground. All of which culminated with the pride and joy of delivering beautiful, nutritious food to all of you.

I understand now why Billi (or Coach Davis), the main caretaker of his three children, committed to another full time job as garden manager (with mandatory overtime). It's just like he says, "I do this to get good food to people." It's all so clear now. People at markets this week sometimes looked at me as if I was nuts while I gushed over our radishes. "Aren't they gorgeous?" I'd exclaim with a look of amazement and admiration as I held them, wide eyed. You see, I remember when they were just tiny seeds I was carefully sowing into the ground.

As our knowledge and confidence increases around the farm, our work becomes more rhythmic and efficient. I can only imagine it getting better as we fall into the ebbs and flows of harvest, post harvest, pick-ups, and markets. Not to mention the rhythmic three week cycles of seeding more greens, carrots and beets for the continued bounty. As summer solstice approaches, I can't help but see how the cycle of our work mimics the natural cycles of sun and seasons. If not now more than ever, I appreciate and respect vegetables in a new way. I hope you do too, for that's what this is all about. Good food for good people. Hope to talk more with you all at next week's potluck over some veggies.
~Mitzi

THIS WEEK'S BOUNTY:

LETTUCE, RADISHES, LEEKS, KOHL RABI, and CHINA CHOY

COMING SOON:

BROCCOLI, SUMMER SQUASH, AND CABBAGE!

NEXT TUESDAY NIGHT

Summer Solstice Season Kick Off!!

Family Potluck here at the Cameron Place CSA

Tuesday, June, 24 from 6:30 pm 'till sundown!

Bring your favorite dish and some utensils! A great chance to meet and greet the community! My two favorite things, good people and good food!



HOLY RADISHES!!

COMMUNITY NEWS

INARI'S OF PALISADE FEATURES OUR FOOD!

Hopefully you know first hand that Inari's Bistro in downtown Palisade has some marvelous food. What you may not know is Inari's supports our farm, and appreciates local food and flavor as much as you. They often use our farm's seasonal ingredients to create special weekly dishes. On Wednesday, the head chef Aaron visited the farm to see what was in abundance. He ordered squash blossoms, arugula, chard, and garlic scapes to incorporate into this week's menu. We promptly harvested the food and delivered it right to the kitchen. Three hours later, Aaron dropped off a delectable chard and arugula Risotto with garlic scapes and shrimp, along with gorgeous stuffed squash blossoms. When I saw Aaron at the Palisade Farmer's market on Sunday he reported he was thinking of featuring a tempura garlic scape! Sounds fantastic, and I can't wait to taste them. If you're looking for a night out Wednesday through Saturday, go check out what fresh and delicious creations Aaron will come up with next. Maybe he'll even give you a few tips on what to do with your weekly bounty from our farm! Thanks, Inari's!

RECIPES OF THE WEEK

We appreciate recipes you'd like to share, email us at cameronplacecsa@bresnan.net!

Colorado Fried Sage Blossoms



(Originated by Rebecca Mota, modified slightly by Kelsey)

Ingredients:

6 medium sized sage blossoms* attached to stem
1 ½ cups all purpose flour
2 eggs
Salt and pepper
Vegetable or sunflower oil

Directions:

1. Wipe down and brush off sage blossoms. **DO NOT RINSE WITH WATER!!**
2. Lay out flour in a medium sized baking dish and add a few dashes of salt and pepper, then sift with a fork.
3. Crack eggs open in a separate baking dish. Break yolks with a fork and lightly beat for a few seconds.
4. Fill medium sized frying pan with at least ¼ inch of oil. Bring oil to a high enough heat to fry blossoms. (usually medium/high setting will work). Oil should **not** be smoking.
5. In this order: Put 2 sage blossoms at a time into the flour mixture and completely cover all sides. Next, put blossoms into the egg and cover all sides with a light coating. Transfer immediately into hot oil and cook to desired crispiness on both sides.
6. Remove from heat, place on paper towels to absorb extra oil. Optional: while still hot, sprinkle pinch of salt over the blossoms.

ENJOY WARM AND CRISPY!

(the blossoms have a ton of flavor and shouldn't be masked by any dips or toppings)

***ASK US WHERE TO FIND THE SAGE BLOSSOMS, WE'VE GOT A BUNCH!!**

CSA staff

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

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

ENCHANTING VEGETABLE

BY KATHLEEN WOOD

Cameron Place CSA strongly believes that summer adventures aren't limited to treacherous I-70 drivers. Consider the power of *interesting vegetables*. Neighbors will peek over the fence for a whiff of your braised kale with caramelized onions and gingered beets. Life on the edge brought to you by CSA manager, Billi Davis, who plants with bravado. But to confidently sauté or flambé it helps to know what's expectantly sitting in the sink. Turn to Martha or Emeril if you must, but this space in the Newsletter will highlight one Enchanting Vegetable included in the week's share. Say it with bravado *Enchanting Vegetable* . . .

Enchanting Vegetable for the week of June 15: China Choy



Scientific name: *Brassica rapa*

Origin: China (surprise!). China choy is a variety of pak choy, traced to southern China from before the 5th century. This long-stemmed species is one of many Chinese cabbage varieties that also comprise bok choy and tat soi.

Traditional uses:

China – szechuan noodles; stir fry and broths
Philippines – pancit (noodle dish)
Korea – kimchi (hot pickle dish)

Nutritional benefits: China choy's nutritional attributes include being rich in vitamin C and a good source of fiber. The dark green leaves supply more beta-carotene and calcium than lighter-colored versions of cabbage found in North American groceries.

Storage: Avoid storing with wet leaves; place in damp cloth bag or closed plastic bag. Leaves should remain crisp.

Cooking with courage: China choy is a two-for-one vegetable. The stalks are similar to celery, great for dipping in garlic aioli sauce or hummus. Add the leaves to salad, or soup and broth for a zip. Stir frying mature china choy (the larger variety provided in your share) will temper its sharp taste. Stalks and leaves should be separated (they'll cook at different rates). Sauté chopped stalks first and add leaves when stalks soften. Try these flavors in a China Choy Stir Fry:

- ❖ ginger (traditional spice used in many Asian dishes with cabbage)
- ❖ white pepper and white vinegar
- ❖ red pepper and garlic
- ❖ grilled with olive oil and Italian seasoning
- ❖ lime juice with sweet chili sauce and mint
- ❖ mild curry powder and vegetable broth

Email us with any questions, concerns or comments:

cameronplacecsa@bresnan.net

Health and Happiness,

Mitzi