



CAMERON PLACE CSA

June 22-28, 2008

The Scoop on Harvesting...

Sitting around the dinner table last week, Mitzi asked each of us what task we enjoyed most on the farm. It was surprising, but we came to a unanimous decision . . . harvesting! We love reaping the rewards of our hard work that includes planting, weeding and watering to bring our CSA members local, organic food.

So here's the deal – those membership forms may seem extremely detailed, and the Cameron Place crew may seem a little strict about where you pick up your share. I wanted to explain why.

We establish how much produce to harvest every week based on your registration forms. Picking too little means someone misses their share or too much means wasted produce at the end of the day. Harvest days occur Tuesday, Thursday and Friday mornings at dawn. We take our knives out to the field, filling tubs with the week's vegetables. Priority number one is cleanliness which includes multiple scrubblings at the washing station, hand cleaning all the produce in cold water, drying, weighing, and bagging greens. Harvesting also entails bunching produce like radishes, icing the coolers, and recounting the vegetables as we pack them. And it's not over yet folks! We fill out an inventory sheet, pack up the truck and transport your produce to any number of locations.

We want everyone to enjoy the bounty of produce we grow on our five acres. Thus, making sure you are at the right place at the right time helps the Cameron Place crew keep you healthy and happy.

~McCayne

THIS WEEK'S BOUNTY:

Veggies: LETTUCE, RADISHES, BROCCOLI, CABBAGE, SUMMER SQUASH

Pick your own: PEAS, and HERBS (including basil!)

Fruit: CHERRIES

THIS TUESDAY NIGHT : POTLUCK

Summer Solstice Season Kick Off!!

Family Potluck here at the Cameron Place CSA

Tuesday, June, 24 from 6:30 pm 'till sundown!
Please bring your dinnerware with you (plate/bowl, forks and knives). Looking forward to hanging out with everyone here at the farm! See you then!

FRUIT SHARES START THIS WEEK!

It's come time to harvest cherries! If you have a weekly fruit share, Thomas's awesome organic cherries will be part of your bounty this week! Lucky you!



Kelsey, Martin, Robin, Kathleen, and Josh working hard during our post-harvest routine of cleaning.

COMMUNITY NEWS

THE GIVING SHARE

Every year Cameron Place CSA offers a Giving Share to interested families or organizations that are not in the financial position to purchase a share in our garden, but would benefit from its bounty. Many of you generously donated funds to the Giving Share this year. We are in the process of finding a family for the share and would like your participation. Please nominate someone who would be committed to our community of healthy and sustainable food by July 1, 2008. Email us at cameronplacecsa@bresnan.net and thanks for doing your part to extend our community to others.

RECIPES OF THE WEEK

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

Baked summer squash (serves 4)

Submitted by Kelsey, from the cookbook, From Asparagus to Zucchini which we'll be offering soon!

Ingredients:

1 ½ - 2 lbs. summer squash
1 c. whole wheat flour
1-2 tsp. dried thyme
½ tsp. curry powder
⅛ tsp. dried oregano
½ tsp. salt
½ cup. Safflower oil
1 cup tomato juice
Salt and pepper to taste

Directions:

1. heat oven to 400 degrees
2. oil large baking dish (8x8 cake pan or 1-2qt. casserole dish)
3. slice squash lengthwise or diagonally (about ⅛" thick)
4. season with salt and pepper
5. lay down summer squash to make overlapping layers
6. mix remaining ingredients together and spread on top of the squash
7. bake until lightly browned for 20-25 mins.

We Have Dried Oregano, Just Ask!

Fettuccine with Charred Tomato and Leek Sauce

(serves 4-6)

Submitted by CSA member Lucy Graham, from The Vegetarian Grill by Andrea Chesman.

1 large leek (white part only), halved lengthwise
2 1/2 pounds vine-ripened tomatoes, halved
Extra-virgin olive oil
4 large garlic cloves
1 cup loosely packed fresh basil leaves
salt and pepper
1 1/2 pounds fresh fettuccine, or 1 pound dried
1/2 cup freshly grated Parmesan cheese

1. Prepare a medium fire in the grill.
2. Begin heating a large pot of salted water for the pasta.
3. Brush the leeks and the cut sides of the tomatoes with olive oil. Skewer the garlic and brush with olive oil.
4. Grill the leek, turning occasionally, until tender and lightly charred, 8-10 minutes. Grill the tomatoes, cut side down, until tender and lightly charred, about 10 minutes. Grill the garlic, turning occasionally, until well browned, about 12 minutes.
5. Peel the tomatoes and discard the cores. In a food processor fitted with a steel blade, combine the tomatoes, leeks, garlic, and basil. Process to make a fairly smooth sauce. Pour into a large pasta serving bowl. Season generously with salt and pepper. Set aside.
6. Add the pasta to the boiling water and cook until just tender. Drain. Place the pasta in a large serving bowl.
7. Toss the pasta with the sauce and Parmesan. Serve at once.

ENCHANTING VEGETABLE

Mollie Katzen wrote a beautiful cookbook she called the *Enchanted Broccoli Forest*. Each page is inscribed with recipes that read like a cauldron of ingredients that when combined go "poof!" without incantations and become delicious hits. It's fitting the book is named for one of those ingredients. A standard vegetable like broccoli is abstruse: it's familiar in American cooking but holds endless possibilities for making magic in our kitchens.

Species: *Brassica oleracea*

Origin: A tamed variety of wild cabbage, broccoli traces its roots to the Mediterranean.

Nutritional benefits: High in vitamin C, broccoli is also a good source of soluble fiber.

Storage: Place broccoli unwashed in an unopened or perforated plastic bag in the refrigerator

Cooking with courage: What to do with a broccoli forest (inspired by Ms. Katzen)

- ❖ Broccoli and tofu in spicy peanut butter sauce
- ❖ Broccoli stalks "planted" in a rice pilaf
- ❖ Poached eggs over bed of vegetables (including broccoli)



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:

cameronplacecsa@bresnan.net

Health and Happiness,
Mitzi