



# CAMERON PLACE CSA

SEPTEMBER 29 – OCTOBER 5, 2008

Gourds have been cultivated and appreciated for thousands of years by many cultures worldwide, including Native Americans, for their usefulness as utensils, storage containers, and simply for their aesthetic beauty! Gourds are related to melons, squash, pumpkins, and cukes, all members of the genus cucurbitaceae. This week, we will be offering each member a swan neck gourd. With a little work, a gourd can be transformed into countless objects. The following will inform you how to cure your gourd in preparation for decoration and long term use. Be creative!

Curing gourds is a two step process which may take 1 to 6 months depending on the type and size of the gourd. Surface drying is the first step in the curing process and takes approximately one week. During this time, the skin hardens and the exterior color of the gourd is set. Place clean, dry fruit in a dark, well ventilated area. A slatted tray will allow good air circulation around your gourd. Check your gourd daily for signs of decay or mold, or any soft spots.

Internal drying is the second step in curing which takes a minimum of four weeks. Keep the gourd in a shallow container in a dark, warm, well-ventilated area. If any mold appears on the outside skin, the gourd can be wiped clean and allowed to continue drying. However, any gourds that become decayed, shriveled or misshapen should be discarded. Periodically turn the fruit to discourage shriveling and promote even curing. Providing warmth during the internal curing process will accelerate drying and discourage decay. Adequate curing is achieved when gourd becomes light in weight and the seeds can be heard rattling inside. Cured gourds can be painted, waxed, or decorated.

Decorative gourds may be displayed in their natural state for 3-4 months. A protective coating will increase their usefulness for 4-6 months. Some possible coatings include:

(continued on next page...)

- **Thank you** so much to everyone that came out to the potluck on Saturday. It was surely the best tasting gathering yet, and the company and conversation were even better than the food.
- Please take some time over the next week to fill out our **member satisfaction survey** and return at next week's pickup. We will post a copy on the website and send a Microsoft Word document via email later tonight (Tuesday). Your feedback is crucial for us to keep serving members to the best of our ability for years to come!

## THIS WEEK'S EXPECTED BOUNTY:

**Veggies:** CHARD, KALE, POTATOES, a new variety of ONIONS, CARROTS, PEPPERS, TOMATOES, TOMATILLOS, EGGPLANT, WINTER SQUASH, PUMPKINS, and GOURDS!

**Weekly Fruit Share:** 2 LBS. FRIAR PLUMS

**Fruit Bounty NEXTWEEK:** A BOX OF GALA APPLES

\* we will have more pears on Saturday for those of you who missed out on them last week... our apologies!!

**Pick your own:** HERBS, CHERRY TOMATOES, GREEN BEANS, HABENEROS, and FLOWERS!



The farm's newest community member, Beth, enjoys a fun day working in the pumpkin patch!

## RECIPES OF THE WEEK

As the weather turns colder, you'll be seeing chard and kale as the primary greens in your share the next two weeks. Chard can be used in almost any recipe that calls for spinach, like quiches, lasagna, stir fry, or omelets. I like to add kale to any pesto recipe for some added vitamin C. Use these healthful additions raw to any sandwich or burger for extra vitamins! Here are a couple ideas on how to get cookin' with your dark leafy greens.

### Beans and Greens

From the Asparagus to Zucchini cookbook.

3 cups black eyed peas  
Butter or oil  
1 large onion, chopped  
A few garlic cloves minced  
1 teaspoon thyme  
2-3 bay leaves  
1 large bunch chard or kale  
Salt and pepper

Put peas on to cook in water. Heat a little butter or oil in a skillet. Add onions and garlic; sauté with thyme and bay leaves until tender. After cooking peas ½ hour, add the onion mixture and chopped greens. Cook ½ hour longer. Remove bay leaves. Season with salt and pepper to taste. Makes 8-10 servings.

### Mushroom and Kale Quiche

One bunch Kale  
1 cup sliced mushrooms  
½ diced onion  
1 T diced rosemary  
Grated or crumbled blue cheese  
1 cup sour cream  
3 eggs  
1 pastry shell- use your favorite pastry recipe (or buy a frozen one at the store!)

Chop kale and mushrooms and sauté with onion and rosemary. In your prepared pastry shell- spoon in the kale mixture and cheese. Whip the sour cream with the eggs and pour into the shell over the other ingredients. Bake at 350 for about 30-40 mins. or until the quiche is set. Try to let quiche set for 5 mins. (at least) then enjoy!

(...continued from page 1)

- a coating of clear shellac or spray varnish to give a hard, glossy finish
- waxing the gourd with a paste wax, then buffing with a soft cloth to produce a soft, shiny surface with highlights
- gourds with a poor, dull color may be painted with a spray or regular paint

CSA member Erin Stevens recommends carving your gourd. Clean and polish the outer surface with steel wool or fine grade sand paper. Trace the design (or create one!) on the polished surface, then cut the design with a sharp carving tool or burn into the surface with an electric carver or needle. Finally, the surface should be given a light rubbing with a very high grade of transparent furniture wax. This forms a thin coating that excludes the air and preserves the gourd. The wax should be renewed every few months.

Bottle gourds are both decorative and useful. By removing the top, the gourd can be used for a vase, or remove the neck for a bowl. With a hole carved, gourds can be used for small planters or arrangements. Bottle gourds also make excellent birdhouses. Simply drill a hole through the top for a hanging cord, and cut a hole in the side just large enough to accommodate your favorite bird!

This information was gathered by Simon and Melanie, and adapted from the following website:  
<http://www.hort.purdue.edu/ext/HO-135.pdf>

The West African instrument, shekere, is made by wrapping strings of seeds or beads around your dried gourd, visit the following link for more information on how to make a shekere:

<http://www.ibiblio.org/musicians/botsford/educators/shekere/>

### CSA staff

Thomas Cameron, owner	Billi Davis, garden manager
Kelsey Gagnon, intern	Josh and Mitzi Harding, interns
McCayne Miller, intern	Kathleen Wood, intern