

This week's share:

Lettuce mix, spinach, bok choy, kohlrabi, radishes, green onions, arugula, herbs



Next week's guess...

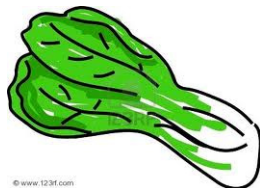
Lettuce mix, spinach, lettuce, turnips, radishes, kohlrabi, bok choy, broccoli, green onions, arugula, herbs

Stir-Fried Bok Choy

- 1 1/2 pounds bok choy
- 2 tablespoons peanut or other oil
- 1 (1/4-inch) piece fresh ginger, minced (about 1 teaspoon)
- 2 green onions (white and green parts), thinly sliced
- 4 cloves garlic, thinly sliced
- 1 teaspoon coarse sea or kosher salt
- 1 teaspoon sugar
- 1/8 teaspoon ground white or black pepper

Cut the bottom of each bok choy to free stems. Slice bok choy crosswise into 1/2-inch-thick slices. Wash bok choy in several changes of cold water and dry in colander or salad spinner until dry to touch.

In wok or large sauté pan over moderately high heat, heat oil until hot but not smoking. Add ginger, green onions, and garlic and stir-fry until aromatic, about 15 seconds. Add bok choy, salt, sugar, and pepper and stir-fry 1 minute. Add 1 tablespoon water, cover, and cook until wilted, about 30 seconds. Uncover, stir-fry 5 seconds, then cover again, turn off flame, and let steam in residual heat until just tender, about 30 seconds more. Serve immediately.



Contact Us:

Cedar Down Farm
519-665-2008
info@cedardownfarm.ca
22145 Conc. 14 RR#1
Neustadt, ON N0G 2N0

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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 1, June 14, 2011

On the farm...

It seems hard to believe but summer is here again and with it the beginning of another season of CSA here at Cedar Down Farm! After a long winter and a bit of a hard spring, we're extremely excited to be harvesting beautiful vegetables from our fields again and feel almost taken by surprise by the sudden abundance of things to harvest! This spring has been completely different (weather-wise) from last spring and for our second season here at this farm, it has been really interesting to take note of how different the weather can be year to year and how much change you can see in the garden. Where last year was incredibly hot and dry in the spring, this spring (as I'm sure you have noticed) has been wet, cool and turbulent. We've had several big storms, some bringing hail and strong winds and have had weeks with a few days of extremely hot weather followed by sudden drops in temperature. All in all a bit more of a stressful spring than we might like, but in general, things are doing well. And, despite some crazy weather and stressful days wondering whether our greenhouses were going to blow away or our crops be destroyed by hail, our first harvests are poised to be abundant and beautiful.

We've expanded our CSA membership this year by about 50% (to 120 members) so I thought I would give a little introduction to the farm and to the concept of CSA (Community Supported Agriculture) for those of you who are just getting to know us. This year there are three of us - Leslie, Jeff and Bennet - working about 5 certified organic acres here at Cedar Down which is just east of the town of Neustadt (about 15 minutes Southeast of Hanover or 1.25 hours north of Guelph). Jeff and I (Leslie!) own the farm and started the CSA here last year after several years of farming and running a large CSA near to Guelph.

We have always sold our vegetables through Community Supported Agriculture because we really believe in CSA as the best way for farmers and the community to support each other. By committing to our farm for the duration of this, and hopefully many, seasons you ensure stability for us here at the farm and guarantee yourselves the freshest most nutritious food available. This agreement acknowledges the mutual reliance of farms and the communities that they serve - each needs the other's support to exist.

Most importantly, however, being a member of our CSA means you will be eating well this summer! We look forward to seeing you at the CSA drop-offs - happy eating!



Bok Choy

Bok choy (or pac choy) is one of several fast growing greens in the Brassica (cabbage) family whose quickness to mature allows us to start harvesting from the garden early in the spring. This beautiful, vase-shaped green is easy to use, versatile and very nutritious. You have probably encountered it before in Chinese or other Asian cuisines and if you haven't tried it before, we are sure you will love it as it is delicious and makes for a quick and easy meal.

To use bok choy, pull its thick stems apart from the head and wash thoroughly. With bigger, more mature heads, you can remove the dark green leaf from the stem and cook the stem for longer before adding the leaf. Bok choy can be quickly stir-fried as in the recipe on page 1 but it can also be sliced thinly and made into a coleslaw or salad, added to clear broth soups, or lightly steamed. It goes extremely well with ginger and garlic, oyster, hoisin and soy sauce.

Kohlrabi

Long time CSA members do not likely need an introduction to kohlrabi but if you are new to CSA, it is quite possible that this will be your first encounter with this delightful vegetable. Much like bok choy, kohlrabi is indispensable for a Canadian CSA because it grows quickly and easily in the spring. Tasting something like the sweet, crunchy middle of a broccoli stem, it has a habit of becoming (one of) people's favourite vegetables. Kohlrabi is wonderful roasted or lightly sautéed for a stir-fry but our preference here at the farm is to just peel them, add a little salt and munch on them raw.



The bulb of the kohlrabi is what you are going for - just remove the leaves and stems and trim the outer, tougher peel from the bulb. Inside you will find a sweet, crunchy, yummy snack!

So how Does This Work??

Coming to pick up veggies at the CSA pickup is a lot different than going to the supermarket. To help you navigate the pickup - here's rundown of how it works....

The chalkboard that we bring to the pickups will tell you what you get each week and how much of each vegetable. The veggies are divided into 3 categories:

The Set List - Items in the Set list category are not tradeable one for the other. You can take 'em or leave 'em but you can't swap 'em for other things. These are things that we have limited amounts of or are very high value - that is, hard to harvest and process.

Tradeables - You can take one of each unit on the tradeable list, or you can swap away something that you like less and take an extra of something you prefer. If the amounts are easy to divide evenly, you can take a partial amount of one and a partial amount of another - for example, if you get 2lbs of beets and 2 lbs of carrots, you can leave 1lb of beets in order to take another lb of carrots. Sometimes we will give you the choice between two items and you can take the one you prefer.

Free Choice - You decide how much you would like of free choice items. You may take as much of these items as you can use in one week.

Spiced up dressings!

Now is the time to revel in fresh spring greens. Try one of these tasty dressings to liven up your salad! Try adding toasted sunflower, pumpkin and sesame seeds to a mixture of lettuce, spinach and arugula, toss with chopped kohlrabi, radish and green onion - yum!



Honey-Sesame-Mustard Dressing

Whisk together 2/3 cup olive oil, 2 tablespoons cider vinegar, 2 tablespoons honey, 2 tablespoons mustard, 2 tablespoons toasted sesame seeds, 1 teaspoon finely chopped garlic or garlic scape, and salt to taste in a small bowl.

Tabini Dressing

Whisk together 1/4 cup tahini, 1/4 cup water, 2 tablespoons chopped green onions, 2 teaspoons minced garlic or chopped garlic scape, 1/4 teaspoon salt and 1/4 teaspoon ground black pepper in a small bowl until combined. Whisk in 2 tablespoons cider vinegar and 1 tablespoon lemon juice and 1 teaspoon honey until smooth.

Yummy Vinaigrette

Whisk together 2/3 cup olive oil, 1/3 cup balsamic vinegar, 2 teaspoons dijon mustard, 1 tablespoon honey, salt, pepper and herb of your choice.

Wilted Spinach Salad

1/2 small red onion, quartered and thinly sliced or 3-4 green onions cut in 2 inch pieces and sliced lengthwise
4 tablespoons olive oil
6-8 Kalamata olives
1/2 lb spinach
1 clove garlic, finely chopped
1 tablespoon mint leaves, finely chopped
2 tablespoons red wine or balsamic vinegar
4-6 ounces feta cheese
3-4 slices baguette, for croutons (optional)

Cut large leaves of spinach into halves or thirds and wash thoroughly. Crush olives and remove pit - tear meat in half. Place spinach in large bowl and toss with onions, garlic, mint, olives and vinegar. Break up feta and crumble over the spinach. Heat the olive oil until it is very hot but just short of smoking. Immediately pour over the salad, turning the leaves with tongs to coat all the leaves. Taste and season with more vinegar if desired. Serve with croutons, if desired.

To make croutons: Preheat oven to 400°. Brush baguette with olive oil and toast in the oven until is crisp and lightly browned.