

## This week's share:

Carrots, green peppers, hot peppers, zucchini, cucumbers, tomatoes, beans, watermelon, arugula, herbs



## Next week's guess...

Lettuce, beets, zucchini, cucumber, tomatoes, beans, peppers, onions, garlic, watermelon, herbs

## Grilled Bell Peppers

Peppers, red, green, yellow are yummy - toss them in a salad or stir-fry. Put 'em in a curry or pasta sauce. While raw peppers are crunchy and sweet, a grilled or roasted pepper has no equal. You can grill peppers of any colour and toss them into sauces, lasagna, onto a sandwich or any number of dishes to add rich, smoky flavour.

### To grill:

Put whole bell peppers over high heat or under the broiler. Turn occasionally until charred all over about 15 to 18 minutes. Remove from grill and place in a paper bag or in a bowl with a tight fitting lid. Let stand for 10 minutes. Rub off skins, halve and discard seeds.

You now have a yummy grilled pepper which you can toss into any recipe or freeze!



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# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 10, August 15, 2011

## On the farm...

Last week was a little exciting because we seeded the very last transplant trays for the season - kale that will be transplanted into our large, moveable greenhouse and harvested throughout the winter. It's a bit of a milestone and comes just as we approach the halfway point in the summer CSA - week 10! It almost actually starting to feel a bit like fall out there in the garden, though it certainly seems a little early to be saying so. After waiting for what seems like forever, we're starting to get some decent-ish harvests from the field tomatoes and this week will be the first week of watermelon as well. I'm not sure if anyone of you has ever harvested watermelon but it is a bit of a trick indeed! Watermelons really hold their cards close to their chests when it comes to letting us know if they are ripe or not. We knock on them, turn 'em over, check their tendrils to see if they are brown - but you really have to eat, well dozens of them! to get the feel for how to know if they are ripe year to year. This year, we are starting with sugar babies - small, dark, very sweet watermelons - and the trick with them seems to be flipping them over to see if the patch of skin on the bottom has turned a vibrant yellow. Watermelons are great because they actually store really well. So, if you don't feel like eating it right away it can sit in a cool place and be delicious weeks later.

We're also starting to pull our storage onions from the ground this week. Overall, they seem to have battled the bit of fungal issues that they had quite nicely and we are seeing big, fat onions with their greens fallen over, the sign that we look for to tell us when to harvest them. We'll pull all the onions this week and next and put them in the barn to cure so that they will store over the winter.

The other harbinger of later summer that we've just begun to see this year is the tomato hornworm! I'm not sure if any of you has seen this amazing (and destructive) creature but they are definitely a sight to see. Getting up to 5 or 6 inches long and almost an inch in diameter, these giant green caterpillars munch their way through every part of a tomato plant - from leaf to fruit. They are definitely destructive but finding them in a tomato plant is kind of like a great treasure hunt - they are totally camouflaged so you have to look hard to find them then pluck them off.

One last big event that is upcoming is the harvest of our grain. This morning's field walk revealed grain that is almost ready to harvest. We will try out our combine for the first time ever! Oh, and check out the flip side of the newsletter for info about the winter CSA!



The enormous tomato hornworm!

## Winter CSA

We are now taking registrations for our winter CSA! The winter share program is 20 weeks long with **10 bi-weekly pickups** beginning the week after the summer shares end (1st week of November). You can expect brimming shares of winter hardy veggies including potatoes, beets, carrots, onions, garlic, squash, rutabaga, parsnip, celeriac, kohlrabi, cabbage, spinach, kale, dry beans and more!



Drop-offs will be in Hanover and Guelph. To register, you can bring us one cheque for the full amount or two - half now and a post-dated cheque for Oct 1.

Share size	Hanover	Guelph
Regular	\$290	\$300
Large	\$415	\$425

Cheques can be made payable to Cedar Down Farm

### Turkish Zucchini Pancakes

From The Bon Appetit Cookbook by Barbara Fairchild

1 lb zucchini, trimmed and coarsley grated  
2 cups chopped green onions  
4 large eggs, beaten to blend  
1/2 cup all purpose flour  
1/3 cup chopped fresh basil  
1/3 cup chopped fresh parsley  
2 tbsp chopped fresh tarragon or 2 tsp d  
1/2 tsp salt  
1/2 tsp ground black pepper  
1/2 cup feta cheese, crumbled  
2/3 cup chopped walnuts  
olive oil



Place zucchini in a colander. Sprinkle with salt and let stand 30 minutes to drain. Squeeze zucchini between hands to remove excess liquid then squeeze dry in several layers of paper towel.

Combine zucchini, green onions, eggs, flour, herbs, salt and pepper in a large bowl. Mix well. Fold in feta cheese. Fold walnuts into zucchini mixture.

Preheat oven to 300°F. Place rimmed baking sheets in oven. Pour enough olive oil into a large skillet to coat bottom. Heat oil over medium-high heat. Working in batches, drop zucchini mixture into skillet by heaping tablespoonsfuls; flatten slightly. Fry until pancakes are golden brown and cooked through, about 3 minutes per side. Transfer each batch to baking sheet in oven to keep warm. Serve pancakes hot!

### Green Beans with Walnuts, Lemon and Parsley

1 lb green beans, ends trimmed  
3 tbsp butter  
1/2 cup chopped walnuts  
2 tsp grated lemon peel  
1/4 cup finely chopped Italian or curly parsley

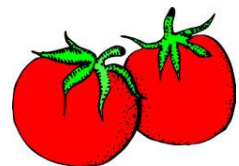
Cook green beans in a large pot of boiling salted water until crisp-tender, about 4 minutes. Drain. Transfer to a bowl of ice water and cool. Drain again and pat dry.

Melt butter in a large deep skillet over medium heat. Add walnuts; sauté until nuts are crisp and butter is lightly browned, about 3 minutes. Add beans and toss to heat through, about 5 minutes. Mix in lemon peel and toss 1 minute. Mix in parsley. Season beans to taste with salt and pepper. Transfer to a bowl and serve.

### Gazpacho

From "The Food of Spain" by Claudia Roden

2 1/4 lbs ripe tomatoes  
1 red or green pepper, cored, seeded and cut into 4 pieces  
1/2 cucumber  
2 to 3 garlic cloves, crushed to a paste  
2 tbsp red wine vinegar  
6 tbsp olive oil  
salt and pepper  
1 tsp sugar or more to taste



Quarter and stem tomatoes.

Blend the pepper to a paste in a food processor. Add the rest of the ingredients and blend to a light cream. Add a little cold water if necessary to thin. Cover and chill in the fridge for at least an hour or up to one day.

Check seasoning and serve in bowls garnished with diced cucumber, finely chopped green onion, diced bell pepper or lightly toasted bread cubes or a combo!