

## This week's share:

Lettuce, beets, tomatoes, peppers, zucchini, garlic, watermelon, melon, greens, herbs



## Next week's guess...

Lettuce, lettuce mix, spinach, tomatoes, leeks, carrots, peppers, onions, herbs



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 13, September 6, 2011

## Spanish Watermelon Gazpacho

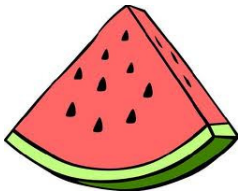
7 cups watermelon, seeded and finely diced  
1 medium cucumber, finely diced  
1 red bell pepper, finely diced  
1/4 cup fresh basil, chopped  
1/4 cup parsley, or cilantro chopped  
3 tbsp apple cider vinegar  
1 medium onion, minced  
1 1/2 tbsp oil  
3/4 tsp salt  
pinch of pepper

### Directions

Mix all ingredients together. Take one or two cups of the mix and add it to a separate bowl.

Puree the rest. You might have to do this in batches. Combine the pureed mix with the chopped mix you set aside. Season to taste with salt, vinegar and maybe a tiny bit of pepper.

Chill in the refrigerator for at least an hour.



## On the farm...

Late August and early September are such abundant times on the farm. Every time we go out to the garden it seems like even more vegetables are ready to harvest! We are still harvesting loads of fruit - tomatoes, peppers, zucchini - the squash is ripening and the fall brassica section of the garden is bursting. Despite the long dry spell this summer, we still had great harvests from our zucchini and cucumber. Though we were worried a few weeks back when we saw signs of disease in the cucumber, they really pulled through - we've harvested from them for six weeks now! And the zucchini seems like it still has a bit left to give.

And the garden sure has changed a lot since the spring. Sections of the garden that we were harvesting tons from in the spring and summer are now tilled under and waiting for a fall rye cover crop. And the new fall sections are just coming in to their own. Rows of late lettuce, greens and spinach are shooting up nicely. Fall beets and leeks are sizing up and there are loads of colourful winter squash, just a couple weeks away from being harvested.

One really big challenge (every part of the season has its challenge it seems) that we've faced this fall is an incredible abundance of flea beetles and imported cabbage worms - two pests that eat cabbage family crops. Most years, these critters are actually less prevalent in the fall and can be controlled fairly easily with floating row cover. But this year, unbelievable! These little so and sos are sneaking their way under the row cover and munching on our cabbage, broccoli, cauliflower and other brassica crops like crazy! It's pretty frustrating actually. They put large holes in the plants and even eat away the growing tip on some plants and there's pretty much nothing we can do. It's really interesting how each year, different insects show up in greatly different numbers. Last year, we barely had to put row cover on our fall brassicas because there were so few of these pests.

Anyhow, you'll notice tiny flea beetle bites in some of the leafy greens like arugula and we may have a reduced broccoli harvest but we're hoping for the best overall.

And, as always, to end on a positive note....here's a picture of our incredible onion harvest curing in the barn!



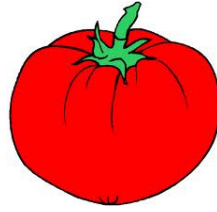
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## Grilled Tomato Salad

From "Heart Smart" by Bonnie Stern

6 large tomatoes, seeded and cut in 1-inch slices  
2 large onions, cut in 1/2 inch slices  
2 tbsp olive oil  
1 cup fresh basil leaves, torn in pieces  
1/4 cup balsamic vinegar  
1 clove garlic, minced  
salt and pepper to taste



Brush tomatoes and onions with a little olive oil. Grill tomatoes briefly on each side just until warm with grill marks. Grill onions until tender and browned (they will take longer than the tomatoes).

Combine whole or cut-up tomatoes and onions in a bowl. Add basil. In a small bowl, combine vinegar, garlic, and remaining oil. Taste and add salt and pepper if necessary.

Combine tomatoes with dressing. Taste and adjust seasonings if necessary.

## Sweet Chili Tomato Soup

From "Friday Night Dinners" by Bonnie Stern

2 tbsp olive oil  
1 onion, chopped  
2 cloves garlic, finely chopped  
1 tbsp chopped fresh ginger  
1 tsp ground cumin  
1/2 tsp ground cinnamon  
6 tomatoes, diced  
2 cups chicken or vegetable stock  
2 tbsp honey  
2 tbsp lemon juice  
2 tbsp sweet Thai chili sauce (optional)  
Salt to taste

Heat oil in a large saucepan. Add onion, garlic and ginger. Cook gently for 5 minutes. Add cumin and cinnamon. Cook for 1 minute.

Add tomatoes and simmer for 10 minutes. Add stock and bring to a boil. Reduce heat and simmer gently for 20 minutes.

Puree soup and return to heat. Add honey, lemon juice, chili sauce and salt. Cook for 5 minutes.

## Bell Peppers Stuffed with Rice in Tomato Sauce

### For tomato sauce

2 lbs ripe tomatoes  
6 garlic cloves, chopped  
1 chili pepper, seeds removed, finely chopped  
3 tbsp olive oil  
2 tsp sugar  
salt



### For the filling

1 small onion, chopped  
3 tbsp olive oil  
1 large or 2 small tomatoes  
1/4 tsp sugar  
1 teaspoon chopped basil  
salt  
good pinch of saffron threads  
3/4 cup short grain rice or risotto rice such as Arborio  
1 1/4 cup hot chicken or vegetable stock  
pepper  
2 green or red bell peppers

For the sauce, cut the tomatoes into quarters and remove the hard core. Blend to a light puree in a food processor. Heat the garlic and chili pepper in the oil in a wide skillet, stirring, for 30 seconds, until the aroma rises, then add the tomatoes, sugar and some salt. Cook over medium-high heat, stirring occasionally for 25 to 30 minutes, until the sauce is reduced and thick.

For the filling, fry the onion in the oil in a large skillet over medium heat, stirring often, until soft and golden. Add the tomatoes, sugar, basil and a little salt and cook until the liquid has almost disappeared. Add the rice, stir well, then add the stock. Stir in the saffron, salt and pepper to taste, and bring to a boil, then simmer over low heat for about 15 minutes, until most of the liquid has been absorbed but the rice is still underdone.

Retaining the stalk, cut a circle around the stalk off the tops of the peppers, and keep these to use as caps. Remove the cores and seeds with a knife or spoon and shave the inside of the lids to make more room for the filling. Using a spoon, fill the peppers with the rice without pressing it down too much, so that there is a little room for it to expand. Replace the caps and arrange the peppers snugly in a baking dish.

Pour the tomato sauce around the peppers, cover with a sheet of foil and bake in a preheated 400 degree oven for 1 hour. Remove the foil and continue to bake for another 15 minutes, or until the peppers are soft and have browned on top; be careful not to let them fall apart.

Serve hot!