

## This week's share:

Carrots, onions, rutabaga, peppers, pie pumpkin, butternut squash, bok choy, turnip, radish, herbs



## Next week's guess...

Lettuce, kale, cabbage or broccoli, leeks, beets, Acorn squash, potatoes, greens, garlic, herbs

### kaddu ki sabzi

Spice up your table with this lovely pumpkin dish.

1 small pumpkin  
1/4 tsp fenugreek seeds  
1 tsp cumin seeds  
1 or 2 dry red chilies (optional)  
1/2 tsp red chili powder  
1/2 tsp turmeric powder  
1/4 tsp garam masala powder  
1 tsp dry mango powder/amchur  
1 tsp sugar or 2 tsp crushed jaggery  
2 tbsp oil  
3/4 cup or 1 cup water  
a few chopped cilantro leaves for garnishing (optional)  
Salt

Wash pumpkin then peel and chop. Heat oil in a pressure cooker or pan. Add the fenugreek seeds and cumin seeds and fry for a minute on a low flame. Add the red chilies and fry for some 15 seconds. Add the chopped pumpkin and all the dry spice powders except garam masala. Add the sugar or jaggery and mix well. Add water and salt and cover the cooker with a lid and pressure cook for 7-8 minutes.

If you do have a pressure cooker than cover the pan with a lid and cook the pumpkin for some 15-20 minutes till they become soft and mushy.

Mash the cooked and soft pumpkin with a spoon and add the garam masala. Stir the mashed pumpkin well and cook for minute or two.

If the sabzi still looks watery to you, then evaporate the water by cooking it without the lid. The sabzi should not be dry nor watery, just in between. Garnish with cilantro leaves.

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# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 17, October 4, 2011

## On the farm...

This time of year is really special for us here at the farm. Even if there wasn't an official holiday about giving thanks, I'm pretty sure we'd be doing it anyway! After a long season full of wonderful food, good work and enjoyment of the land, we love to be able to eat and celebrate the abundant fruits of our labours! It's always amazing to see all the food that is still in our fields and think back on how much great food has come out over the last 4 or so months. We hope you have been enjoying it and that you have much to celebrate and give thanks for this fall! We know we do! Happy Thanksgiving!



## Butternut Squash Soup with Cider Cream

5 tbsp butter  
2 1/2 lbs butternut squash, peeled and cut into 1/2 inch pieces (about 6 cups)  
2 cups chopped onion or leek  
1/2 cup chopped carrot  
1/2 cup chopped celery or celeriac  
2 small apples, peel, cored and chopped  
2-3 thyme sprigs  
1 sprig sage  
5 cups chicken or vegetable broth  
1 1/2 cups apple cider, divided  
2/3 cup sour cream  
1/2 cup whipping cream

Melt butter in a heavy large pot over medium-high heat. Add squash, onion, celery and carrot; sauté until slightly softened, about 15 minutes. Rinse and strip thyme and sage from stem. Add to pot along with apples. Add broth and 1 cup cider; bring to boil. Reduce heat to medium-low, cover, and simmer until apples are tender, stirring occasionally, about 30 minutes. Cool slightly.

Working in batches, purée soup in blender until smooth then return to pot. Season to taste with salt and pepper. Boil remaining 1/2 cup cider in heavy small saucepan until reduced to 1/2 cup, about 5 minutes. Cool. Place sour cream in a small bowl. Whisk in reduced cider. Mix whipping cream into soup. Ladle soup into bowls. Drizzle with cider cream.

## Winter squash and pumpkin

That wonderful time of year has come again - when winter squash and pumpkin are back in our lives! I know I say this about everything, but squash is definitely one of my very favourite things to eat. It is sweet and nutty and very nutritious with its deep orange colour. We love squash because it is delicious and serves up a nutritious meal in so many ways. Great in soup or curries, stews or gratins, you can make squash into just about anything, breads and pasta dishes, soufflés, mashes and even dessert! And you can use your pie pumpkin just like a squash - pumpkin makes a wonderful, rich meal and is of course lovely in a cake or pie.

This week, you will get a pie pumpkin and the classic butternut squash. If you don't eat them right away, they will store quite well in a cool, dry place and can even sit on your counter for quite awhile and be just fine for weeks!



## Carrots and Rutabaga with Lemon and Honey

- 1 1/4 lb rutabaga, peeled, cut into matchstick size strips
- 1 lb carrots, peeled and cut into matchstick size strips
- 1/2 cup butter
- 1/2 cup fresh lemon juice
- 3 tbsp honey
- 1 tsp grated lemon peel
- 1/4 cup chopped fresh parsley



Cook rutabaga in large pot of boiling salted water 2 minutes. Add carrots and continue cooking until vegetables are tender, about 6 minutes. Drain

Melt butter in a large pot over medium-high heat. Add lemon juice, honey and lemon peel. Bring to a boil. Add vegetables and cook until glazed, stirring occasionally, about 6 minutes. Season to taste with salt and pepper. Remove from heat. Mix in parsley.

### Balsamic Glazed Pumpkin with Walnuts

- 3 cups sliced (approx.) pumpkin/butternut squash
- 1 tablespoon olive oil
- 1/2 teaspoon cumin seeds
- 1 whole red dry chili pepper
- 1 teaspoon crushed red pepper, or to taste
- 1.5 tablespoon balsamic vinegar
- 1/2 cup walnuts, broken and lightly toasted
- salt to taste
- chopped fresh herbs (your choice) for garnish

Peel and slice the pumpkin/butternut squash into 1/4 inch thick small slices.

Heat oil in a pan and add the cumin and the whole red chili pepper; when the cumin sizzles and the red chili pepper turns a shade darker, add the sliced pumpkin/butternut squash and salt. Cook at high heat while tossing them in the pan until they are half cooked and browned on both sides. Add the balsamic vinegar, crushed pepper and the toasted walnuts and reduce the heat to medium. Cook while tossing and scraping off the bottom of the pan until the slices are cooked and thoroughly glazed.

Garnish with your favorite herb



# FOODSTOCK

## SAVE THE LAND THAT FEEDS US. STOP THE MEGA QUARRY!

Join Chef Michael Stadtländer and 70 of Canada's best chefs as they cook with the produce of Melancthon Township in an outdoor, pay-as-much-as-you-can\*, public food event in solidarity with the movement to Stop The Mega Quarry.

All funds raised will be used in the fight against the proposed destruction of thousands of acres of Ontario farmland.

# OCTOBER 16, 2011

## HONEYWOOD, ONTARIO

### 11AM-5PM

Rain or Shine! Rubber boots recommended!  
Please BYO plate, cutlery, napkin and water cup!

Presented by  
**CANADIAN CHEFS' CONGRESS** / **CONFÉDÉRATION DES CHEFS DE CUISINE CANADIENS**

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\*pay-as-much-as-you-can, suggested minimum donation of \$10