

This week's share:

Lettuce, broccoli, carrots, beets, kale, leeks, Acorn squash, greens, garlic, herbs



Next week's guess...

Lettuce, carrots, onions, potatoes, kale, Chinese cabbage, squash, greens, herbs



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 18, October 10, 2011

On the farm...

Smoky Broccoli Salad

1 large or two smaller broccoli heads
1 small red onion, minced
1 large carrot, grated
4-5 slices smoked bacon, diced
3 tbsp mayonnaise
3 tbsp lemon juice
2 tsp minced hot pepper (optional)
salt and pepper

Cut broccoli into small florets, about bite-sized. Peel stem and dice.

In a small saucepan, fry bacon until crisp. Drain and throw in a serving dish. Remove most bacon fat from pan and add a dash of olive or other cooking oil. Add broccoli and sauté until just tender but not mushy - about 5 minutes.

Add broccoli, grated carrot, minced onion, mayonnaise, hot pepper and lemon juice to serving dish with bacon. Toss to combine then season to taste with salt and pepper, adding more lemon juice if desire.

Hint: Try adding some toasted walnuts or pecans or other veggies like diced sweet peppers or even diced, roasted squash to mix up this salad.



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With three more weeks of summer CSA shares left, we continue to bring lots of yummy, beautiful food back from the field here at the farm. The brassica section of the garden, which really shines at this time of year, looks beautiful with big, shiny broccoli and cabbage plants, kohlrabi and Chinese cabbage rows looking plump and delicious. Over the weekend, we brought a load of vegetables to our family in Toronto and talked about how great the farm is producing, how good the soil is, how abundant the vegetables.

I was also walking around on Friday at Green Being Farm, our neighbours down the road who supply our customers with such delicious eggs. The animals and crops at Green Being are also looking fabulous - the lambs are beautiful and plump, munching grasses out in the pasture, the pigs rummaging through the long grass and the chickens eating bugs and clipping the pasture as they scratch about.

I talked with Tarrah, farmer at Green Being, about how great it is to be doing what we do, how amazing to be able to supply good food to our community. And I started thinking about Michael Schmidt - who many of you are probably familiar with - the local dairy farmer who was just found guilty of many charges against him associated with supplying raw milk to his cow-share members. I guess I find it amazing that this incredible farmer, dedicated to producing the highest quality product possible is in this situation. Michael Schmidt's farm is one of the most impressive I have seen - with healthy pastures and animals, top-notch systems and incredible dedication to safety, quality and health. And yet, because of the way our food system is currently run, he (like all farmers trying to operate outside of the status quo system) is unable to freely operate, and provide his customers with a product they very much want.

Like us, Michael Schmidt provides a particular type of food, straight to customers who are asking for just that kind of food. There are lots of issues involved in the issue of raw milk, but in my opinion, whether or not people should be allowed to drink it, isn't one of them. I encourage you to write your local MP's in support of Schmidt and raw milk if you also think that freedom to choose what you eat and who produces it is important. You could also choose to attend a rally in support of Schmidt - this Thursday from 10-11am at the Grey Bruce Health Unit in Owen Sound.

Also, don't forget to go to Foodstock! This will be a great, food event on Sunday with talented chefs, good food and a chance to show your opposition to the mega-quarry proposed for Melancthon Township.

<http://canadianchefscongress.com/2011/07/07/foodstock-in-melancthon-township-october-16-2011/>

Lots of food activism is at hand!!

Kale, Squash, & White Bean Stew

Try making this recipe with any type of squash that you get in your CSA share except maybe spaghetti!

Kale!

Fall is a great time to eat kale. The cool weather and even the frost makes this green, leafy vegetable in the cabbage family sweet, crisp and delicious. Kale is a versatile green that adds colour and flavour to many dishes. It is wonderful simply stir-fried with garlic and soy sauce, you can add it to a hearty soup (great with potato), sneak it into a gratin or bake it into kale chips! Kale goes exceptionally well with squash or sweet potato and we always make this combo and black beans into great quesadillas or burritos

Like other dark, green vegetables kale is extremely nutritious, high in iron, calcium and vitamins including A, C and K important for promoting strong bones. It is also thought to be an important cancer-fighting food that is high in anti-oxidants and anti-inflammatory compounds.

Keep 'em fresh!

The abundance of crisp, green veggies that are available in the fall is a great way to transition to towards winter eating. Many of these greens - kale, broccoli, cabbage and the like - store well and can be crisp and juicy for days and even weeks. But you have to make sure to store them properly when you get them home.



Moisture loss is the main reason that these things wilt in your fridge and, in general, even your crisper isn't sealed from the dry air of your fridge enough to keep them fresh. So, to store broccoli, kale, cabbage and all other juicy, green things make sure they are wrapped in a plastic bag, container or a damp mesh produce bag. This will keep them from drying out and going limp in the fridge.

Roasted Acorn Squash with Browned Butter and Sage

Still have some sage left over from last week? Try this!

2 tablespoons extra-virgin olive oil
1 medium winter squash, halved lengthwise and seeded
6 tablespoons (3/4 stick) unsalted butter
6 medium fresh sage leaves, sliced thin
Salt and ground black pepper

1. Adjust an oven rack to the lower-middle position and heat the oven to 400 degrees.
2. Line a rimmed baking sheet with aluminum foil.
3. Brush the oil on the foil and the cut sides of the squash.
4. Roast until a skewer inserted in the squash meets no resistance, about 40-50 minutes.
5. When the squash is almost done, melt the butter in a small skillet over medium heat.
6. Add the sage and cook, swirling the pan occasionally, until the butter is golden brown and the sage is crisp, about 4 to 5 minutes. Remove the skillet from the heat.
7. Remove the squash from the oven and turn cut-side up and season with salt and pepper.
8. Drizzle or brush with the sage butter sauce and serve immediately.

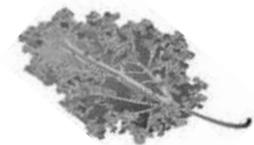
2 tablespoons butter
1 medium onion, cut into 1/2-inch dice
2 garlic cloves, coarsely chopped
Coarse salt and ground pepper
1 small acorn squash, peeled, seeded, and cut into 1-inch chunks
1 small butternut squash, peeled, seeded, and cut into 1-inch chunks
1 bunch kale (3/4 pound), ribs cut away and discarded, leaves torn
5 1/2 cups chicken or vegetable broth
1 can (14 ounces) cannellini beans, rinsed
3 sprigs thyme
Grated Parmesan, for serving (optional)
Directions:

In a large Dutch oven or heavy pot, melt butter over medium. Cook onion and garlic until fragrant, 3 minutes; season with salt and pepper. Add squash and kale and cook until kale is wilted, about 3 minutes; season with salt and pepper. Add broth, beans, and thyme. Bring to a simmer and cook until squash and kale are tender, about 12 minutes. Season soup with salt and pepper and serve with Parmesan, if desired.

Simple Kale Chips with Lemon and Garlic

I know many of you are already addicted to kale chips but, for those new to kale, this recipe is an all-time favourite way to eat it!

1 bunch of kale
1 clove of garlic chopped finely
Juice of half a lemon
2 tbs olive oil
Salt and pepper to taste



Pull leafy part of the kale off of the stem, tearing into small pieces. In a large bowl, mix together the kale, lemon, garlic, olive oil, salt and pepper. I also like to add a little bit of garlic pepper. Line a baking sheet with parchment paper and place kale on top - trying not to overlap the pieces. Bake at 375 degrees for 15 minutes or until crispy but not burnt.

Acorn Squash Rings with Honey-Soy Glaze

1 acorn squash
1.5 tbsp honey
1 tbsp soy sauce
1 tsp rice vinegar
1 tsp minced peeled fresh ginger
1 garlic clove, minced



Preheat oven to 450 degrees. Grease a baking sheet. Cut squash horizontally into rings, discarding stem and tip. Scoop out seeds and roast in a single layer, covered with foil for about 15 minutes. Whisk honey and next 4 ingredients in a bowl. Remove foil from squash, brush on half of honey mixture. Bake uncovered for 10 minutes. Brush remaining honey mixture on squash and continue to bake until squash is tender and glazed, about 10 more minutes.