

This week's share:

Lettuce, kale, kohlrabi, carrots, potatoes, onions, squash, greens, herbs



Next week's guess...

Spinach, leeks, beets, onions, carrots, kale, squash, Chinese cabbage, celeriac, greens, herbs

Thai Inspired Kohlrabi Coleslaw

1/2 large kohlrabi, matchsticks
1 small carrot, shredded
2 cups cabbage or kale, shredded
1 tbsp finely chopped ginger
1/2 red onion, finely chopped
1 small red or green chile, finely chopped

Dressing:

1 tbsp rice vinegar
1.5 tbsp light soy sauce
1 tsp red curry paste
1 tbsp water
1 tbsp vegetable oil

Toppings:

Crushed peanuts

Fresh cilantro leaves and/or fresh mint leaves

In a large bowl thoroughly mix all the dressing ingredients until well combined. Set aside.

In a separate large bowl toss the vegetables then pour the dressing over them. Gently toss until vegetables are fully coated. Cover and place in the refrigerator for 15 minutes or until ready to serve.

Before serving crush desired amount of shelled peanuts. Rinse desired amount of fresh cilantro leaves and roughly chop. Serve the crushed peanuts and cilantro on the side to allow each person to top as desired.

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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 19, October 17, 2011

On the farm...

It's really starting to feel like wrap-up time here on the farm. With the warm weather of the past few weeks over and our fall tasks slowly being completed, we are really beginning to feel like it's late fall afterall! It's been quite an amazing fall - we have yet to actually have a real frost here on the farm and the crops are still abundant.

We've managed to get about three-quarters of our garlic for next year planted. We'll plant the rest this week and cover the whole thing with straw mulch. With the cooler weather, we are now looking to start harvesting our winter storage crops and putting them away in our root "cellar" for the winter. We've got potatoes, carrots, beets, parsnip, rutabaga, cabbage, kohlrabi, leeks, and more to get out of the ground and into storage before the ground freezes. A neighbour kindly helped us build a pallet fork for our tractor. This will allow us to lift the big 4' x 4' veggie storage boxes and bring them into the field, allowing straight into drive them our storage



The portions of no longer have a lush carpet crop which soil and keep it the winter. We rye by hand broccoli, beets still in the garden so that once they are gone, the ground will be covered over winter.

the garden that crops now have of rye cover will help build covered during even broadcast between rows of and other crops

Winter storage crops require different environments for long-term storage. Root crops and greens like cabbage need a cold, humid environment. Onions and garlic a cold, dry environment and squash a warmer, dry environment. So we have 3 different storage areas for all these crops. We just finished trucking the squash into our squash room where it stays for the winter months. It's always wonderful pulling all these storage crops, dense and colourful, from the field, knowing they will feed us all winter long!

End Of Season CSA Survey!

Help us make the CSA as good as can be! Please fill out our quick online survey and let us know how you felt about your CSA experience this summer. Find the survey online at:

<http://www.surveymonkey.com/s/X85XYMP>

We will also bring some paper copies of the survey next week for those of you who would prefer. Thank you!

Delicata and Sweet Dumpling Squash

This week you will find two similar types of squash in your share - delicata (or sweet potato) squash and sweet dumpling. Both are very sweet, with dry, golden flesh that is reminiscent of chestnuts in flavour. Like other squash you can use them in a variety of ways, but they are so delicious, we normally just throw some butter on them and roast them in halves in the oven. Delicata (the long, slender squash) has such tender skin it can be eaten too. These two lovely squashes are a great substitute in recipes that call for acorn (pepper) squash.



Tuscan Vegetable Soup (Acquacotta)

- 1 large red onion or 1 leek, roughly chopped
- 1 1/2 stalks celery or 1/2 celery root roughly chopped
- 3 tablespoons extra-virgin olive oil
- 1/4 pound kale, de-stemmed and roughly chopped
- Half of a peperoncino or any hot red pepper, fresh or dried
- 1/2 cup tomato pulp (seeded, juiced, and chopped if fresh or drained and diced if canned)
- 3 cups simmering water
- sea salt
- 2 eggs (preferably organic)
- 2 slices rustic, country-style bread, lightly toasted
- 1 teaspoon chopped parsley
- 1/4 cup grated Parmigiano-Reggiano or Tuscan pecorino cheese

Place the toasted bread in two soup bowls.

Place the onion and celery in a 3-quart, heavy-bottomed, nonreactive pot. Drizzle with extra-virgin olive oil and stir to coat. Cook over a medium-low heat, or until the onion is translucent but not brown. Add Swiss chard (or porcinis, if using) and stir briefly to wilt. Add hot pepper, tomatoes, and simmering water. Season lightly with salt and cook over a low heat (barely a simmer) for 20 minutes, until vegetables are very soft.

As vegetables are cooking, bring about an inch of water and a half teaspoon of salt to a boil in a deep skillet. At the end of the vegetables' cooking time, turn the skillet heat down to a gentle simmer. Add the parsley to the soup.

Break the eggs into a small bowl, one at a time, and slide them into the simmering water. Cook for about 3 minutes, until the whites are set, but the yellow is still runny. When done, use a large slotted spoon to place one egg on each toast slice in bowls. Ladle broth and vegetables over each egg and top with a generous sprinkling of the cheese.



Knol-Khol Kootu (Kohlrabi With Spiced Coconut Paste)

- 1/4 cup red lentils
- 2 tsp cumin seeds
- 2 to 3 green chillies (adjust as required)
- 1/4 cup dried grated coconut, loosely packed
- 1 large sized kohlrabi chopped into 3/4" cubes
- 1/4 tsp turmeric powder
- 1 sprig curry leaves
- salt to taste
- 1 1/2 tsp oil
- 1 1/2 tsp mustard seeds
- 1/2 to 1 tbspc coconut oil (optional)



Soak the red lentils in about 1/2 a cup of water for about half an hour. Drain the water and keep aside.

In a small pan, roast the cumin seeds over, low heat until it gives off an aroma. Do not brown. Grind this with the green chillies and coconut with just enough water to a smooth paste. You can add the cumin seeds as they are, but roasting them gives the "curry" a better flavour and taste. Keep this paste aside.

Steam the cubed kohlrabi until tender. If you don't want to steam the kohlrabi, follow this procedure.

Take a largish pan and heat the oil. Add the mustard seeds and let them splutter. Then add the cubed kohlrabi, the drained red lentils, turmeric powder, curry leaves, salt and a cup of water. Bring this to a boil, turn down the heat and cook till the kohlrabi is done.

If you have steam cooked or microwaved the kohlrabi like I do, then follow this procedure. As above, take a largish pan and heat the oil. Add the mustard seeds and let them splutter. Add the cooked kohlrabi, the drained red lentils, turmeric powder, curry leaves, salt and sprinkle a little water. Stir everything together, and cook for a couple of minutes on medium heat.

Whichever method you used to cook the kohlrabi, from here the method of cooking is the same. Add the spicy coconut paste and mix well. If the vegetable-coconut paste looks very dry, add about 1/8th (or a little more, if necessary) of a cup of water and cook for another couple of minutes till it comes together. The "kootu" should have the finished consistency of vegetable coated with a thick gravy and should not be watery.

Transfer the kootu to a serving dish and add the coconut oil (if using), then cover the dish and let it sit for about 15 minutes to allow the flavour of the coconut oil to develop. Remove the lid, mix in the coconut oil and serve hot with rice, as a side dish.