

## This week's share:

Lettuce mix, lettuce, spinach, turnips, radishes, kohlrabi, bok choy



## Next week's guess...

Lettuce mix, lettuce, spinach, chard, turnips, kohlrabi, bok choy, green onions, garlic scapes, herbs

## Spring Salad with Lemon-Yogurt Dressing

### Dressing:

1/2 cup plain whole-milk yogurt  
1/4 cup chopped fresh Italian parsley, mint or dill  
4 tbs olive oil or canola oil  
4 tbs cup fresh lemon juice  
1 garlic clove, pressed  
Fine sea salt

### Salad:

4 cups lettuce mix or coarsely chopped lettuce  
1/2 cup spring turnip, cubed  
1 avocado, halved, pitted, peeled, sliced  
1 cup thinly sliced bok choy  
1 cup peeled kohlrabi, cubed  
3/4 cup canned garbanzo beans (chickpeas), drained  
3/4 cup halved pitted Kalamata olives  
1/2 cup thinly sliced radishes  
1/2 cup roasted sunflower seeds

### Dressing:

Whisk first 5 ingredients in small bowl. Season dressing to taste with sea salt and freshly ground black pepper.

### Salad:

Toss lettuce and next 8 ingredients in large bowl. Add dressing and toss to coat. Divide salad among plates; sprinkle with sunflower seeds.



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# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 2, June 20, 2011

## On the farm...

Part of what we love about growing food for CSA (have I mentioned that we love growing food for CSA?!) is being able to share what goes on on the farm with our members - through meeting up and talking at CSA pickups and through this newsletter. As people have moved off the farm and into the cities, many have lost touch with what farming means and what daily life on the farm is like. So we like to share as much as possible with you so that you really know what goes on here in order to produce the food that you'll be eating this season.

Growing vegetables for CSA is unique (and uniquely challenging perhaps) because of the diversity of crops that we must grow to have a diverse share available week to week. This means that we are always planting, weeding, irrigating and harvesting many different crops at different times. But what we do on the farm does move through a cycle from spring to fall.

We begin by planting lots of crops, move to a stage where we are planting and weeding, then we are planting, weeding *and* harvesting and finally by around late August we are mostly just harvesting with less and finally no planting and weeding (phew!). Right now, we are at the peak of our workload on the farm because we are still in the midst of planting many crops per week, weeding many crops per week and also harvesting!

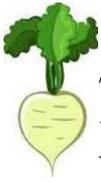
This year we have three CSA drop-offs per week and are also going to the farmers market in Collingwood on Saturday mornings. We harvest three or four mornings per week and plant new crop successions and weed in the afternoons and on non-harvest days (basically Monday!). In order to always have certain crops available we succession plant - that is we put in multiple plantings of these crops every few weeks to ensure a continual harvest. So, if you take a stroll in the garden, you will see lettuces at different stages, from tiny to ready to harvest, different sizes of zucchini and cucumber plantings and different sizes of carrots and beets. Oh and did I mention the greenhouses? We are also doing weekly seedings in the greenhouse for transplants and pruning and trellising the 450 tomato plants in our bigger greenhouse as well!

So that's what's happening these days on the farm. It's busy and exciting. We'll let you



know soon when our farm open house will be so you can come and see for yourself!

Here's Jeff and Bennet hoeing the kohlrabi this spring.



## Spring Turnips

They do look like white radishes don't they?! But they're turnips! Sweet, juicy spring turnips that we fell in love with a few years ago because they are delicious, beautiful and come super early in the spring. These little beauties are sweet and juicy (did I mention that already?) and are delicious raw - sliced into a salad or tossed with other spring veggies for a light coleslaw. You can also roast or sauté them or slice and marinate them in a bit of rice wine vinegar, soy sauce, sugar, salt and pepper and add them to sushi or salad. Oh yeah - and you can eat the greens too, they're delicious!

### Romano Risotto with Radishes

#### *For risotto:*

6 cups chicken or vegetable broth  
2 cups hot water  
3/4 stick unsalted butter, divided  
1 medium onion, finely chopped (1 cup)  
3 garlic cloves, finely chopped  
1 pound Arborio rice (2 1/2 cups)  
2/3 cup dry white wine  
1/2 cup Pecorino Romano or Parmigian cheese, grated



#### *For radishes:*

1 tablespoon white-wine vinegar  
1 tablespoon extra-virgin olive oil  
1 pound trimmed radishes, julienned  
1 tablespoon finely chopped green onion

Accompaniment: extra-virgin olive oil for drizzling

#### Make risotto:

Bring broth and water to a simmer in a 3-to 4-quart saucepan. Meanwhile, heat 3 tablespoons butter in a 4-to 5-quart heavy pot over medium heat until foam subsides, then cook onion, stirring occasionally, until just softened, about 5 minutes. Add garlic and cook, stirring occasionally, until softened, 6 to 8 minutes. Stir in rice and cook, stirring, 1 minute. Add wine and cook, stirring, until absorbed, about 1 minute.

Stir 1 cup simmering broth into rice and cook, stirring constantly and keeping at a strong simmer, until absorbed. Continue cooking and adding broth, about 1 cup at a time, stirring frequently and letting each addition be absorbed before adding next, until rice is just tender and creamy-looking but still al dente, 18 to 22 minutes. Thin with some of remaining broth if necessary (you will have some left over). Remove from heat. Stir in cheese, 1 teaspoon salt, 1/2 teaspoon pepper, and remaining 3 tablespoon butter.

#### Prepare radishes:

Whisk together vinegar, oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Toss radishes with dressing and chives. Serve risotto topped with radishes.

## Rolled Spinach Omelet

2 large eggs  
1 Tbsp whole milk, or water (optional)  
Salt and freshly ground pepper  
1 tsp unsalted butter plus more for coating omelet (optional)  
3 tbsp grated or crumbled cheese such as cheddar, Gruyère, goat cheese or feta  
2 tsp minced green onion, tarragon or parsley  
2 cups washed spinach leaves

Heat 1 tbsp butter in a large pan over medium heat and add the spinach. Sauté until the spinach is tender and fully cooked and any liquid has cooked away - about 2 minutes. Remove from the pan, chop finely and blend with about 1 tbsp heavy cream or whole milk.

Break the eggs into a bowl. Add the milk, if using. Season with salt and pepper and whisk until evenly blended. Fold in the sautéed spinach. Have a serving plate ready by the stove. Heat the butter in a small pan over high heat, tilting the pan to coat the entire surface.

Pour the egg mixture into the pan and scramble it with the back of a fork or wooden spoon as you gently shake the pan. Keep moving the pan and utensil at the same time until the egg mixture has coagulated and is nearly set - 2-3 minutes. Gently press the eggs down into an even layer and top with the cheese.

Lower the heat and let the egg finish cooking without stirring. - 15-20 seconds. Sprinkle with herbs.

Tilt the pan and slide a fork or spoon under the omelet, be sure it is not sticking. Slide the omelet to the front of the pan and use a fork or wooden spoon to roll the edge nearest the handle toward the centre of the omelet. Tip the pan, rolling the omelet onto the serving plate. To give the omelet additional sheen, rub the surface lightly with butter.

### Asparagus and Radish Salad

1/2 pound asparagus, thinly sliced  
1/2 apple, thinly sliced  
4 radishes, thinly sliced  
Parmesan cheese, small chunks for garnish  
1/4 cup olive oil  
2 Tablespoons fresh lemon juice  
2 teaspoons grainy Dijon mustard  
1 teaspoon granulated sugar  
Salt, to taste  
Pepper, to taste



Using a mandolin or a very sharp knife, slice the vegetables very thinly into bite size pieces. Put all of the vegetables in a salad bowl and toss to combine. Place the olive oil, lemon juice, mustard and sugar in a small bowl and mix it with a whisk. Pour the dressing over the vegetables and toss to combine. Add the chunks of parmesan and gently stir them into the salad. Season with salt and pepper, to taste.