

This week's share:

Carrots, beets, potatoes, onions, leeks, Chinese cabbage, squash, celeriac, collard greens, greens, herbs



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 20, October 25, 2011

Winter shares begin next week or we'll see you in the spring!

Pan Fried Tofu with Vermicelli Noodles

1 package of extra-firm tofu
1 medium-sized head of Napa cabbage
2 packages of vermicelli-they usually come in bundles, use 2 or 3 of them
cooking oil
sesame oil
Soy sauce
salt and pepper
Red Chili flakes (optional), Hoisin sauce (optional).

Put vermicelli in a bowl of cold water to soak.

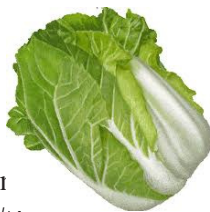
Cut tofu into small, flat blocks, about 1/2 inch thick and lightly pan-fry with sesame oil. Set aside.

Slice the Napa cabbage and stir-fry for 5-10 minutes. They should still be crunchy and undercooked. Add in about 1/2 cup of the water the vermicelli has been soaking in and cover.

While you wait, remove the vermicelli from the water and cut the noodles in half, they stir-fry much easier this way.

Add in the vermicelli when the Napa is almost cooked through. It's important not to add the noodles in too early because they'll get mushy if cooked for too long.

Season to taste. I use soy sauce, salt, pepper. When your Napa is soft, it's all done! Layer the top with the crispy tofu and drizzle with sesame oil and hoisin(the hoisin is optional)



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On the farm...

Well, it seems that we are finishing this season in much the same way we began - with lots of rain! Like the spring when we were anxiously awaiting breaks in the rain so that we could plant our crops, this fall we are doing the same thing but waiting to harvest our winter storage veggies. With most of our other end of season tasks out of the way, the only thing left to do is harvest, harvest, harvest. We are nearly done our potato harvest and the squash and onions are neatly tucked away so now it is just carrots, beets, parsnip, celeriac, rutabaga, leeks, cabbage and Chinese cabbage to go!

But, what a great season it has been! Again, we've been so impressed by the quality and abundance that this farm produces. With lovely sandy soil, a spring fed pond and other great attributes, it seems like this particular piece of land likes to grow veggies. And as usual, it has been so wonderful to move from season to season, enjoying the different crops that each time of year produces.

Now, as we pull in the last of our winter crops and fill our root cellar and peek into our winter greenhouses and see baby greens growing, we look forward to a winter of hardy winter meals and lots of reading in front of the fire!

We'll be sad to see Bennet, our main man, leave at the end of this week but are happy to know that farming is in his future as he is off to Toronto to hone his baking skills in anticipation of his future bread and grain CSA! Bennet has been an incredible addition to this farm and we hope that his future farm might be just around the corner.

Thank you all for your support and enthusiasm throughout the summer. It is a pleasure growing your vegetables. We'll see those of you in the winter CSA next week (see page 2 for a location and time reminder). And we hope to see everyone back in the spring for some more good eating! May your winter be warm, fun and delicious!



Collard Greens

Collard greens, sometimes called leaf cabbage, are dark, leafy greens in the cabbage family that can be used much like kale or cabbage. In the fall, after a few frosts, collard greens are very sweet and have a rich, earthy flavour. Like kale, collards are wonderful sauteed and can be added to any dish where a green leafy vegetable is used. They make great cabbage roll wrappers and pair well with smoky and sweet flavours like bacon and apples. Like other vegetables in the Brassica family, collards are very healthy, high in vitamins and containing potent anti-cancer properties such as diindolylmethane and sulforaphane.



Chinese (Napa) Cabbage

In this week's share you'll find a lovely, heavy leafy head of Chinese or Napa cabbage. As those of you who were in the CSA last year know, Napa cabbage is a yummy, versatile green that is absolutely delicious in a stir-fry (garlic and ginger anyone?!), added to soups, used as a wrap for cabbage rolls, as a filling for dumplings or wontons and of course, as the main ingredient in Kimchi, the spicy, fermented staple of Korean cuisine. As a quick lunch or supper, we often stir fry it along with eggs for a light but satisfying meal. Chinese cabbage will last in your fridge, well wrapped in a plastic bag or container, for many weeks.

Celeriac

Celeriac or celery root is easy to recognize in your share for its knobby, bumpy appearance. A root vegetable that is very low in starch, celeriac has a celery flavour that makes it a great addition to soup stocks and stews. It makes a great soup all on its own and is a wonderful addition to gratins or root vegetable mashes. In the winter, we often grate celeriac and make a lovely fresh salad with apples and nuts. It is also the main ingredient in the classic French salad celeri remoulade. Just peel the knobby exterior and chop or grate the inside flesh. Like other root vegetables, celeriac will last for months in a humid, cold environment.



Cabbage and Celery Root Slaw

Makes 8 servings

2 pounds celery root, scrubbed, peeled, and shredded (about 3 cups)
2 tablespoons lemon juice
½ cup mayonnaise
3 tablespoons buttermilk
1 tablespoon white wine vinegar
2 tablespoons capers, rinsed, drained, and dried between layers of paper towels
2 tablespoons minced parsley
3 cups shredded red, green or Napa cabbage
Salt
Freshly ground black pepper

Place the shredded celery root in a large bowl and add the lemon juice. Toss to coat to prevent discoloration.

In a small bowl or measuring cup, combine the mayonnaise, buttermilk, and vinegar. Whisk to blend. Add the capers and parsley. Stir to blend.

Add the cabbage and dressing to the celery root and toss to coat. Season generously with salt and pepper. Refrigerate until ready to serve

Quick-Braised Collard Greens with Bacon and Onions

1 bunch collard greens, washed, stalks trimmed, and roughly chopped
1/4 lb sliced into 1/2-inch strips
1 small red or yellow onion, finely chopped (approx. 3/4 cup)
1 1/2 cups chicken broth
Salt and freshly ground black pepper

Bring a large pot of salted water to a boil, then add collards and cook until they wilt and are tender, about 5 minutes. Drain and set aside.

Place the bacon in a large frying pan and cook over medium-high heat, stirring occasionally, until crisp-brown and the fat is rendered, about 3-4 minutes. Add the chopped onion and cook until softened, about 4 minutes. Add the drained greens and turn to coat well. Add the chicken broth to cover the collards, and cook until the liquid is reduced and greens are very tender, about 15 minutes. Season to taste with salt and freshly ground black pepper and serve.

3 Servings

Sauteed Collar Greens with Panko and Raisins

serves 4 as a side dish

2 tablespoons of olive oil
2 tablespoons of butter
1/2 cup of chopped onion
1 garlic clove, chopped
1/2 cup of panko or bread crumbs
1/4 cup of raisins
1/2 teaspoon of salt
2 cups of collard greens, thinly sliced (see note below)

Heat a large skillet over medium heat, add butter and oil. When the butter is melted, add the onions and cook for about 5 minutes or until onions are clear and soft. Add the garlic, cook for about 30 seconds and add the panko and raisins. Stir the panko around the skillet so it will take in the golden colour from the butter. Season with salt and add the collards. Stir it around the skillet until cooked but still bright green, about 3 minutes. Do not feel tempted to cook the greens longer, or they will be overcooked.

Note:

To prepare the collard greens: wash and dry leaves. Remove the tough stems by cutting around them with a knife. Roll up the leaves and slice it thinly. Photos of this preparation can be found on this link.

WINTER CSA!

Winter members, please note the changes in pickup time and location and that the winter pickups are **bi-weekly**:

Hanover: Wednesdays from 4:30-6:30pm at the Hanover Mennonite Church

Paisley: Tuesdays from 4-5:30pm at Back Eddies

Guelph: Tuesdays from 6-7pm at 25 Clinton Rd.