

### **This week's share:**

Lettuce mix, spinach, lettuce,  
cabbage, kohlrabi, turnips, peas,  
herbs

### **Next week's guess...**

Lettuce, chard, beets, broccoli,  
spring onions, bok choy, arugula,  
herbs

# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 4, July 4, 2011

### **On the farm...**

We started this week on the farm by seeding our fall planting of carrots and beets - the third and last planting of these crops that we will do this season. These carrots and beets will be harvested late in the fall, primarily to go into cold storage for the winter CSA. These are just a couple of the crops that we seed multiple times during the season so that we can have them as often as possible.

You might wonder why you get certain veggies in your CSA share at certain times and not at others - lots of spinach and greens in the spring and fall but not so much in the middle of summer. Beans in mid-summer but not at all in spring and fall. I'm sure most of you know that certain crops can only be grown at certain times in the season but there are a couple other reasons why you will see veggies in your share one week and then not again until a few weeks later or perhaps only once or twice.

It's true that the main reason for this is because our season dictates what can be grown at what time. Tomatoes, peppers, cucumbers etc. are heat loving, long season crops - we must wait to plant them in the spring until the risk of frost has passed and they take several weeks to bear fruit. So, you will only see these crops in your share in the late summer and they will last only until frost comes again in the fall. We try to extend our harvest of tomatoes, in particular, by starting them early in one of our greenhouses - that way we get them early and can keep harvesting them after the field tomatoes are gone.

We take a break on the cool season crops in the heat of the summer as well so, for example, we don't grow as much spinach or broccoli in the summer because they don't perform as well and the space in the garden (and in your share) is better used for other things.

But there are a few other reasons as well. We must balance the amount of land we have to use, the labour and time we have available and the finances of growing each crop when we plan what goes into the share. Broccoli, cabbage and other large brassica crops take a lot of space, fertility and time to grow (they must be covered by row cover which is very labour intensive) so we plan to give these crops only a certain number of times to maximize our space and time. Lettuce mix is tricky to weed and very time consuming to harvest so you will see it in your share only in spring and fall while we grow lettuce heads throughout the season. There is also the issue of finances. We try to make each share worth what you paid for it and the challenge for us is not to give you *too much* food! So, we plan the share financially as well and try to plant accordingly.

So, the next time you pick up your share, hopefully, you will understand a bit more about how we decided what you would get that week. Of course, the plants, the weather, the rain are the true decision makers, but we like to pretend we're in charge!

### **Simple Sautéed Cabbage with Yoghurt**

Spring harvested cabbage is amazingly sweet, crunchy and delicious. It is almost too good raw to eat cooked but this simple recipe really brings out the flavour of the cabbage and is totally addictive - give it a try! Tip - even the core of these cabbages are sweet and yummy.

1/2 head of spring cabbage, roughly chopped  
1 onion, chopped  
1 Tbsp olive oil  
1 Tbsp butter  
Handful of garlic scapes, chopped  
Juice of half a lemon or lime  
Plain yoghurt  
Salt and freshly ground black pepper

Heat oil and butter in a large skillet until hot but not smoking. Lower heat to medium, add onion, and fry until translucent, 5 minutes. Add cabbage and fry, stirring often until cabbage has wilted but is not mushy, about 10-15 minutes. Add salt and pepper to taste.

Sprinkly cabbage with lemon juice and toss. Plate cabbage and add a couple of big dollops of yoghurt. Yum!

Serve with brown rice, quinoa or even on pasta.

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## Raw Cabbage Salad with Sesame Dressing

Serves 2

- 1/4 head cabbage
- 2 tsp sesame oil
- 2 tsp apple cider
- 2 tsp mirin or rice wine vinegar
- 1 tsp light soy sauce
- 1 tsp toasted sesame seeds



Using a knife or mandolin, cut cabbage into very very thin slices. Whisk together sesame oil, cider, mirin and light soy sauce. Season to taste. Mix this with sliced cabbage. Sprinkle sesame seeds onto cabbage and serve.

Try adding thinly slice kohlrabi and some fresh peas to spice up this salad!

### Mixed Veggie Roast

This medley of roasted veggies can be made with any combination of vegetables - try broccoli or beets, carrots and potatoes when they arrive!

- 1/4 head of cabbage, roughly chopped
- 1-2 kohlrabi, peeled and cubed
- 4-5 turnips, cubed if large or left whole if small
- 1/4 cup chopped garlic scape or 2 garlic cloves, minced
- 1/4 cup olive oil
- salt and pepper to taste

Place cabbage, kohlrabi, turnip, garlic, oil and salt and pepper in a large bowl. Toss to coat veggies with oil. Place on a large baking sheet and put in a 400° oven. Roast for 40-45 minutes, stirring halfway, until veggies are evenly browned and tender.

### Peas?!

A few factors, including the crazy early spring weather, contributed to making our pea plantings less than ideal this spring. You will get peas, but we can't quite guarantee what kind they'll be! So, just in case, here's a pea primer so you know what to do with what you get...



**Sugar snap peas** - sweet, plump and crunchy, you can eat the whole pea, shell and all on these guys. They're great in a salad, on their own on the way home from the CSA pickup or, lightly sautéed in butter with mint, dill or cilantro.

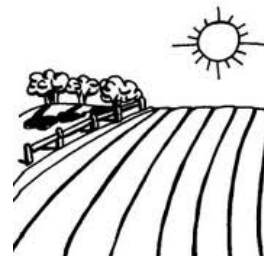
**Shell peas** - You gotta take the shell off of these ones and eat the delicious, sweet treasures inside. Also great in a salad, stir-fry, pasta or any number of dishes but perhaps best just popped into your mouth!

**Snow peas** - You can eat the whole pod of these as well. They are wonderful quickly stir-fried in butter or oil, sautéed with shiitake mushrooms or just raw!

## Farm Open House!

Saturday, July 23  
1-5pm

Please come visit the farm, see the garden and have a cup of iced tea! We'll have a farm tour at 1:30 and again at 3:30pm with a wagon ride to see the mushroom logs in the bush at the back of the farm!



## Easily Korean Spinach and Cabbage Salad

- 1/2 lb fresh spinach
- 1/2 head of cabbage, sliced thinly
- toasted sesame seeds
- 4 teaspoons gluten-free soy sauce
- 2 teaspoon sesame oil
- 2 cloves garlic or 4 garlic scapes, minced
- 1 scallion, minced

Directions:

Blanch spinach in boiling water for 30 seconds. Using a slotted spoon, lift spinach from water, rinse well with cold water and squeeze dry. Add cabbage to spinach blanching water. Blanch for 1 minute. Drain cabbage. Cut spinach into bite-size pieces and toss in a bowl with cabbage.

Mix together soy sauce, sesame oil, garlic and scallion. Toss well with blanched spinach and cabbage.

Sprinkle with toasted sesame seeds. Serve!