

## This week's share:

Lettuce, chard or bok choy, beets, arugula, broccoli, spring onions, peas, parsley



## Next week's guess...

Lettuce, spinach, greens, carrots, spring onions, fresh garlic, cabbage or broccoli, fava beans, herbs

## Simple Beets and Greens Salad

Spring beets are amazingly tender and sweet and don't need much to enhance them. This salad is a medley of simple flavours that meld wonderfully.

1 bunch of beets, topped and rinsed  
2 cups arugula, rinsed and roughly chopped  
1/4 cup soft plain goat or feta cheese  
2 Tbsp lemon juice  
2 Tbsp olive oil  
Dash of balsamic or red wine vinegar  
Salt and pepper to taste

Place whole beets in a pot and cover with water. Bring to a boil and boil until just tender but not mushy. Drain beets and rinse with cold water - slide skins off of beets with your fingers and rinse peeled beets. Cut into large cubes or slices.

Place beets in a bowl and drizzle with the olive oil, vinegar, lemon juice, salt and pepper. Crumble in the goat cheese. Toss to coat beets.

Place arugula in a large bowl. Add beet mixture and toss evenly to distribute beets and greens. Taste and adjust seasonings as needed.

Note: This salad can also be made with beet greens or chard. Just sauté or steam the greens, add a little salt and use in place of (or in addition to) arugula.



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# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 5, July 12, 2011

## On the farm...

I think I recall someone saying, at the peak of the rainy and chilly weather in the spring, that "they're calling for a cold, wet summer this year" or was it "they're calling for a hot, dry summer this year"? Indeed, nobody knows what the weather will be like, we can only wait and see. But it is always kind of ironic when you start a season with weather that is extreme one way and then have stretches where it is quite the opposite. And it always seems like whatever weather you are having at the moment will go on forever!

Right now, we are having that "hot, dry summer" that somebody out there predicted. It hasn't rained significantly here at the farm for almost a month now. We've been irrigating almost every day and the level of our pond seems to have gone down about a foot and a half. So, after a spring of waiting for the rain to stop to get into the field, we're now looking at the sky and conducting that age-old ritual - praying for rain.

But, despite the lack of moisture coming from the sky, the garden is looking great. We just worked in some of our earliest crops that are finished now and are starting to harvest some of the mid-season veggies that have been patiently growing. The carrots, beets and onions are looking great, sizing up in the field and getting ready for harvest. The zucchini is taking its time a bit this year, don't know why, but we're starting to see baby zucchini coming. Medium sized fava beans are sprouting comically from their 3 foot tall plants and the tomatoes - oh the tomatoes - they love this weather!

We managed to get our greenhouse tomatoes in about 3 weeks before the field tomatoes went out this year. So now the greenhouse is filled with huge, dark green plants laden with green tomatoes. And the field tomatoes aren't far behind. We put up their trellising last week and they are really loving it! There are tiny baby peppers appearing and the potato plants are quite huge. One hurdle we have to deal with this year is Colorado potato beetle. These voracious eaters can totally decimate your potato patch. We probably have our potatoes planted a bit too close to where they were in the garden last year and so we have quite a good crop of potato beetle larvae growing! This means walking through the potatoes at least weekly and whacking the critters into a bucket for later smooshing. I think we'll get on top of them but our backs might never be the same!



We're excited for our CSA farm day in a couple of weeks - the garden is looking like it wants to strut its stuff a little. Meanwhile, perhaps everyone can sing a bit of a rain song and our collective spirit might get us what we need!

Tomato plants thriving in the greenhouse!

## Spicy Garlic Roasted Broccoli with Lemon, Pine Nuts, and Grana Padano

### Ingredients:

1 large Broccoli  
3 tablespoons Olive Oil  
4 cloves Garlic, thinly sliced  
1/2 teaspoon Salt  
1/4 teaspoon Freshly Ground Pepper  
1 teaspoon Red Chili Flakes  
Half of a Lemon  
1/3 cup Parmesan or Grana Padano Cheese  
2-3 tablespoons Pine Nuts, walnuts or almonds, toasted



### Instructions

Preheat oven to 425 degrees. Trim broccoli into florets, peel stem and slice into thick chunks. Spread broccoli on a large baking sheet lined with parchment paper or foil. Toss with olive oil, chili flakes, garlic, salt and pepper.

Roast until crisp tender, around 15 minutes. Move broccoli to a serving bowl. Squeeze lemon over the top, scatter pine nuts, and shave or grate cheese onto the broccoli. Serve hot!

## Beautiful Beets

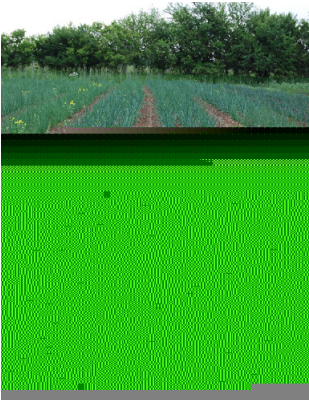
We are always excited when it is time to start pulling beets and onions from the ground. They look beautiful in the field and gorgeous when you pull them and see the round, colourful bulbs in a bunch. Beets, like all dark coloured veggies, are extremely nutritious and delicious (especially the early spring ones). They are rich in vitamin C and folates and the leaves are an excellent source of carotenoids, anti-oxidants and vitamin A.

Beets can be roasted, steamed, eaten raw in a salad, pickled, grilled - you name it! And the tops are delicious in a stir fry or steamed with a squeeze of lemon or a dash of soy sauce. As an added bonus, throw in some grated beets for a rich, moist chocolate cake!

## ...and (oh so lovely) onions!

Onions are probably one of the most versatile vegetables there are. A standard ingredient in almost every recipe - they are sweet, rich and add amazing depth of flavour to so many dishes. We grow many types of onions here at the farm in an effort to have onions

as early as possible and throughout the season. We start with little pearl onions - the ones you are getting this week - and move to cipollini (flat Italian onions), sweet Walla Walla onions and then to the hardy yellow and red storage onions. Onions are wonderful when slow cooked and caramelized, added to roasting veggies or a stir-fry but they also add lovely punch when added raw to any number of salads and can really make a sandwich sing!



## Baby Bok Choy with Cashews Recipe

### Ingredients:

2 Tbsp. olive oil  
1/2 cup chopped spring onions, including some of the greens  
3 cloves garlic, chopped  
2 tsp fresh chopped ginger  
5-8 baby bok choys, rinsed, larger leaves separated from base, base trimmed but still present, holding the smaller leaves together  
1/4 lb shiitake mushrooms, wiped with a damp towel, stems trimmed and sliced  
1 tsp. dark sesame oil  
2 tsp soy sauce  
salt and freshly ground black pepper  
1/2 cup chopped, roasted, salted cashews

Heat olive oil in a large sauté pan on medium high heat. Add onions, garlic and ginger, stir together and cook for 1-2 minutes. Add mushrooms and sautee 3-4 minutes more. Then add bok choy. Sprinkle with sesame oil and soy sauce and a small pinch of salt. Cover, and let the baby bok choy cook down for approximately 3 minutes. (Like spinach, when cooked, the bok choy will wilt a bit.)

Remove cover. Lower heat to low. Stir and let cook for a minute or two longer, until the bok choy is just cooked. Serve over rice

## Beet Risotto

From "Heart Smart" by Bonnie Stern

1 lb beets, trimmed but not peeled  
1 tbsp olive oil  
2 spring onions, chopped  
2 cloves garlic (or 3 garlic scapes), finely chopped  
2 cups short grain or arborio rice  
5 cups chicken or vegetable stock  
salt and pepper to taste  
2 tbsp chopped fresh parsley  
1/2 cup crumbled soft unripened goat cheese



Wrap beets in foil in a single layer. Place in a preheated 400 degree oven and roast for about 45 minutes or until beets are tender when pierced with a knife. Unwrap, cool for 5 minutes and rub off peels. Dice.

Heat oil in a large saucepan on medium heat. Add onion and garlic and cook gently for 5 minutes. Add rice and coat with onion and oil.

Meanwhile, heat stock in a saucepan until just simmering. Add 1 cup stock to rice. Stirring constantly, cook on medium heat until all liquid had been absorbed. Then, still stirring, add 1/2 cup stock at a time, waiting until pan is almost dry before adding next batch. It should take about 15 to 20 minutes to add all liquid. Add more liquid if necessary or stop adding liquid if rice is tender before all stock is used. Rice should be just barely tender.

Stir in beets when rice is almost tender. Add salt and pepper. Sprinkle with parsley and goat cheese.