

## This week's share:

Lettuce, spinach, beets, fava beans, new potatoes, onions, cucumber, zucchini, garlic, herbs, flowers



## Next week's guess...

Lettuce, carrots, beans, fava beans, cucumber, zucchini, onions, garlic, green onions, arugula, herbs



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 7, July 25, 2011

## On the farm...

It was great to have some of our CSA members out to the farm this past weekend! Summer is super busy so, for those of you who couldn't make it, here's a little photo tour of the garden.... you can visit our website to view the colour version.

## Roasted Potatoes with Brown Butter and Sage

Here at the farm, we all agree that this is probably one of the best things we have ever eaten ever. No joke...

2 lbs potatoes, washed, cubed  
2-3 tablespoons olive oil  
salt to taste  
handful of fresh sage leaves  
about 2-3 tablespoons butter,

1. Preheat oven to Roast 400°F.
2. In large bowl, toss cut potatoes, about 3 sage leaves (minced) and enough olive oil to coat potatoes. Add salt to taste
3. Place potatoes on sheet pan and roast in oven for about 30-45 minutes, or until golden brown. Turn potatoes at least once during the roasting period.
4. In frying pan, gently melt butter. Don't melt the butter too quick, or it will burn.
5. Once butter melts and starts to bubble, add the rest of the sage leaves. Fry sage leaves on both sides, until crispy.
6. Keep an eye on the butter as you fry the sage & the butter browns. Skim as needed (using clarified butter will reduce this step). Take butter off heat when it is nicely brown, think a rich caramel color, and strain the butter to remove any sediment.
7. Toss potatoes with the brown butter and fried sage leaves. Eat and be in heaven!



## Contact Us:

Cedar Down Farm  
519-665-2008  
info@cedardownfarm.ca  
22145 Conc. 14 RR#1  
Neustadt, ON N0G 2N0  
www.cedardownfarm.ca



Arugula growing under protective row cover which keeps the flea beetles off...

Rows of potatoes....being irrigated...



Zucchini, cucumbers and melon must be planted with lots of space between the rows...in the photo above you can see the mowed down buckwheat cover crop we plant to smother the weeds in the space between...



Above are the field tomatoes trellised and caged....and to the left garlic that we've pulled from the ground and put in the barn to cure!



## Fava Beans!



I have to say that I think last year we may have made fava bean fiends out of many of our CSA members. I think almost everyone that I spoke with last year said that they had never tried these delicious morsels but that once they did, they were hooked! Nestled into large, spongy pods, these fresh fava beans are delicious, sweet and tender. Just pop open the pods and remove the beans. You can steam or sautee them and toss with butter and salt for a simple, delicious main or side. Make them into a warm salad with roasted zucchini...They are fabulous combined with new potatoes, garlic and basil and they are a wonderful addition to a pasta. Each bean is wrapped in a translucent skin which you can choose to remove by steaming the beans lightly which will make the skin easy to slip off.

### Warm New Potato and Fava Bean Salad

2 lbs new potatoes, rinsed with larger ones cut in half  
10-15 fava beans, beans removed and rinsed  
1 zucchini, sliced lengthwise into 1/8 inch slices  
5 Tbsp olive oil  
2 Tbsp balsamic vinegar  
3 garlic cloves, minced  
1/4 cup minced basil  
salt and pepper to taste

Bring a large pot of water to the boil and add potatoes, skins on. Boil for 15 minutes or so until potatoes are tender but not falling apart. With about 10 minutes left on the boiling time, add fava beans to potato water.

Meanwhile, toss zucchini slices in a large bowl with 3 tbsp olive oil, garlic and half of the basil. Roast in a 400° oven for 15-20 minutes until zucchini is browned.

When potatoes and favas are finished cooking, drain and place in a large bowl. Add roasted zucchini, remaining olive oil and basil, balsamic vinegar and salt and pepper. Toss to coat veggies. Serve!

### Garlicky Broiled Fava Beans

Fava Beans A few garlic cloves put through a garlic press  
Extra-virgin olive oil  
Course sea salt (and whatever spices you like: cumin, black pepper, a bit of cayenne, smoked paprika...)



Preheat your broiler.  
Line a baking sheet with foil and spread out your fava beans. Drizzle on olive oil and salt. Set the tray about 5-7 inches from the heat source. If it's too close, your pods will burn before the beans cook.  
Broil for 5 minutes, and flip the beans. You may need to shuffle them around a bit too if some are cooking before others. Cook for 5 more minutes. When pods are nicely charred, they're done.

Remove, and toss in a large bowl with crushed garlic, a little more olive oil and course sea salt. Eat with your hands.

## Remember....

The best way to store basil is with its roots in a jar of water on your counter. Basil leaves must stay dry (so not in a plastic bag with condensation) or they turn black!



## Oh and...

Just in case you're not familiar with sage...it is a lovely, earthy herb that pairs well with meat, is great tossed in a (creamy!) pasta sauce and is lovely with new potatoes!



## Absolutely the Best, Multi-Purpose Way to Roast (or Grill) Vegetables!

Once such delectable items such as eggplant, zucchini, potatoes and tomatoes are around, we start putting this simple roasted or grilled recipe on the table quite often!

**For potatoes or halved tomatoes**, simply toss in a mixture of olive oil, lots of minced garlic and tons of chopped basil, salt and pepper and roast in the oven at 400 degrees. Roast until potatoes are tender and browned on the outside or the skin of the tomatoes has browned.

Eat potatoes as is or in a warm salad. Remove skin from tomatoes and turn into the best roasted tomato pasta sauce of all time!

For eggplant and zucchini, toss slices of both in the same mixture - olive oil, minced garlic, lots of basil and salt and pepper. Place on a hot barbecue and cook, turning once until both sides are slightly charred and the veggies are very tender. You can also place on a baking sheet and roast in the oven at 400 degrees until very brown and tender. Yum!

### Fried Zucchini Spaghetti



1/2 lb spaghetti  
Salt  
1-2 zucchini, sliced into 1/4" thick rounds  
1 tablespoon unbleached all-purpose flour  
1/4 cup plus 2 tablespoons high quality extra virgin olive oil  
1/2 cup finely grated Parmesan cheese  
1/4 cup pasta water  
Freshly ground black pepper  
1/3 cup roughly chopped fresh basil

1. Cook the spaghetti in heavily salted water until just al dente. While it is cooking, toss the zucchini rounds with the flour in a large bowl. Heat 1/4 cup of olive oil in a large non-stick frying pan over high heat and add the zucchini in batches so that they fit in one single layer. Cook the zucchini, stirring and flipping occasionally, until the zucchini is browned and crispy. Remove the zucchini to a large plate and sprinkle with a large pinch of kosher salt.

In a small mixing bowl whisk together the Parmesan and remaining olive oil. Then add 1/4 cup of the pasta water to thin it out into a smooth, creamy sauce. Drain the spaghetti and toss it with the sauce, fried zucchini and basil. Top it with some extra cracked pepper and serve.