

This week's share:

Lettuce, chard, carrots, green onions, Cipollini onions, beans, eggplant, cucumber, zucchini, herbs



Next week's guess...

Lettuce, beets, green peppers, beans, onions, cucumber, zucchini, tomatoes, garlic, herbs

Spicy Stir-Fried Green Beans and Green Onions

Adapted from Cooks Illustrated

2 tablespoons soy sauce
1 tablespoon rice or apple cider vinegar
2 teaspoons sugar
1/2 teaspoon red pepper flakes
2 tablespoons canola oil
3/4 pound green beans
4 green onions
3 medium cloves of garlic

Make sure everything is prepped and ready to go before tossing anything in the pan. Combine the soy sauce, vinegar, sugar, and red pepper flakes in a bowl and whisk until combined.

Mince the garlic, and cut the in large chunks on a diagonal.

Place a cast iron or heavy skillet over high heat for at least 5 minutes.

When everything is chopped and ready, toss in the oil, swirl until it coats the bottom of the skillet, and add the green beans. Cook until they are tender, about 4 minutes, stirring every 30 seconds or so. Add the green onions and cook until they are browned and garbled. About another 4 minutes, stirring every 30 seconds. Add the garlic and cook just until it becomes fragrant, about 5 to 10 seconds. Then add the soy sauce mixture. Cook for another 20 seconds or so, and then turn off the heat, and eat!



Contact Us:

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



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 8, August 1, 2011

On the farm...

When we think about the farm season - from spring to fall - there are definitely stages that you can see and feel from beginning to end. Each stage is characterized by different major tasks and events - from planting and weeding to weeding and harvest to harvest and storage. Right about now, we are smack dab in the middle of the season, the middle stage and you can see it in the type of work we are doing now, the crops that being harvested and various stages that the crops are at in the garden.

A major event in the mid stage of the garden is the garlic harvest which we completed last week. The garlic that has been maturing in the ground since spring begins to dry down and the drying of the leaves on the stalks tells us it's time to pull the whole crop and put it in the barn to cure. We pull the garlic from the ground and out from its mulch of straw, cart it to the barn and place it in layers on our mesh greenhouse tables with a big fan running. The skin of the garlic will dry down and form a protective layer around the cloves allowing the garlic to store for many months. This is called "curing" and will mean we have garlic throughout the winter months for our winter CSA.

Unfortunately, when we began to pull the garlic, we realized that we had quite a bit of pink rot - a fungal disease that makes the bulbs rot and reduced our yield by probably about 50%. We also have noticed yet another fungal disease in our onions - purple blotch. We've been spraying them with horsetail tea and effective micro-organisms (beneficial micro-organisms that help fight the baddies!) and we're hoping that the dry weather slows the spread of the disease and doesn't effect our yield too much.

But, on a brighter note - the winter squash plants are growing vigorously, the winter brassica crops look great and we're just beginning to harvest tomatoes from the greenhouse. We're still in the midst of weeding the fall carrots, beets and brassicas but pretty soon, we'll be looking to harvest and cure our onions and then our squash just like the garlic. The next stage of the garden is on its way!



The greenhouse tomatoes are beginning to ripen!

Ever Delicious Eggplant!



Eggplant is a beautiful and delicious fruit that can be enjoyed in many ways. It is common in Middle Eastern and Mediterranean cooking where it is turned into many amazing dishes such as baba ghanoush and moussaka and where it is often fried until crisp outside and tender on the inside. Eggplant lend itself very well to roasted and grilling but is also very delicious in pastas and mixed vegetable stews. Slice thinly (batter) and fry until golden for a delicious treat. Throw it on the barbecue and then stuff it into a sandwich with cheese or sauté it until it is very very tender and throw it into a pasta or stir-fry. There are many delicious eggplant recipes out there, I suggest you try some from various culinary traditions!

My Grandmother's Delicious Cucumber Salad

This is one of the first recipe I remember learning how to make - my grandmother taught me and it's still one of my favourites!

1 cucumber, slice very thinly into rounds
1 large or 2 smaller onions, cut in half and sliced very thinly
1/3 cup apple cider vinegar
1 tbsp sugar
salt and pepper to taste



Place sliced cucumber and onion into a medium sized bowl. Toss to combine. Put vinegar, sugar, salt and pepper into a small saucepan and bring to a boil. Once boiling, pour immediately over cucumber mixture and toss to coat. Let the cukes sit for at least 1/2 hour, stirring occasionally to soak with the vinegar. Once cukes have wilted slightly, it's ready to eat! You can also let it marinate over night for a more pickly salad. Try tossing in some minced basil, cilantro or dill for a herby kick!

Korean Spicy Cucumber Salad

Adjust the amount of red pepper flakes to your taste - let this salad sit for a few hours in the fridge before you eat it for the best flavour!

2 cucumbers, thinly sliced
2 teaspoons kosher salt
1 - 1 1/2 tablespoons red pepper flakes, depending on taste
1 teaspoon rice vinegar
1 teaspoon toasted sesame seeds
1 clove garlic, minced
1 teaspoon sesame oil
1 tablespoon organic sugar

Combine cucumbers and salt in a colander and place over a bowl or in the sink. Allow to sit for 20-30 minutes.

Place salted cucumbers on a layer of paper towels and pat dry.

Combine red pepper flakes, rice vinegar, sesame seeds, garlic, sesame oil and sugar in a bowl.

Add cucumbers and toss well. Serve chilled.

Breaded Fried Eggplant

1 eggplant
1 cup bread crumbs
1/2 tsp. salt
1/2 tsp. garlic powder
1/4 tsp. black pepper
1 or 2 large eggs lightly beaten
sunflower oil for frying

1. Heat oil in a deep heavy pan or skillet. The oil should cover 1/2 inch or 1.5 cm deep. Have a plate covered with paper towels and tongs ready. Cut off the stem and bottom of a clean eggplant. Slice the eggplant into thin coin slices then set aside. In a large bowl combine the breadcrumbs with the spices, set aside. In a separate bowl lightly beat the egg(s).

The oil should come to a heat of 365f or 185c. If you do not have a thermometer then do a test, the eggplant coin should be golden brown in about 4-5 minutes. It is very important for the oil to be warm/hot enough otherwise the eggplant will absorb too much oil. Dip each eggplant slice into the beaten egg, then dredge in the breadcrumbs. Place the breaded eggplant coins in the oil and fry until golden brown on both sides.

Place the fried eggplant slices on top of the plate with paper towels to drip off extra oil. Serve right away. Top with salsa and serve with salad or pasta and a glass of red wine!

Zucchini Ribbon Pasta

2 large zucchini
1/2 large lemon - juice and zest
1/4 cup feta
olive oil
sea salt



1/4 cup minced basil

Wash your lemon, zest and squeeze out juice.

Wash zucchini. Cut off the stem and base ends. Using a mandolin, or vegetable peeler, cut of zucchini - slice 3 or 4 strips on a side, and then rotate the zucchini and continue slicing. Then rotate again. Keep working your way around the zucchini until you get to the seedy middle. Discard the core.

Heat a tablespoon or two of olive oil in a large saute pan over medium heat. When the oil is hot, though not smoking, add 1/3 to 1/2 of the zucchini ribbons. Toss to coat with olive oil. Add a pinch or two of sea salt. Cover the pan for a minute or so allowing the zucchini to steam a bit. Uncover and continue to saute until tender and just cooked through - al dente. If sliced thin, the zucchini really only needs a few minutes to cook. Give a generous squeeze of lemon juice to the cooked zucchini so that the citrus can blend with the warm oil. Set aside the cooked veg as you continue to saute zucchini in batches until done. Don't worry about the zucchini cooling down, this dish should be served warm or even room-temp.

Heap zucchini ribbons onto individual plates. Sprinkle with finely crumbled feta, lemon zest, and mint leaves. Add a little more sea salt if desired, though this usually isn't necessary with the salty feta and flavorful lemon juice.