

This week's share:

Lettuce, chard, carrots, beans, green onions, Cipollini onions, beans, tomatoes, 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!

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!

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



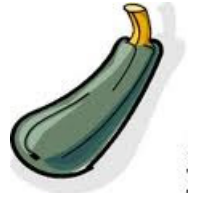
Wash your lemon, zest and squeeze out juice. Wash zucchini. Cut off the stem and base ends. Using a mandolin, or vegetable peeler, cut of zucchini - slice 3 or 4 strips on a side, and then rotate the zucchini and continue slicing. Then rotate again. Keep working your way around the zucchini until you 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.

Zucchini, Pesto and Feta Tart

- 1 sheet puff pastry, thawed (if frozen)
- 1/2 cup pesto
- 2 shallots, thinly sliced
- 1 large zucchini, thinly sliced
- 1 large tomato, thinly sliced
- 2 tbsp good-quality olive oil
- Salt and pepper to taste
- 1/2 cup crumbled Lemon Fetish feta cheese
- 1/2 cup grated Parmesan cheese
- 1 egg, lightly beaten
- 1/4 cup fresh basil, finely chopped
- Zest of 1 lemon



Preheat oven to 400F. Line a 9x12 baking sheet with parchment paper.

On a clean surface lightly dusted with flour, roll out the puff pastry so that it's just slightly bigger than the prepared baking sheet. Careful transfer onto the baking sheet, folding the edges back in to create a 1/2" border. Spread the pesto onto the pastry, leaving the border untouched.

In a large mixing bowl, toss together the zucchini slices with olive oil, salt and pepper. Add the tomato slices and toss gently. Arrange the slices on top of the pesto layer, overlapping them slightly as you go. Sprinkle with crumbled feta and grated Parmesan.

Lightly brush the edges of the tart with beaten egg. Bake in preheated oven for 20-25 minutes, or until the pastry is puffed and golden, and the zucchini and tomatoes are just starting to brown around the edges.

Let cool for about 5-10 minutes before serving, adding a scattering of chopped basil and lemon zest at the last minute.

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.