

This week's share:

Lettuce, chard, beans, potatoes, sweet onions, green onions, garlic, tomatoes, zucchini, cucumbers, herbs



Next week's guess...

Carrots, beets, beans, tomatoes, peppers, hot peppers, cucumbers, zucchini, onions, arugula, watermelon, herbs

Green Bean Salad with Sweet Tomatoes and Grilled Corn

Serves 4-6

3/4 cups green beans, ends trimmed
1 1/2 cups (half pound) tomatoes, cut into large chunks
4-6 ounces feta cheese, crumbled
2 ears of corn, grilled and kernels cut from cob, or about 1/2 cut of frozen kernels, thawed
6-8 tablespoons lemon-basil vinaigrette (below)
Salt and pepper, to taste, plus salt for boiling the green beans
Fresh chopped green onions for garnish, optional

Bring a large pot of water to a boil and add a tablespoon of salt. Add green beans and cook for 4-5 minutes. Test for doneness at 4 minutes - you want them crisp-tender. If it's done enough for you, place the green beans in ice water to stop the cooking process and set the color. If not, cook that additional 1 minute then move to the ice bath. After a few minutes in the ice water, drain the beans and allow them to dry.

2) When ready to serve, make your vinaigrette. Add the green beans, tomatoes, feta and corn to a large bowl. Toss with a few tablespoons of the vinaigrette and season with salt and pepper to taste. Sprinkle on additional chopped fresh herbs if using.

Vinaigrette:

2/3 cup olive oil
zest of one lemon
2/3 cup fresh squeezed lemon juice
2 tablespoons chopped fresh basil, parsley or mint
1 large garlic clove, finely chopped
1/2 teaspoon salt, 1/4 tsp black pepper



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 9, August 8, 2011

On the farm...

As a farm which grows vegetables for CSA, that is, which grows *pre-sold* vegetables, it is important for us to always grow a certain amount of extra produce to safeguard against the possibility of the occasional bad yield. We have always gone to a farmers market once a week to sell some of the excess that we inevitably have. This year, we started going to the farmers market in Collingwood and it is going really well. One of the things I've been noticing at the market is that none of the other farmers at the market are certified organic. They sell their products as organic but none has chosen to go through the process of inspection that would make their farms and products **certified** organic by a third party.

I've spoken to lots of other farmers about this issue - to certify or not to certify - and there are many good reasons to support both sides. We choose to certify but I completely understand those who choose not to. And frankly, with so many of our peers choosing not to certify, we sometimes question whether it is worth the time and money ourselves, considering that we sell all of our produce directly to our customers. But whether you have your farm inspected or not, there are some very specific things that make a farm organic and it is important to understand what those things are, especially if you are going to a market and buying organic produce with only the word of the seller as a guarantee. It is important to know what to ask to make sure you get what you think you are getting, even more so when you are buying organic products at the supermarket.

Of course, to farm organically means that we do not use any chemical fertilizers, pesticides, herbicides, fungicides, hormones etc. But there is a lot more to it and not using these harmful things is just one way of contributing to what makes a farm organic. An organic farm strives to create health in its soil first and foremost. This means working to create soil that is full of organic matter and healthy microbiology which in turns creates crops and livestock which are healthy as well. It is incredibly important that we do not use harmful chemicals on the farm because this disturbs and often kills the little critters that make the farm ecosystem healthy.

It is important that we farm in a way that enhances and improves upon the health and vitality of our soil. This means using crop rotation and cover cropping to increase organic matter and allow the soil to regenerate. It also means using good compost as a fertility source, working to minimize soil compaction and erosion and allowing space on the farm for insects, birds and other creatures.

Lastly, it means treating all the creatures on the farm with respect and care. Livestock must be allowed to live like they should - outdoors with good pasture. Farmers and employees must be given fair wages and the best possible working conditions. Sooo, next time you see the word organic somewhere - especially in the supermarket - you'll know what the word should mean. Try to find out if it's living up to your expectations.



Zucchini and Ricotta Galette

For the pastry:

1 1/4 cups all-purpose flour, chilled in the freezer for 30 minutes
1/4 teaspoon salt
8 tablespoons (1 stick) cold unsalted butter, cut into pieces and chill again
1/4 cup sour cream
2 teaspoons fresh lemon juice
1/4 cup ice water

Filling:

1 large or 2 small zucchinis, sliced into 1/4 inch thick rounds
1 tablespoon plus 1 teaspoon olive oil
1 medium garlic clove, minced (about 1 teaspoon)
1/2 cup ricotta cheese
1/2 cup (about 1 ounce) grated Parmesan cheese
1/4 cup (1 ounce) shredded mozzarella
1 tablespoon slivered basil leaves

Glaze:

1 egg yolk beaten with 1 teaspoon water

Make dough: Whisk together the flour and salt in a large bowl. Sprinkle bits of butter over dough and using a pastry blender, cut it in until the mixture resembles coarse meal. In a small bowl, whisk together the sour cream, lemon juice and water and add this to the butter-flour mixture. With your fingertips or a wooden spoon, mix in the liquid until large lumps form. Pat the lumps into a ball; do not overwork the dough. Cover with plastic wrap and refrigerate for 1 hour.

Make filling: Spread the zucchini out over several layers of paper towels. Sprinkle with 1/2 teaspoon salt and let drain for 30 minutes; gently blot the tops of the zucchini dry with paper towels before using. In a small bowl, whisk the olive oil and the garlic together; set aside. In a separate bowl, mix the ricotta, Parmesan, mozzarella, and 1 teaspoon of the garlicky olive oil together and season with salt and pepper to taste.

Prepare galette: Preheat oven to 400 degrees. On a floured work surface, roll the dough out into a 12-inch round. Transfer to an ungreased (or parchment lined) baking sheet. Spread the ricotta mixture evenly over the bottom of the galette dough, leaving a 2-inch border. Shingle the zucchini on top of the ricotta in concentric circles, starting at the outside edge. Drizzle the remaining tablespoon of the garlic and olive oil mixture evenly over the zucchini. Fold the border over the filling, pleating the edge to make it fit. The center will be open. Brush crust with egg yolk glaze.

Bake the galette until the cheese is puffed, the zucchini is slightly wilted and the galette is golden brown, 30 to 40 minutes. Remove from the oven, sprinkle with basil, let stand for 5 minutes, then slide the galette onto a serving plate. Cut into wedges and serve hot, warm or at room temperature.

Thank you!

To everyone who donated to our Community Shares Program. Thanks to your generous contributions, we were able to offer over \$900 of produce in the form of subsidized shares and veggie donations. Thank you so much!

Tamatar Raita (Tomatoes in Smooth Yogurt)

2 cups plain yogurt
2/4 tsp salt
1/8 tsp white or black pepper
3-4 medium sized ripe tomatoes
1 tbsp vegetable oil
1 tsp black mustard seeds
1 hot green chili, seeded and finely minced (if desired)
1-2 sprigs fresh cilantro or basil, for garnish

Combine the yogurt, salt and pepper in a medium bowl. Whisk with a fork until smooth and creamy. Wash and dry the tomatoes and cut into 1/2 inch cubes. Drop into the yogurt mixture without stirring.

Heat the oil in a small pan over moderate heat. When it is hot but not smoking, add the mustard seeds and chili and fry until the seeds crackle and turn gray. Pour onto the salad and gently blend. Serve immediately, garnishing with fresh herbs.

Potato Salad with Roasted Tomatoes and Zucchini

1 lb potatoes, washed and cut into large cubes
2 tomatoes
1-2 zucchini, cut into rounds
1/2 sweet onion, finely chopped
olive oil
2 cloves garlic, minced or crushed
4 tbsp basil, finely chopped
2 tbsp balsamic vinegar
salt and pepper



Cut tomatoes in half, toss in olive oil to coat and 2 tbsp basil, salt and pepper to taste. Place cut side down on a baking sheet and place in a 400 degree oven. Put potatoes and cut zucchini in a large bowl, toss with enough olive oil to coat, garlic, salt and pepper and the remaining basil. Place on another baking sheet and add to the oven.

Roast the veggies until the skin on the tomatoes is blackened and the potatoes and zucchini are well browned. Remove from oven. Allow tomatoes to cool, then slip off skins and roughly chop. Place potatoes, zucchini, tomatoes and chopped onion in a medium bowl. Toss with a tiny bit more olive oil, balsamic, salt and pepper and some more basil if you like.

All these fruits!

For most of the veggies that you get in your CSA share throughout the season, the best place for them is in the fridge. Greens, roots, crisp veggies like fennel and beans - these all like a very cool and moist (except for beans!) environment like the fridge. But, not so for all these fruits that are coming! Eggplant, peppers, definitely tomatoes and even cucumbers and zucchini can be damaged by the intense cold of the fridge. The optimum temperature to store these fruit crops is between 7-10 degrees. A tricky temperature to achieve at home, I know. I just leave pretty much all of them on my counter but if you have a cool spot in the house, they would prefer it to the fridge, especially tomatoes.

