



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 11, August 20, 2012

This week's share:

Lettuce, spinach, potatoes, onions, peppers, hot peppers, beans, tomatoes, cucumber, melon, garlic, basil, herbs

Next week's guess:

Lettuce, carrots, leeks, edamame, beans, cucumber, tomato, kale, turnip, herbs

On the farm...

Late summer is an amazing time in the garden. This year it seems all the more amazing for the drought that, for us, thankfully ended a couple of weeks ago. We got more than 2 inches of rain in the past couple of weeks and it's quite something to see how many of the crops in the garden have bounced back. Just in time to pump out copious amounts of late summer crops. This is definitely the peak of harvest season in Ontario. All of the fruited crops (tomatoes, cucumbers, eggplant and zucchini - though, our zucchini seems to have succumbed to the earliness and stressfulness of the season) are in full force. Big, hearty crops like onions, potatoes, carrots and beets are abundant and the plantings of fall crops are beginning to really size up. It's a great time for eating!

Workwise on the farm, there are exciting things happening as well. Our garlic cured nicely and has been bagged up awaiting winter storage. Now it's time to pull our onions from the ground and cure them. Like garlic, onions need to cure for storage; we put them on mesh tables in the barn with a big fan circulating the air so that their outer skins dry down making them good to store for many months. We've also been walking through our winter squash field - another cured crop - and have seen lots of beautiful, colourful squash looking like they are on their way to ripeness.

Much of the spring garden area has been plowed under at this point and we will cultivate a few times before sowing a winter rye cover crop. That part of the garden will be fallow all of next season (much of it is already in a lovely clover cover crop) - covered only in dense cover crops awaiting it's next rotation as a garden plot in 2014. And, as I write this, Jeff and Katie are plowing up 3 new acres which will be put into garden come next spring.

As I've mentioned before, an important part of the way we farm is crop rotation - rotating vegetable crops with cover crops and grain. This is hugely important to maintain soil health. So, we must always be planning ahead. Jeff and I have already looked over what next year's garden will look like so that we know how much new ground to plow now in anticipation of a new season in 2013.

On the right is Jeff teaching Katie how to plough, prepping next year's garden spot.



Pizza!

This time of the year is the best for making pizza - your choice of toppings seems endless. Try any combination with the recipes in this newsletter.

Dough:

1 cup warm water
1tbsp granulated sugar
1tbsp dry yeast
3 cups all purpose flour (or half whole wheat)
1 tsp salt
2 tbsp extra virgin olive oil

Toppings:

Your choice of:

tomato sauce (recipes on next page)
pesto (recipe on next page)
roasted peppers (method on next page)
sliced tomatoes
roasted eggplant
onions
roasted hot peppers
thinly sliced potato
cheese of your choice
salt and pepper

For crust - combine warm water and sugar in a large bowl. Sprinkly with yeast and let stand 10 minutes or until yeast bubbles. Stir in about 1 1/2 cups of flour, salt and 1 tbsp oil. Mix, continuing to add flour until dough is still very soft but does not stick to the hands too much. Knead for 5 to 8 minutes or until smooth. Form into a ball and place in a large bowl coated with remaining oil. Let rise for 1 hour or until doubled in size.

Punch down dough and roll out until 1/4 inch thick (or to the size of your pan). Place on a cornmeal dusted pan and bake for 7 minutes before adding toppings. After toppings are added, bake for 15-20 minutes longer until cheese is bubbling and bottom of crust is a golden brown.

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Roasted Bell Peppers

Roasted peppers are easy to make and are a delicious addition to so many meals - from sandwiches, pizza and pasta to dips and salads.



You can roast the peppers over your stovetop flame, on the barbecue or in the oven. Place peppers over your stovetop flame, place on the grill or put in a 425° oven until skin is black.

Place blackened peppers on a plate and cover with a bowl. Let stand 10 minutes until wilted. Then slide skin off with your hands and remove stems and seeds. Cut up or use whole.

This same method can be used on hot peppers - add roasted hot peppers to pizza, pasta or salad for a little kick!

Pesto!

Makes 1 cup

2 cups packed fresh basil leaves
2 cloves garlic
1/4 cup pine nuts
2/3 cup extra-virgin olive oil, divided
Kosher salt and freshly ground black pepper, to taste
1/2 cup freshly grated Parmesan cheese

Combine the basil, garlic, and pine nuts in a food processor and pulse until coarsely chopped. Add 1/2 cup of the oil and process until fully incorporated and smooth. Season with salt and pepper.

If using immediately, add all the remaining oil and pulse until smooth. Transfer the pesto to a large serving bowl and mix in the cheese.

If freezing, transfer to an airtight container and drizzle remaining oil over the top. Freeze for up to 3 months. Thaw and stir in cheese.

Simple Italian Tomato Sauce

2 lbs tomatoes, cored and diced
1 large or 2 medium onions, diced
3-4 cloves garlic, minced
1 large handful of basil leaves, chopped
3 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp salt
1/2 tsp freshly ground black pepper

Heat olive oil in a large saucepan over medium heat until hot. Add onions and sauté for 5-8 minutes until translucent. Add garlic and cook 1 minute more. Add tomatoes and balsamic, turn heat to low and simmer for 20-30 minutes until sauce has reduced and thickened. Add basil, check for seasoning. This sauce is wonderful on pasta but also makes a great pizza sauce or can be used anywhere a tomato sauce is called for.

Easy Oven-Roasted Tomato Sauce

2 pounds fresh tomatoes
1 cup thinly sliced onions
3 cloves smashed garlic
1 hot pepper
1/2 cup chopped basil or 5 thyme sprigs
Olive oil to drizzle
Salt and Pepper to taste



Preheat oven 350 degrees. Halve small tomatoes. Quarter large tomatoes. Arrange the tomatoes on a baking sheet in a single layer. Scatter sliced onions over the pan and nestle the hot pepper in the mix. Nestle the thyme springs among the tomatoes. Drizzle with olive oil. Season with salt and pepper. Roast for 1 to 1 1/2 hours, depending on how cooked you would like your tomatoes.

Remove pan from oven. Discard thyme sprigs. Allow tomatoes to cool slightly. Using a blender, food processor or food mill, blend the tomatoes until they liquified (as chunky or as smooth as you would prefer).

If using sauce immediately, enjoy! If freezing, allow the sauce to cool, transfer to freezer bags and freeze.

(Is basil instead of thyme, leave out thyme and add chopped basil at the end of the recipe)

Winter CSA!

It's time to sign up for a winter share! Check out the prices below and let us know if you have any questions. You can bring cheques or cash to your CSA pickup - payment can also be made in installments.

Pickup Location	Regular Share	Large Share
Hanover/Paisley	\$300	\$425
Guelph	\$310	\$435

Farm Tour and Squash Harvest!

Come see the farm as the fall begins and help us gather our winter squash from the field!

Saturday, September 14

1-5pm

Farm tour at 1:30, squash harvest from 3pm onwards.

Yummy, squashy treats to follow!

