



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 12, August 27, 2012

This week's share:

Carrots, tomatoes, onions, garlic, beans, edamame, eggplant, chard, turnips, cucumber, herbs

Next week's guess:

Spinach, lettuce mix, beans, tomatoes, leeks, kale, cucumber, peppers, hot peppers, fennel, garlic, herbs

On the farm...

Someone was asking us the other day whether the work on the farm is slowing down at this point in the season, if the pace is more relaxed these days. So, I thought I would let you in on what our days are looking like at this point in the season.

I've probably mentioned in the past how the arc of the season's work goes something like this: in the early spring planting and seeding dominate, then towards May/June and July we are planting, seeding (in greenhouse and field) as well as weeding and harvesting. June/July are definitely the fullest months. Now, we have mostly come to the end of the planting and seeding and our days are dominated by harvesting with bits of weeding as well. Come late August/September, harvesting is definitely our main focus and we also prepare ground for next season's crops and work in parts of the garden that we are no longer harvesting from and sow cover crops.

So what does our week look like around now? Well, Mondays, Wednesdays and Fridays we harvest tomatoes from the greenhouses and the field and sort them. We harvest cucumbers on Monday and Thursday. Tuesday and Wednesday we harvest everything else for Tue, Wed, Thurs CSA pickups and Friday morning we harvest for the farmers market which is on Saturday morning.

In between these many harvests we try and get everything else done! So lately that has included hoeing fall brassica crops and doing some cleanup hand weeding in the fall carrots and potatoes. It has also included harvesting all of our onions and setting them out to cure in the barn.

This week, we seed the last crops that will go into the field (our very last crops are put in at the end of September in our winter greenhouses) and finish up harvesting our onions. The days are definitely getting shorter which means that we start just a bit later than we have all summer (6:30am instead of 6am) and the days are also a bit cooler which means the working is nicer. So, in response to that curious person asking about our days, I would say that things are not quite "relaxed" on the farm, but perhaps they are moving towards that. As the fall progresses, the days will be shorter still and we'll be forced to work less!



Onions curing in the barn.



Edamame!

Edamame are delicious, tender soy beans harvested when they are green. Many of you have probably experienced them as an appetizer at Japanese restaurants. I know, I always order them when I go for sushi. But when I first had edamame fresh from the garden it was a revelation. Compared to the edamame you get in a restaurant, freshly harvested, never-been-frozen edamame are amazingly sweet, with a buttery flavour and lovely tenderness.

You can throw them in all kinds of recipes but the best way to eat them has got to be simply steamed in their pods, tossed with salt and nibbled out one by one.

How to eat your edamame....

Remove each pod from the stalk. Place in a colander and rinse well. Steam the whole pods for 4-6 minutes until the beans inside are nice and tender but not mushy. Remove from steamer and place in a bowl. Toss with salt. Sit at table and slide beans out of salty pods with your teeth! Delicious!

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Moroccan Broiled Eggplant in a Spicy Honey Sauce

Adapted from Modern Moroccan: Ancient Traditions, Contemporary Cooking

2 eggplants, cut in half lengthwise and cut into several pieces on the diagonal
3 Tablespoons olive oil
3 cloves garlic, minced
2 Tablespoons grated fresh ginger
1 teaspoon ground cumin
1 teaspoon harissa or hot pepper minced or dried flakes
1/4 cup honey
3 Tablespoons lemon juice
salt and pepper to taste

Preheat your oven to broil. Lightly grease a 9-inch by 9-inch baking dish and place the eggplant in a single layer. Broil several minutes, until lightly browned and flip the eggplants to brown on the other side. Remove from oven.

Heat the oil in a large frying pan over medium heat and add the garlic. Fry for about a minute and then add the ginger, cumin, harissa, honey and lemon juice. Arrange the eggplant in a single layer and cook about five minutes. Flip the eggplant and cook until the sauce is thick and syrupy and has mostly been absorbed by the eggplant.

Serves four as a side.



Spicy Sautéed Eggplant Dip

1 medium eggplant, cut into small chunks
1 yellow onion, diced
1/2 tablespoon minced fresh ginger
2 cloves minced fresh garlic
1/2 tablespoon olive oil
1 tablespoon soy sauce
1/2 tablespoon hot chili paste
1 tomato, diced
1/4 cup sundried tomatoes
1/2 tablespoon basil, chopped
1/3 cup chickpeas

Heat the olive oil in a large pan or wok, add the ginger and onions and saute for about a minute, then add the eggplant, soy sauce and chili paste and saute for another 2 minutes. Add the tomato and basil, then sauté for another minute.

Put the mixture in a food processor, and slightly blend. So that there are still some chunks of eggplant, tomato and onion visible. Put the mixture back into the wok, and add the chickpeas. Mix everything well, and let heat for about 2 minutes.

Place into a serving dish and garnish with additional basil if desired. Serve with warm pita bread and enjoy!

Parslied Turnips

Serves 6
2lbs turnips, peeled and quartered
4 Tbsp butter
1 to 1 1/2 cups chicken or vegetable broth
2 tsp minced parsley
salt and pepper to taste
optional: drops of lemon juice to taste

Blanch turnips for 3 to 5 minutes in boiling, salted water to cover. Drain, and place them in a medium saucepan with 2 tbsp butter and enough stock to barely cover them. Season with salt and pepper. Cover and boil slowly for 20 to 30 minutes or until they are tender but retain their shape. If the liquid has not evaporated, uncover and boil it off. Remove from heat, add the remaining 2 tbsp butter, the parsley and optional lemon juice and toss gently. Serve.

Baked Provençal Tomatoes

Makes 5 servings

5 medium-sized tomatoes
1 cup bread crumbs (homemade or panko)
6 fresh basil leaves, chopped
2 tablespoons chopped fresh parsley
2 cloves garlic, minced
1/2 teaspoon fresh thyme leaves
1/2 teaspoon kosher salt
Freshly ground black pepper, to taste
1/3 cup freshly grated Gruyère or Parmesan cheese
Extra-virgin olive oil



Preheat the oven to 400 degrees F.

Cut an inch off the top and a little bit of the bottom of the tomatoes, so they stand upright. With a small spoon or melon baller, gently scoop out the inside of the tomatoes. Place the tomatoes in a shallow baking dish, and sprinkle with salt and pepper.

In a bowl, combine the bread crumbs, basil, parsley, garlic, thyme, and 1/2 teaspoon salt. Fill the tomatoes to the top with the bread crumb mixture. Drizzle a little olive oil over each.

Bake the tomatoes for 10-15 minutes, or until tender. Remove from oven and top with grated cheese.

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!

