



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 14, September 10, 2012

## **This week's share:**

Spinach, lettuce mix, fennel, tomatoes, beans, edamame, kale, onions, peppers, hot peppers, garlic, herbs

## **Next week's guess:**

Spinach, lettuce, tomatoes, carrots, peppers, hot peppers, potatoes, cabbage, radishes, garlic, herbs

## **On the farm...**

It's hard to believe it's mid-September already. Although, it always seems that once September begins, it starts its speedy transition towards fall. On the farm, it does seem that fall is a little early - the trees are beginning to turn, the squash is very ready to harvest and we're already beginning to experience the cold nights that make us wonder when the first frost will come and take with it some of the hot summer crops that we've been getting used to.

Early fall is definitely harvest oriented - the onions and squash come out of the field - but it's also about prepping ground for next year and sowing crops that overwinter such as garlic, and now grains like wheat, rye and spelt. This week is also when we seed and plant our winter greens in our moveable greenhouses. Some of you have probably seen these greenhouses - they are 90' and 96' greenhouses that sit on steel runners and are secured with T-posts driven diagonally into the ground. The great thing about these greenhouses is that they are moveable - you can drag them forward and back with two tractors. Being moveable means that we can have up to 3 cycles of crops grown under plastic in a given year. We can have an early spring crop of greens that is planted in the late winter, then a summer crop of tomatoes planted in early May, then another greens crop planted early fall for harvest throughout the winter. Currently we only use it for 2 crop cycles - tomatoes and winter greens.

So this week, we will work the ground in front of the two greenhouses and seed spinach, kale and other greens. Then, when the tomato crop is finished in another few weeks, we will take down the trellising, secure the greenhouse sides, pull up the stakes and drag the greenhouses with two tractors over top of the greens crops. These greens will grow slowly throughout the fall and be ready to harvest come winter for our winter CSA shares.

Other important crops that we will sow this week and in the coming weeks are cover crops - crops planted solely to protect and build the soil. At this point in the season, we use mainly rye as a cover crop. We will seed rye into all the old garden patches that will lie fallow next season and into all the areas of next year's garden that won't have early sown crops going into them in spring. This rye crop means that most of our soil will be covered with lush grass over the winter causing less erosion from water and wind and keeping soil microorganisms happy.



So late in the season but lots of great growing still to come!

## **Fennel and Quinoa Salad with Parsley and Dill**

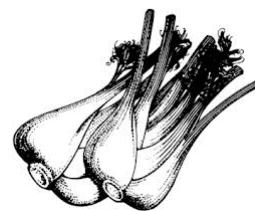
- 1 medium fennel bulb, trimmed
- 1 cup quinoa
- 2 cups water
- 1 cup fresh flat-leaf parsley leaves
- 2 tablespoons chopped fresh dill
- 1/4 cup fresh lemon juice (from 1 to 2 lemons)
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon coarse salt
- Freshly ground pepper, to taste

### Directions

Prepare an ice-water bath. Cut fennel bulb in half lengthwise. Using a sharp knife, slice lengthwise as thinly as possible. Place in ice-water bath.

Toast quinoa in a saucepan over medium heat, stirring constantly, for 5 minutes. Add water, raise heat, and bring to a boil. Reduce to a simmer; cover, and cook for 15 minutes. Remove from heat, and let stand, covered, for 5 minutes. Transfer to a bowl; refrigerate, uncovered, until cool, about 1 hour.

Drain fennel, and pat dry. Add parsley, dill, lemon juice, oil, salt, and pepper, and toss. Divide quinoa among bowls. Top with fennel mixture.



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## Fennel

Fennel is by far one of our favourite vegetables here at the farm. Often overlooked because of its delicate yet present anise flavour, fennel is a lovely, crunchy vegetable that is great raw as well as cooked. Jeff and I have fond memories of fennel from our time spent on a farm in Italy where we would eat large hunks of fennel dipped in olive oil and salt as an after-dinner digestif. Known for its digestion-aiding properties, fennel makes a wonderful, light salad when you slice or shave it thinly, it is absolutely divine when roasted and it makes a great addition to meals that include fall vegetables. We urge you to try fennel, though you might be someone who does not like licorice. When thinly sliced and added to a salad of tomatoes and onion or chopped and roasted, the anise flavour is mild and the texture and flavour of the fennel really shines.



### Fettuccine with Lemon, Hot Peppers, and Pecorino Romano

2 tablespoons extra-virgin olive oil  
1 medium red onion, halved and thinly sliced  
1 teaspoon red pepper flakes  
3 jalapenos or other hot peppers, halved, seeded, and thinly sliced lengthwise  
Zest and juice of 3 lemons  
1/2 cup (1 stick) unsalted butter  
Coarse salt and freshly ground pepper  
1 1/4 pounds fresh fettuccine or the equivalent dried  
1/2 cup freshly grated Pecorino Romano

Bring 6 quarts water to a boil in a large pot; season with salt.

Meanwhile, in a 10- to 12-inch skillet, heat olive oil over medium heat until almost smoking. Add onion and red pepper flakes; saute until translucent, 8 to 10 minutes. Add jalapenos; saute for 1 minute. Add zest and juice; bring to a boil, and boil for 1 minute. Remove from heat; stir in butter, and season with salt and pepper. Set aside.

Drop pasta into boiling water and cook until tender, 1 to 2 minutes. Drain.

Toss hot pasta into pan with lemon mixture; return to medium heat. Stir together gently. Add pecorino; toss quickly. Transfer to a warmed serving platter. Serve immediately.

### 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 15**  
**1-5pm**

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

Yummy, squashy treats to follow!

**Please RSVP by Friday, Sept 14**

## Baked Fennel with Parmesan and Thyme

3 fennel bulbs  
1 tablespoon softened butter  
Coarse salt and ground pepper  
1/3 cup grated Parmesan  
4 sprigs thyme

Preheat oven to 450 degrees. Boil 3 fennel bulbs, trimmed and split lengthwise, until tender, about 15 minutes. Drain fennel, cut side down, on paper towels, 5 minutes. Place fennel, cut side up, in a buttered 8-inch square baking dish and brush with 1 tablespoon softened butter. Season with coarse salt and ground pepper and top with 1/3 cup grated Parmesan and 4 sprigs thyme. Bake until cheese is golden brown, about 20 minutes.

## Baked Chicken with Fennel and Apples

1 whole chicken (3 1/2 pounds), cut into 8 pieces and breasts halved crosswise  
2 fennel bulbs, fronds removed, bulbs cut into 1-inch wedges  
4 shallots halved lengthwise or 2 onions, quartered  
1/2 cup fresh sage leaves  
3 tablespoons extra-virgin olive oil  
2 tablespoons cider vinegar  
Coarse salt and ground pepper  
2 apples, cored and quartered

Preheat oven to 450 degrees, with racks in upper and lower thirds. On two rimmed baking sheets, arrange chicken, fennel, shallots, and sage. In a small bowl, whisk together oil and vinegar and drizzle over chicken and vegetables. Toss to combine and season with salt and pepper. Roast 35 minutes, rotating sheets halfway through. Add apples to sheets and roast until fennel is browned and chicken is cooked through, 15 to 20 minutes more.

## Roasted Tomato and Red Pepper Soup

2 pounds of tomatoes, cored and halved  
1 red bell pepper  
1/2 cup diced onion  
2-3 minced garlic cloves  
1 cup vegetable broth  
3 tbs olive oil  
basil or cilantro  
salt and pepper to taste

Preheat oven to 450 degrees. In a large bowl, combine 2 tbs oil with tomatoes, bell pepper, garlic and spices and mix evenly. Spread mixture on large baking pan, two if needed. Roast until they darken, about 30 minutes.

In a large pot heat 1 tbs oil and add onion and cook covered until very tender, 10 minutes. Add the broth, tomatoes and bell pepper and heat on medium until boiling.

Pour into a food processor and pulse until well mixed, in batches if needed. Pour back into pot and let simmer for a couple of minutes.

Add salt, pepper and basil or cilantro to taste.