



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 15, September 17, 2012

This week's share:

Lettuce, potatoes, carrots, radishes, peppers, hot peppers, tomatoes, arugula/greens, eggplant or fennel, onions, garlic, herbs

Next week's guess:

Spinach, lettuce, beets, cabbage, broccoli, kohlrabi, peppers, radishes, bok choy, onions, garlic, herbs

On the farm...

We had a perfect, sunny fall day this Saturday for our farm tour and squash harvest. It was great to have some CSA members out to the farm, to give a tour and to complete our squash harvest! Thanks so everyone who came and lugged squash out of the field with us. For those who couldn't make it....here's a bit of what the farm is looking like right now.



Fall brassicas sizing up in the field.



Carrots and beets for winter storage.



Saturday's squash harvest curing in the greenhouse

Radish Butter

Ostergrussa Rosa - that's the name of the long, red radishes that you have in your share this week. They're lovely, crunchy radishes with a bite! Try this delicious radish butter on toast or crackers - it's a great addition to a sandwich.

4 long, red radishes
6 radish leaves (optional)
3 tbsp unsalted butter, softened
1/2 tsp salt
A squeeze of lemon juice

Trim the radishes and place them in the small bowl of a food processor. Add the leaves. Process until very finely chopped. Add the butter and process until well blended, scraping down the sides of the bowl as necessary. Add the salt and lemon juice and process again.

The finished butter will be slightly chunky and more like a spread than a butter. Cover and refrigerate for several hours before serving.



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Arugula and Walnut Pesto Pasta

3 cups arugula
1 cup flat leaf parsley
1 clove garlic
1/4 cup toasted walnuts
1 teaspoon salt
1/2 teaspoon pepper
grated nutmeg
1 cup extra virgin olive oil
3/4 cup Parmesan cheese
pasta



Heat the olive oil in a small pan over medium heat. Add the garlic clove. Heat on low for about 10 minutes.

Add the arugula and parsley to a blender or food processor.

Add the walnuts, salt, pepper, nutmeg, and garlic cloves.

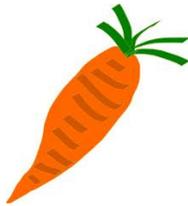
Pour olive oil into the blender. Process until smooth.

Add the Parmesan cheese. Mix for a second. Taste it to make sure there is enough salt.

Boil a pot of water, and salt it well. Cook pasta according to package directions. Toss hot pasta with pesto and garnish with more Parmesan and some walnuts.

Moroccan Carrot Soup

2 tablespoons (1/4 stick) butter
1 cup chopped onion
1 pound large carrots, peeled, cut into 1/2-inch dice (about 2 2/3 cups)
2 1/2 cups chicken or vegetable broth
1 1/2 teaspoons cumin seeds
1 tablespoon honey
1 teaspoon fresh lemon juice
1/8 teaspoon ground allspice
1/2 cup plain yogurt, stirred to loosen



Melt butter in large saucepan over medium-high heat. Add onion; sauté 2 minutes. Mix in carrots. Add broth; bring to boil. Reduce heat, cover, and simmer until carrots are very tender, about 20 minutes.

Stir cumin seeds in small skillet over medium-high heat until fragrant, 4 to 5 minutes; cool. Finely grind in spice mill.

Remove soup from heat. Puree in batches in blender until smooth. Return to same pan. Whisk in honey, lemon juice, and allspice. Season with salt and pepper.

Ladle soup into bowls. Drizzle yogurt over; sprinkle generously with cumin.

Arugula Salad with Garlic Croutons, Shaved Parmesan, Lemon and Radish

1 8-ounce piece ciabatta with crust (preferably day-old)
1 large garlic clove, peeled
1/4 cup plus 3 tablespoons extra-virgin olive oil
6 ounces arugula (about 10 cups packed)
2 radishes, thinly sliced into rounds
2 tablespoons (or more) fresh lemon juice
3 ounces Parmesan cheese, shaved into strips with vegetable peeler

Preheat oven to 400°F. Rub crust of bread with garlic clove. Tear bread into 1-inch pieces and place in large bowl; toss with 1/4 cup olive oil. Sprinkle bread lightly with salt; arrange in single layer on rimmed baking sheet. Bake until golden and crisp around edges, about 10 minutes. Cool. **DO AHEAD:** Can be made 4 hours ahead. Let stand at room temperature.

Place arugula and radishes in large bowl. Drizzle with 3 tablespoons olive oil and 2 tablespoons lemon juice, adding more lemon juice, if desired. Sprinkle with salt and pepper. Add 2/3 of croutons and half of Parmesan cheese and toss. Transfer to serving bowl; scatter remaining croutons and Parmesan cheese over and serve.

Mustard-Roasted Potatoes

1/2 cup whole grain Dijon mustard
2 tablespoons extra-virgin olive oil
2 tablespoons (1/4 stick) butter, melted
2 tablespoons fresh lemon juice
3 garlic cloves, minced
1 tablespoon dried oregano
1 teaspoon finely grated lemon peel
1 teaspoon coarse kosher salt
Vegetable oil

3 pounds 1- to 1 1/2-inch-diameter mixed unpeeled red-skinned and white-skinned potatoes, cut into 3/4-inch-wide wedges

Position 1 rack in top third of oven and 1 rack in bottom third of oven and preheat to 425°F. Grease a large rimmed baking sheet with oil. Whisk mustard, olive oil, butter, lemon juice, garlic, oregano, lemon peel, and salt in large bowl to blend. Add potatoes; sprinkle generously with freshly ground black pepper and toss to coat. Place potatoes on prepared baking sheet, leaving any excess mustard mixture behind in bowl. Spread potatoes in single layer. Roast potatoes 20 minutes. Reverse baking sheets and roast until potatoes are crusty outside and tender inside, turning occasionally, about 25 minutes longer. **DO AHEAD:** Can be made 2 hours ahead. Let stand on baking sheets at room temperature. Rewarm potatoes in 425°F oven 10 minutes.

Transfer potatoes to serving bowl.