



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 16, September 24, 2012

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

Spinach, lettuce mix, cabbage, broccoli, kohlrabi, bok choy, peppers, hot peppers, onions, garlic, chard, herbs

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

Carrots, leeks, rutabaga, acorn squash, turnip, bok choy, radishes, kale, onions, garlic

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

Two weeks ago we had a great farm tour and managed to get our squash rounded up and out of the field with some willing CSA member hands. These hard-working folks picked up and boxed all of our winter squash from the field and packed them into one of our greenhouses to cure before being stored for the winter. It was a fun day but also informative for us. Picking up all that squash allowed us to really see how much the crop suffered from the drought and intense cucumber beetle pressure this summer. After all is said and done, we probably have about half the expected yield for our winter squash. So, as the fall progresses and we begin our major fall crop harvests, we're seeing a bit of the consequences of this past summer's drought.

So, you will probably not see a ton of squash (and no pie pumpkins - boo) in your fall CSA shares this year but that probably means that next year's crop will be fantastic! We expect to see some amount of loss in some of our other major fall crops as well and we'll probably be making up for some of the loss with produce from other local organic farms this winter - not our favourite thing to do but given the summer, not too bad an outcome in the end.

Otherwise, this cold weather is bringing us to the beginning of some wrap up activities here. We've begun taking up irrigation lines and trellising in the field and are almost ready to move our two greenhouses. Fall cover crops are sown and onions are beginning to be trimmed and bagged up for storage.

This is week 16 of 20 for the summer shares so there will be 4 more pickups after this one. Pretty soon we'll be planting garlic and beginning to dig up winter crops for storage with a few stops for tea and soup in between!



One of our moveable greenhouses, tomatoes untrellised and sides braced in preparation for being moved this week.

## **Cabbage-Pepper Slaw**

2 oranges  
1/2 cup apple cider vinegar  
2 teaspoons sugar  
2 tablespoons vegetable oil  
Coarse salt and freshly ground pepper  
1/2 head cabbage, thinly sliced on a mandoline  
1 red bell pepper, stemmed, seeded, ribs removed, and julienned  
1/2 cup fresh cilantro leaves

### Directions

Slice the top and bottom of both oranges with a paring knife. Set one of the flat sides on your work surface. From top to bottom, following the curve of the fruit, cut away peel and white pith. Trim off any remaining pith. Holding the orange over a bowl, cut along both sides of each segment, staying close to the membrane, to release. Repeat process with remaining orange; set segments aside.

In a large bowl whisk together vinegar and sugar until well combined. Slowly whisk in vegetable oil and season with salt and pepper. Add cabbage, pepper, orange segments, and cilantro; toss to coat. Keep slaw refrigerated until ready to use, up to 2 hours.



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## Cabbage and Cannellini Stew

1 lb Dried Cannellini Beans; rinsed, picked over, and soaked overnight  
1 head Savoy (or regular green) Cabbage; quartered and chopped in to fine shreds  
1 small fennel bulb; cut in to thin slivers  
3 lbs fresh tomatoes (about 3 cups); diced (or appx 1 quart canned tomatoes)  
2 medium or one large onions, diced  
5 cloves garlic; minced  
1 sprig of rosemary  
1 quart of chicken or vegetable stock  
8 oz back bacon (optional)  
2 tbs olive oil  
1 tbs white wine  
1/4 cup cider vinegar  
Salt

Pour the stock and the drained and soaked beans in a pot. Add enough water to cover the beans by 2 inches and bring to a boil. Reduce heat, cover and simmer until beans begin to soften

Add the rosemary and some salt, then simmer until beans are tender. Remove the rosemary sprig, reduce heat and keep warm while preparing other ingredients

In a large skillet; brown the bacon. When the bacon is done, remove from pan and set aside to drain

Add the onion to the pan and fry in the bacon drippings (or fry in oil, if not using bacon). When the onions are tender and beginning to turn golden, add the garlic. Cook until the garlic is aromatic then add the white wine and deglaze any remaining bacon bits.

Add the onions and garlic to the beans and return skillet to heat, add 1/2 a tbs of olive oil to the skillet and then add the fennel and saute until fennel is tender and aromatic then transfer to the cannellini beans

Add remaining olive oil to the skillet, and saute the cabbage until golden and tender (can do in two batches if necessary)

Add the cabbage to the beans and bring to a simmer. Stir in the tomatoes and cook until heated through. Add the cider vinegar and Salt (to taste)

To serve, top with chopped bacon.

## Stir Fried Bok Choy & Red Pepper

1 tablespoon vegetable oil  
1 tablespoon dark sesame oil  
1 medium onion, sliced  
2 garlic cloves, minced  
2 bunches bok choy, sliced  
1 red pepper, deseeded and sliced into 1/4-inch slices  
1/2 hot pepper, seeded and minced (optional)  
2-3 tablespoons soy sauce



Add vegetable oil and sesame oil to a wok or large saucepan over medium-high heat. Once the oil begins to shimmer, add the red pepper, hot pepper, onions, and garlic, stirring constantly.

When the onions are translucent and turning golden, add the bok choy and red pepper. Continue to stir-fry for 1 minute, then add the soy sauce. Cook for another 2-3 minutes or until the greens have turned dark green.

## Cabbage!

Nothing likes cool fall weather more than cabbage - it brings out the sweetness and flavour. Our early fall cabbage is sweet, crunchy and hearty. For some of you, cabbage may be a highly notable vegetable, but for us at the farm, cabbage is decidedly exciting and heroic. Exciting because from a tiny little seed comes many pounds of dense, nutritious food that can keep you fed for many days and heroic because it had to battle flea beetles, cabbage loopers, swede midge and hot dry summer weather to become the dense ball of nutrition that it is.



We hope that you look at cabbage a little differently when you think of all that organic cabbage has to go through to make it to your table. But, we also hope that you will enjoy this delicious vegetable in the many recipes that cabbage is great in. Eat it fresh, roast or sauté it, put it in a soup or roll it up in cabbage rolls - cabbage is extremely versatily always delicious.

We grow both regular green and savoy cabbage. Savoy (the crinkly, wrinkly variety) can be used just like regular green cabbage but is particularly wonderful raw in salads or slaw. Kept in your fridge in a bag or container, cabbage will last for many weeks - just don't let it dry out and you can enjoy it for quite awhile.

## Pasta with Savoy Cabbage and Breadcrumbs

Coarse salt and freshly ground pepper  
8 ounces spaghetti or angel hair pasta  
5 tablespoons unsalted butter  
1 garlic clove, very thinly sliced or minced  
1/2 cup fresh (not dried) breadcrumbs (from a rustic loaf)  
9 cups thinly sliced savoy cabbage (from 1 medium head)  
1/2 cup water  
3 tablespoons heavy cream  
1/4 cup finely grated Parmesan cheese (1 ounce), plus more for garnish

Bring a pot of salted water to a boil. Cook pasta until al dente, about 11 minutes. Drain, reserving 1/2 cup cooking liquid.

Meanwhile, melt 2 tablespoons butter in a medium skillet over medium heat. Cook garlic until fragrant, about 1 minute. Stir in breadcrumbs. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring, until breadcrumbs are golden brown, 4 to 5 minutes.

Melt remaining 3 tablespoons butter in a large high-sided skillet over medium-high heat. Add cabbage, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Toss to coat. Cook, stirring, until slightly wilted, 3 to 4 minutes. Add 1/2 cup water. Cook, covered, until tender, about 4 minutes. Uncover, and let any water in the skillet evaporate. Stir in cream. Cook until sauce is reduced and thick enough to coat cabbage, about 1 minute. Season with salt and pepper.

Add pasta and reserved 1/2 cup cooking liquid to cabbage. Cook for 1 minute. Stir in cheese. Transfer to a platter. Sprinkle breadcrumb mixture over top, and garnish with more cheese.