



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 17, October 1, 2012

This week's share:

Leeks, carrots, rutabaga, turnips, bok choy, kohlrabi, acorn squash, pie pumpkin, onions, garlic, herbs

Next week's guess:

Spinach, lettuce, potatoes, beets, turnip, bok choy, spaghetti squash, collard greens, onions, garlic, herbs

On the farm...

I say this every year, but after a season full of abundant harvests, fields full of food and tables laden with delicious meals, it's easy to feel thankful at this time of year for all the bounty that we have. This summer was especially hard for many farmers because of the months of dry weather - there were many stories of bad yields, lost crops and shortages of feed for livestock. We were incredibly lucky here to have an irrigation system that saved us from the worst of the effects of drought and to have gotten rain just when we needed it. And of course, to have a supportive community of eaters backing us up.

These days, it is incredibly hard for many people in North America to locate fresh, nutritious and unprocessed food for them and their families. Grocery store shelves are loaded with what I would call "food imposters" - primarily processed "food" that is loaded with salt and sugar, food additives and preservatives but little nutrition. And the meat and vegetables that are available are raised in ways that are detrimental to the environment and to the health and well-being of the soil, animals and people involved.

At this time of year, when here at the farm and through our CSA, we are enjoying an abundance of fresh, safe and high quality food, I wish that everyone had equal access to the same. I hope that we as a community of people who appreciate this food, we can help build access to safely and healthily farmed, non-corporate, unprocessed, high-quality food by telling our politicians, our farmers and our fellow community members that it should be a priority.

If you are celebrating Thanksgiving this weekend, we hope that you have a lovely, delicious and abundant celebration with your family and friends. Thank you for your ongoing support of our farm which allows us to farm in the way we believe is right and to have a life that is rich, joyful and abundant. Happy Thanksgiving!



Farm bounty at the farmers market this year.

Rutabaga with Caramelized Onions and Apples

4 tablespoons butter, divided
2 yellow onions, sliced thinly
2 tart cooking/baking apples, peeled and cut into 1/4 inch matchsticks
1 tablespoon brown sugar
1 1/2 tablespoons cider vinegar
1 small to medium rutabaga, diced
salt and coarsely ground black pepper to taste

Toss apples and onions together to combine. Melt 3 tablespoons butter in a large heavy-bottomed skillet over medium-low heat. When butter is melted, add onion/apple mixture and allow to cook over medium-low heat, stirring occasionally, for 45 minutes to 1 hour. About 30 minutes into the cooking time, sprinkle 1 tablespoon of brown sugar over the onion mixture and gently stir in.

When onions are deep golden brown and caramelized, add 1 1/2 tablespoons cider vinegar to pan to deglaze it, and stir, scraping up browned bits from bottom of pan. Cook for 1 to 2 minutes longer until vinegar is absorbed, then turn off heat and set aside.

Bring a pot of salted water to a boil and cook diced rutabaga until fork-tender ~ about 20 minutes. Drain well. Remove onion mixture from pan and melt remaining 1 tablespoon butter in the same pan. When melted, add rutabaga cubes. Season with salt and freshly ground black pepper and cook over medium-low heat until heated through, about 10 minutes.



Add onion mixture back to pan and gently stir into rutabaga cubes. Let cook for a minute or two to heat through. Serve immediately.

Contact Us:

Cedar Down Farm
519-665-2008
info@cedardownfarm.ca
22145 Conc. 14 RR#1
Neustadt, ON N0G 2N0
www.cedardownfarm.ca

Pumpkin-Leek Tart with Feta Cheese

I served mini versions of this delicious tart at our open house and they were a big hit!

Serves 6-8

1/2 of a medium pie pumpkin, seeded and sliced thinly

2 to 3 leeks

1/4 cup butter

3 tbsps olive oil

3 tbsps chopped, fresh sage

1 cup feta cheese, crumbled
salt and pepper



Dough:

2 cups all-purpose flour

Pinch salt

Pinch granulated sugar

1 cup butter, cold, cut in bits

1/3 cup ice water, approx.

Make dough: In a large bowl, combine flour, salt, and sugar. Add butter and rub into flour using your fingertips or a pastry blender. Butter should be in tiny pieces but still visible. Sprinkle with ice water and gather into a rough ball. Add more water if necessary. Form dough into a flat disk, cover and refrigerate for 30 minutes to an hour.

For filling: Remove coarser green tops and root ends of leeks. Slice in half lengthwise and run layers under cool water to remove dirt. Chop into half moons about 1/4 inch thick. Heat oil in a large skillet over medium-high heat. Add leeks and about 1/2 tsp salt and sauté, stirring often, until leeks are tender and translucent. Remove from heat and place in a large bowl with pumpkin slices.

Place butter in a small saucepan. Melt over low heat and continue to cook until butter begins to brown and smells caramelized about 5-7 minutes. As the butter begins to brown, add sage and cook 1 minute more. Remove from heat and add to leek and pumpkin bowl. Toss to coat and add salt and pepper to taste.

Remove dough from fridge. Sprinkle work surface with flour and roll out dough into a circle about 20 inches wide (you can also make mini versions of the tart and follow the same method but make circles from small chunks of dough about 8 inches wide).

Pickup dough and place on a large baking sheet - it will overhang but centre the circle on the sheet. Spread feta into the centre of the dough circle so that it spreads to a circle about 8 or 10 inches wide. Top with leek/pumpkin mixture.

Fold sides of dough inwards on top of filling, leaving the centre of the filling exposed - creating a rough tart shape. Beat an egg and brush crust with egg. Put in a 400 degree preheated oven for about 45 minutes or until crust is nicely browned and filling is tender and browned. Serve hot!

Smoked Paprika and Rutabaga Bisque

serves 6-8

3 tablespoons unsalted butter

1 medium onion, diced

1 1/2 pounds rutabaga, peeled and cubed (about 4 1/4 cups)

4 cups (1 quart) vegetable broth

2 cups half-and-half cream or part cream, part milk

2 1/2 teaspoons good quality smoked paprika

1 teaspoon ground black or white pepper

Melt butter in a large pot over medium heat. Once butter foams, add onion, and season generously with salt. Cook, stirring occasionally, until onion is tender but not browned, about 5 minutes. Add rutabaga and broth, bring to a boil, then reduce heat to low and simmer until rutabaga is tender when pierced with a fork, about 30 minutes. Add half-and-half, paprika, and pepper and stir to combine. Allow soup to cool slightly, then purée in a blender until smooth. (You will have to do this in batches.) Taste and season with more salt and pepper as needed.

Roasted Kohlrabi and Acorn Squash

2 medium kohlrabi

2 tablespoons extra-virgin olive oil

2 teaspoons finely chopped fresh thyme

1/2 teaspoon salt

1/4 teaspoon black pepper

1/2 acorn squash, seeded and cut into 1 inch cubes (don't bother trying to peel it)



Put oven rack just below middle position and put baking pan on rack, then preheat oven to 450°F.

Trim and peel kohlrabi, then cut into 3/4-inch pieces. Toss kohlrabi with squash, oil, thyme, salt, and pepper in a bowl. Transfer to preheated pan in oven and roast until vegetables are tender and lightly browned, about 45 minutes total. Transfer to a dish and serve.

Roasted Acorn Squash with Chile Vinaigrette

2 (1 1/2 - to 1 3/4-lb) acorn squash

1/2 teaspoon black pepper

1 teaspoon salt

6 tablespoons olive oil

1 garlic clove

1 1/2 tablespoons fresh lime juice, or to taste

1 to 2 teaspoons finely chopped fresh hot red chile, including seeds

2 tablespoons chopped fresh cilantro

Put oven racks in upper and lower thirds of oven and preheat oven to 450°F. Halve squash lengthwise, then cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into 3/4-inch-wide wedges. Toss squash with black pepper, 3/4 teaspoon salt, and 2 tablespoons oil in a bowl, then arrange, cut sides down, in 2 large shallow baking pans. Roast squash, switching position of pans halfway through roasting, until squash is tender and undersides of wedges are golden brown, 25 to 35 minutes.

While squash roasts, mince garlic and mash to a paste with remaining 1/4 teaspoon salt. Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro, and remaining 1/4 cup oil until combined. Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.