



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 18, October 8, 2012

This week's share:

Lettuce mix, broccoli, potatoes, beets, turnips, collard greens, bok choy, spaghetti squash, onions, garlic, herbs

Next week's guess:

Savoy or Napa cabbage, carrots, parsnip, kale, watermelon radish, butternut squash, onions, garlic, herbs

On the farm...

Well, after a few light frosts last week that had us out trying to save our pepper plants by covering them with row cover - we finally got a hard frost last night. Hard enough to finally take away any thought of harvesting more peppers, hard enough to freeze the greens in the garden so that they were still frozen when we went out for a field walk this morning.

Some of you may already know this but for many of our fall crops, frost actually makes them taste better! Crops in the brassica family like kale, collards, cabbage and broccoli turn deliciously sweet after a few frosts and things like turnip and rutabaga definitely benefit from the cold. Cold weather also means that we can start to think about beginning our mass harvests of winter storage crops. It probably won't be for a couple of weeks yet, but cold nights mean that we are actually able to consider winter harvest. This is because our "root cellar" - actually just a big insulated room - is dependent on cold nights to get to the right temperature for storing our winter crops. Once we start getting zero degree, one degree or two degree nights, we open the doors of our root storage room so that it cools down over night. Then we close them in the morning, keeping all the cold in. Root crops and cabbage need to be stored at around 3 degrees Celsius so we can't even consider harvesting them until we can ensure that our storage room is cold enough.

This cold weather also makes us thankful that we moved our greenhouses last week. Spinach, kale and greens planted for winter harvest that are just baby sized are now cozily covered in the moveable greenhouses and are ready to grow and be happy for winter CSA harvests. Moving the greenhouses went smoothly and it was amazing to watch these big 90 foot structures being dragged by two tractors and smoothly plunking down into their winter positions.

And finally, things have slowed down here just in time for us to think about planting garlic. This year, we are planting about 12000 cloves. This will be enough garlic for next year's summer and winter CSA, market and to be able to replant next year as seed. We bought 400lbs of certified organic garlic for seed this year (about \$2000 worth) and before



we can plant it, we break each bulb into cloves which are what we plant. We call it "popping" the garlic and it means sitting around for hours at time breaking up garlic bulbs. Then, we can take the cloves, plant 'em out, mulch them with straw and wait until spring!

Jeff, Katie and Sean popping garlic in the sun!

Simple Sautéed Collard Greens

A recipe from Cedar Down Farm

5-6 large collard greens
1 onion, shallot or leek
2 tbsp butter
1 tbsp olive oil
2 tbsp apple cider vinegar
salt and pepper
1/4 cup raisins (optional)

Rinse collards and remove inner stem by cutting with a sharp knife along the spine to keep each side of the leaf intact. Stack leaves and roll up into a cigar shape. Slice the roll into rings then cut each ring in half to get 1 inch pieces of collard. Dice onion.

Heat butter and oil over medium high heat until butter is melted and hot. Add onion and sauté 3 to 4 minutes until translucent. Add collards, apple cider vinegar and salt and pepper to taste. Sauté for 5 to 8 minutes until collards are tender. Throw in raisins in the last 2 minutes if desired.

Makes a great side dish. Add 1/4 cup of chopped fried bacon if desired for a smoky flavour!



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Collard Greens



Delicious, sweet and hearty collard greens. Relative of the cabbage, collards are probably best known for their use in Southern American cooking where they are commonly cooked with other greens such as mustard or turnip greens and smoked pork. Traditionally, collards are eaten on New Year's Day, along with black-eyed peas and cornbread, to ensure wealth in the coming year, as the leaves resemble folding money. Cornbread is used to soak up the "pot liquor", a nutrient-rich collard broth.

Collards, like other members of the brassica family are high in vitamin C and fibre and have been found to contain nutrients with strong cancer fighting properties.

Like Kale and cabbage, collards are extremely versatile. They are wonderful simply sautéed, thrown in a hearty soup, mixed into mashed or scalloped potatoes or cooked with a hearty smoky meat. Like all greens, store them wrapped in your fridge and they will last for a good week or two.

Spaghetti Squash

What a wonderful thing is spaghetti squash - like any other squash on the outside but a dense package of yummy, buttery spaghetti-like flesh on the inside. Our favourite way to prepare spaghetti squash here at the farm is to simply cut in half lengthwise and bake it cut side down on a baking sheet with a bit of water at the bottom until it is good and tender. Then add lots of butter and salt and it's superb! But, you can also bake the spaghetti squash and use the strands as noodles with a delicious sauce. Or scoop out the cooked strands and sauté them with butter, sage and salt - yum!

Store spaghetti squash like any squash - on your counter or ideally at around 15 degrees and it will keep for weeks or months.



Spaghetti Squash with Herbs

Yield: 4 servings From: Emeril Lagasse

- 1 small spaghetti squash (about 2 1/4 pounds)
- 2 1/2 Tablespoons butter
- 2 1/2 Tablespoons finely chopped mixed soft herbs (i.e. basil, chives, chervil, parsley, sage)
- 1/2 teaspoon salt
- 1/8 teaspoon fresh ground black pepper

Preheat your oven to 375°. Cut the squash in half lengthwise and place, cut side down, in a baking dish. Add water to come 1/2 inch up the sides of the dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a fork. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl.

Heat a large skillet over medium high heat. Add the butter, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. Serve immediately or cover and keep warm until ready to serve.

Spaghetti Squash with Hot Italian Sausage and Green Peas

From <http://www.redshallotkitchen.com/2012/07/spaghetti-squash-with-hot-italian.html#>

- 1 medium sized spaghetti squash
- 2 cloves garlic, minced
- 2 hot Italian sausages, casings removed
- 1 cup frozen peas
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh oregano
- 1/2 cup crumbled feta cheese
- salt and pepper to taste
- 2 tablespoon chopped fresh parsley

Cook squash using the method from "Spaghetti squash with herbs" on the left.

Remove the seeds and discard. Scrape the flesh with the fork, separating the strands as you go, and place them in a large bowl. Set aside.

Heat the olive oil in a large skillet over medium high heat. Add garlic and cook until fragrant. Toss the sausage into the skillet, cook and stir until browned. Add frozen peas, continue cooking until the peas are cooked through.

Add spaghetti squash into the skillet, then add feta cheese and chopped oregano. Season with salt and pepper. Mix all the ingredients together. Transfer to plates, sprinkle with chopped parsley, and serve hot.

Collard Greens with Red Onions and Bacon

Found at <http://www.epicurious.com/recipes/food/views/Collard-Greens-with-Red-Onions-and-Bacon-13471>

- 1/4 pound sliced bacon, cut crosswise into fourths
- 1 large red onion, chopped coarse
- 3/4 cup chicken broth
- 3 tbspc cider vinegar
- 1 tablespoon firmly packed dark brown sugar, or to taste
- 1/2 teaspoon dried hot red pepper flakes, or to taste
- 2 pounds collard greens, coarse stems and ribs discarded and leaves and thin stems washed well, drained, and chopped coarse

In a deep heavy kettle cook bacon in 2 batches over moderate heat until crisp and transfer to paper towels to drain. Pour off all but about 3 tablespoons drippings and in drippings remaining in kettle cook onions, stirring occasionally, until browned slightly and softened. Transfer onions with a slotted spoon to a bowl. To kettle add broth, vinegar, brown sugar, red pepper flakes, and about half of bacon, stirring until sugar is dissolved. Add about half of collards, tossing until wilted slightly, and add remaining collards, tossing until combined. Simmer collards, covered, 30 minutes. Stir in onions and simmer, covered, 30 minutes more, or until collards are very tender. Serve collards topped with remaining bacon.