



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 19, October 15, 2012

## This week's share:

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

## Next week's guess:

Beets, celeriac, leeks, delicata squash, kale, potatoes, onions, garlic, greens

## On the farm...

We've come to the second last week of the summer CSA - it's hard to believe that it's almost November already! I've been looking over the harvest sheets from this past season and enjoying going over the diversity of vegetables that have shown up in the shares this year. We've tried some new things and, as always, have had some huge successes (eggplant anyone!?) and some total flops (where was that spring cauliflower anyway?!?)

We thought it might be interesting for you to glance at the makeup of some of this past season's shares so that you can reflect back on the changing of the seasons as well. But also, we want to show you how the value of the shares panned out over the course of the season. As CSA members, you pay a lump sum in the spring for your vegetables which you all know is amazingly helpful to us. But, it's also a great way for you to get the most bang for your buck in terms of buying local, organic produce. That is, in the CSA, you always get more than you pay for.

In our CSA, a regular summer share works out to a value of \$21.75 per week (or \$22.25 in Guelph) but in general, actual shares turn out to be worth quite a bit more than that when valued at farmers market prices.

Here's the breakdown of some of this past season's shares:

### CSA Week 1:

spinach  
lettuce  
radishes  
turnip  
kohlrabi  
chard  
kale  
oregano

Actual Value:  
\$22.25

### CSA Week 10:

chard  
carrots  
beets  
beans  
cucumber  
tomatoes  
eggplant  
garlic  
watermelon  
green onions  
parsley  
cilantro  
flowers

Actual Value: \$32.50

### CSA week 18:

lettuce mix  
collards  
bok choy  
turnip  
broccoli/caul  
beets  
potatoes  
spaghetti squash  
onions  
garlic  
cilantro  
dill

Actual Value: \$34.50

## Parsnip and Apple Soup

1 large potato  
2 parsnips (about 1/2 pound), peeled and chopped fine  
3 shallots, chopped fine (about 1/4 cup)  
1 leek (white and pale green part only), trimmed, halved lengthwise, washed well, and chopped fine or 1 onion, chopped  
2 tablespoons chopped fresh parsley leaves  
1/2 stick (1/4 cup) unsalted butter  
2 to 2 1/2 cups chicken or vegetable broth  
1 cup apple cider or juice  
1/2 cup heavy cream

Peel potato and cut into 1/4-inch dice. In a heavy kettle cook potato, parsnips, shallots, leek and parsley in butter over moderate heat, stirring, until leek is softened, about 12 minutes. Add broth and simmer, covered, 20 minutes, or until vegetables are very soft. In a blender purée mixture in batches and transfer to a large saucepan. Stir in cider or juice, cream, and salt and pepper to taste and cook over moderately high heat, stirring occasionally, until heated through. Keep soup warm.

Make fried parsnip:

In a heavy saucepan heat 1 inch oil to 360°F. on a deep-fat thermometer and fry parsnip strips in batches until golden brown, transferring with a slotted spoon to paper towels to drain. Season fried parsnip with salt.

Serve soup topped with fried parsnip.



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## Parsnips!

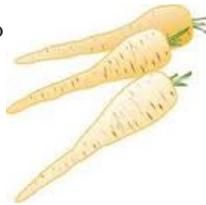
Parsnips are another wonderful fall treat. Growing slowly all summer long, cold fall weather sweetens the flesh of these carrot cousins and makes them absolutely delicious. Parsnips are wonderful simply roasted, they make a great base for soup stock and mash up with potatoes or apples or by themselves to make a wonderful side dish. Some people even bake with them!

Parsnips, like other root crops, store well for many weeks as long as they are kept cold and humid. Keep them in a bag or container in your fridge.

### Sauteed Parsnips and Carrots with Honey and Rosemary

From [www.epicurious.com](http://www.epicurious.com)

2 tablespoons extra-virgin olive oil  
1 pound carrots (about 4 large), peeled, cut into 3x1/4x1/4-inch sticks  
1 pound large parsnips, peeled, halved lengthwise, cored, cut into 3x1/4x1/4-inch sticks  
Coarse kosher salt  
2 tablespoons (1/4 stick) butter  
1 tablespoon chopped fresh rosemary  
1 1/2 tablespoons honey



Heat oil in large skillet over medium-high heat. Add carrots and parsnips. Sprinkle with coarse kosher salt and pepper. Sauté until vegetables are beginning to brown at edges, about 12 minutes. **DO AHEAD:** Can be made 1 day ahead. Cover and chill.

Add butter, rosemary, and honey to vegetables. Toss over medium heat until heated through and vegetables are glazed, about 5 minutes. Season to taste with more salt and pepper, if desired.

### Roasted Winter Squash and Parsnips with Maple Syrup Glaze and Almonds

From [www.epicurious.com](http://www.epicurious.com)

4 cups 1/2-inch cubes peeled butternut squash (about 1 1/2 pounds)  
2 cups 1/4- to 1/3-inch cubes peeled parsnips (about 12 ounces)  
5 tablespoons butter  
1/2 cup pure maple syrup  
2 garlic cloves, minced  
1 1/2 tablespoons chopped fresh rosemary  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
3/4 cup coarsely chopped almonds (about 3 1/2 ounces)

Butter 11x7x2-inch glass baking dish. Combine butternut squash and parsnips in large bowl. Melt butter in small saucepan over medium heat. Whisk in next 5 ingredients. Add to squash mixture and toss to coat. Transfer mixture to prepared baking dish. **DO AHEAD:** Can be made 1 day ahead. Cover and chill. Bring to room temperature before continuing.

Preheat oven to 375°F. Cover squash mixture with foil. Bake covered 40 minutes. Uncover; bake until all vegetables are tender, about 20 minutes longer. Sprinkle with almonds and bake 10 minutes.

## Fried Rice with Savoy Cabbage

1/2 savoy cabbage, chopped  
1 onion, chopped  
3 cloves garlic, minced  
1 tbsp fresh ginger, minced  
2-3 tbsp soy sauce  
2 tbsp sesame oil or other cooking oil  
1 tbsp rice vinegar  
1 1/2 cups white or brown rice.  
1 cup, chopped cooked chicken (optional) or  
2 eggs, lightly beaten (optional)

Cook rice according to directions until cooked but al dente.

Heat oil in a wok or large saucepan until very hot but not smoking. Add cabbage, onion, garlic and ginger to wok and sauté over high heat, stirring often. After about 5 minutes, add 1 tbsp of soy sauce and the rice vinegar. Continue frying until the cabbage is very tender, adding the chopped chicken near the end of the cabbage cooking time.

Add rice and 1 more tablespoon soy sauce to the wok. Sauté, stirring constantly until rice is mixed evenly with vegetable. Taste and add more soy sauce as desired.

Egg option: Instead of chicken, add 2 beaten eggs to wok simultaneously with the rice. Fry until egg is cooked and mixed evenly into rice. Taste and adjust seasoning as desired.

## Coming next week...

Many of you have told us how nice it is to be introduced to new vegetables through the CSA and have come to love things that were completely unknown to you before. And we love sharing the incredible diversity of crops that can be grown here in Ontario. So, in an effort to get you ready for things to come, I thought a little advance information might come in handy...and will get you excited for next week's share!



So, coming up next week is...

### **celeriac!**

Also known as celery root, celeriac is a lovely, mild tasting root vegetable that has an earthy, celery flavour. It makes a great salad in the colder months, grated with apple, carrot, and parsley and topped with a lemony vinaigrette.

It is also adds flavour to soups or stews and can be roasted or puréed to make an elegant side dish. The root is knobby and sort of strange in appearance but the flesh inside is white and dense. Celeriac expands the winter vegetable repertoire and makes for delicious fare in the cold months!