



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 20, October 22, 2012

This week's share:

Lettuce or spinach, beets, leeks, celeriac, Delicata squash, onions, garlic, collards, greens

See you in the spring!

On the farm...

Well, this is it - the last week of the summer CSA. And what a summer it was! From the vantage point of this super soggy fall, it's hard to remember the two or more months that we had with no rain at all. It was a summer with record low levels of rain fall and probably the first time in our CSA farming career where we actually thought that our harvests would suffer. But, looking back over our harvest sheets from the season, we were amazingly lucky. Despite the lack of rain, we still brought in loads of food from the fields and what was in your shares each week didn't stray very far from what we had anticipated. Amazing. Our irrigation pond and a dose of rain just when we desperately needed it in August really pulled the garden through.

And now, we just have our big winter harvests to look forward to. Most of the garden is cover cropped, next summer's plot is plowed and the field work is winding down.

So here's when I get to acknowledge the hard work and spirit of all the good folks that we had working with us on the farm this year. All those abundant harvests could not have happened without the hours of work put into the garden by our great team - Katie, Lisa and Sean. These hard working folks plowed, cultivated, planted, seeded, hoed, wheelhoed, in-row cultivated, trellised, row-covered, harvested, washed, packed and delivered all of the delicious food that you ate this summer. They woke early in the morning in whatever weather to work in the garden with us and their energy and dedication is what produced all of our amazing food. Here is a great big thank you to all of them!

We really hope that you enjoyed your CSA shares this summer. As always, we loved being able to grow food for you. For those of you in the winter CSA, we look forward to bringing you more great food in the next few months. And for everyone else, we hope you have a great winter and we'll see you again in the spring! (P.S. We'll contact all of you in February to register for next spring. If you're a current member, you get first dibs on signing up for next summer's CSA!).



Sean cleaning onions

Lisa setting our garlic to cure.



Katie and Jeff processing bok choy

Celery Root Remoulade

(Serves 2)

Celeriac, or celery root is a lovely root vegetable with a mild celery flavour. It is a wonderful addition to soups or stews and can be made into a fresh tasting grated salad such as this classic French dish.

- 3/4 pound celery root
- 1/4 teaspoon salt
- 1 1/2 tablespoons fresh lemon juice
- 3 tablespoons mayonnaise
- 1 1/2 teaspoons sweet pickle relish or finely minced sweet pickle
- 1 teaspoon capers, rinsed and drained, chopped
- 1 teaspoon Dijon mustard
- 1/8 teaspoon coarsely ground black pepper
- Garnish: minced fresh parsley or julienned green apple

Trim, peel and halve lengthwise the celery root. Cut each half lengthwise into 2 or more pieces, whatever will fit into the feed tube of your food processor. With shredding disk in place, coarsely shred the celery root. or hand shred with a box grater. In 1-quart bowl, toss the shredded celery root with salt and 1 tablespoon of the lemon juice. Cover and set aside to soften for 30 to 60 minutes.

In small bowl, stir together remaining ingredients. Stir the dressing into the celery root and mix well. Taste and adjust the seasoning. Cover and refrigerate for 2 hours or up to 2 days.



Contact Us:

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

Celeriac and Ginger Soup

From <http://www.dominicancooking.com>

Yield: 6 servings

2 lb celeriac, peeled and cubed
1/2 cup of ginger, peeled and sliced
1 large carrot, peeled and diced
1 large onion, cubed
3 sprigs of fresh thyme or 1/2 teaspoon of dry leaves
3 tablespoons of olive oil
6 cups of vegetable stock or 2 vegetable bouillon cubes dissolved in 6 cups of water
Salt
Pepper

Heat the oil in a large pan over low heat.
Add ginger and cook and stir for a minute.
Add onion and thyme and cook and stir until onions becomes transparent.
Add carrot and celeriac, cook over low heat for 5 minutes, stir often to prevent them from burning or sticking to the pan.
Add vegetable stock, cook over low heat until the vegetables are tender.
Remove from the heat and let it cool to room temperature.
Remove the thyme sprigs and blend to desired smoothness (I prefer it not too "creamy").
Reheat in a deep pot, adding more water if necessary.
Season with salt and pepper to taste.

Celery Root, Potato, and Leek Home Fries

From www.marthastewart.com

3 medium leeks (about 1 1/2 pounds), white and light-green parts only, cut into 1/4-inch-thick rounds
2 tablespoons olive oil
2 medium potatoes (about 12 ounces), peeled and cut into matchsticks (1 inch long by 1/4 inch wide)
1 celery root (about 1 pound), peeled and cut into matchsticks (1 inch long by 1/4 inch wide)
1 tablespoon chopped fresh rosemary
2 teaspoons fresh thyme leaves
Salt and freshly ground pepper, to taste



Place sliced leeks in a large bowl of cold water. Let stand for 5 to 10 minutes to rid them of dirt and sand. Lift out of water with a slotted spoon and drain.

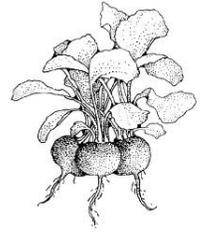
In a large nonstick skillet, heat olive oil over medium-high heat. Add leeks and other remaining ingredients and cook, turning the vegetables frequently, until browned, about 15 minutes.

Reduce heat to medium and continue to cook until vegetables are tender, about 10 minutes. Adjust seasonings; serve immediately.

Roasted Beet Risotto

Makes 6 servings

10 Small beets, roasted (approx. 1.5 cups small dice)
Olive oil
1 small Onion, finely diced
3 Garlic cloves, minced
4-5 sprigs of Thyme
2 cups Arborio rice
1/2 cup Red wine
7 cups chicken stock or veggie stock
1/2 cup Parmesan cheese, grated
Salt and Pepper (for seasoning)



1. Preheat oven to 400F. Peel beets and slice into 1/2 inch slices. Place slices on a baking sheet and drizzle with olive oil, making sure beets are coated on both sides. Place in oven and bake for 15 minutes.
2. After 15 minutes, flip beets over and let roast for another 15 minutes. Remove from oven and let cool. When cool to the touch, chop beets into small dice. Set aside.
3. Place a large saucepan/pot to medium heat and add 1-2 tablespoons of olive oil. Add onion and saute until translucent.
4. Add garlic and thyme sprigs and saute until fragrant.
5. Add the arborio rice and stir until all the grains are coated.
6. Add the red wine and stir until wine is absorbed into the rice.
7. Add chicken stock, 1/2 cup at a time and consistently stir until rice has absorbed each batch of liquid. Towards the 7th cup of liquid, the rice will start to get a little creamy as it releases its starches. Depending on how you like your risotto, you can add a little bit less liquid. Just have a taste and see what tickles your fancy.
8. When all liquid has been absorbed, turn off the heat, and
9. Add grated parmesan cheese and diced beets and stir through until thoroughly combined.
9. Season as you wish with salt and pepper, and serve!

Collard Chips

A crispy, healthy twist on an old Southern favorite.

2-4 collard leaves
1 tsp. olive oil
pinch salt

Preheat oven to 350 degrees. Line large baking sheet with parchment paper.

Prepare collard leaves by washing, patting dry, and removing leaves from stem (cut stem from the middle of the leaf all the way to the top). Tear leaves with hands into 3-4 inch pieces.

Lay in a single layer on parchment paper. If needed, use two baking sheets to prevent overlapping.

Bake for 7 minutes, then flip leaves. Bake for 5 minutes more, then check leaves. Remove any that are crispy, return any that are limp to the oven. Be careful not to overcook or they will turn brown and bitter.

Sprinkle collard chips with salt or other preferred seasonings. Serve immediately.