



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 9, August 6, 2012

## On the farm...

With the limited amount of space I have to write this week, I thought I would briefly mention the side project that we've got going on at the farm this season. This is the first season that we have put effort towards building the other enterprise that we hope to have - a grain CSA. A few years ago, Jeff and I worked on a farm in Northern California where they grew grains, dried legumes, seeds and other crops for monthly CSA drop-offs of flour, whole grains, legumes and seeds. We loved it - it was great to grow these crops and great to have them home-grown to eat. Like vegetables, grains, beans and seeds that are fresh (not sitting around in storage for months or even years) are far more delicious and nutritious. So, we are teaming up with our friend and neighbour Ahren Hughes to start growing grain (just trialing it for now) to hopefully be able to offer grain shares to all of you. We will likely offer a small amount of "trial shares" this winter to folks who want to be our, well, our guinea pigs! We'll tell you more about it as the season goes on and we bring in the crops and test out our equipment. On the right is a handful of our first ever harvested grain crops - harvested with our 1940's Allis Chalmers combine!



## Winter CSA!



A walk around the garden where we spied winter squash ripening, carrots germinating (okay, they're a bit late, but they're coming!) and beet leaves bursting reminds us that it's time to register for the WINTER CSA!



For those who might be unfamiliar with our winter share program, it is a 20 week program encompassing 10 bi-weekly pickups from early November to beginning of March. Winter shares are made up of farm-grown storage crops and fresh greens from our passive solar greenhouses. You can expect lots of crisp, flavourful root veggies (carrots, beets, potatoes, turnips, rutabaga, radishes, celeriac), cabbage and Napa cabbage, cauliflower, squash, onions, garlic as well as spinach, kale and other greens.

To sign up, bring a cheque to your summer CSA pickup and we'll do the rest! Shares sizes/prices are as follows:

Pickup Location	Regular Share	Large Share
Hanover/Paisley	\$300	\$425
Guelph	\$310	\$435

## This week's share:

Lettuce, tomatoes, red and sweet onions, cucumber, eggplant, green onions, watermelon, hot peppers, garlic, basil

## Next week's guess:

Lettuce, tomatoes, beets, carrots, onions, beans, cucumber, chard, hot peppers, garlic, herbs

## Grilled Pizza with Caramelized Onions and Cheddar

### Crust:

1 cup warm water  
1 tbsp granulated sugar  
1 tbsp dry yeast  
3 cups all purpose flour (or half whole wheat)  
1 tsp salt  
2 tbsp extra-virgin olive oil

### Topping:

2 tbsp extra-virgin olive oil  
3 large onions, thinly sliced  
1 tbsp brown sugar  
1 tbsp balsamic vinegar  
12 oz. (smoked) Cheddar cheese, grated  
2 tbsp chopped fresh basil

For crust: combine warm water and sugar in a large bowl. Sprinkle with yeast. Let stand for 10 minutes until yeast bubbles.

Stir in about 1 1/2 cups flour, salt and 1 tbsp oil. Continue to add flour until dough is still very soft but does not stick to hands too badly. Knead dough for 5 to 8 minutes or until smooth. Form into a ball and place in a large bowl with 1 tbsp oil. Roll dough in oil - cover and let rise for 1 to 1 1/2 hours or until it doubles in volume. Punch down dough and divide into 8 pieces. Roll or stretch out thinly. Brush both sides with oil. Grill crusts for 1 minute per side. Place grilled crusts in a single layer on baking sheets. Meanwhile, heat oil in a large skillet over medium heat. Add onions and cook gently for a few minutes until lightly browned. Add sugar and balsamic and cook for about 20 minutes or until well browned. Cool.



Top pizza with onions, cheese and basil. Bake in a preheated 400° oven for 10 to 12 minutes or until cheese bubbles.

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## Tomatoes!



Ah yes, tomato time is here again! In Ontario, tomato time is truly precious as fresh, vine-ripened tomatoes are only around for a few months and everyone knows that nothing the grocery store offers can rival the flavour and deliciousness of a freshly picked tomato. I'm sure many of you take advantage of the

tomato abundance of this time of year and put up tomatoes for the winter. But if you don't already, I highly encourage you to do so. We should have an abundance of tomatoes for the next few weeks so if you are looking for extra tomatoes to can - send us an email and we can probably get what you need.

Tomatoes can be canned whole, chopped or puréed. You can preserve their juice or make salsa, chili sauce and ketchup. You can also roast tomatoes, peel off the skin and can or freeze them for some remarkably tasty tomato action in the winter. I can't fit all of the many great recipes for preserving tomatoes here but I urge you to find some and put up some yummy tomatoes for the winter. Canned tomatoes from the store just can't beat the flavour of home-canned tomatoes. Send us an email here at the farm if you're looking for some tips. Meanwhile, try out the recipe below...

### Slow Roasted Tomatoes

Any kind of tomato

Olive oil

salt

Chopped fresh basil, minced garlic, optional

Slice tomatoes in half vertically. Remove core but cut out as little tomato as possible. Place cut tomatoes in a large bowl. Glug on some olive oil - enough to coat tomatoes but not too oily. Add a bit of salt and, if you like, some minced garlic and/or chopped fresh basil. Toss to coat tomatoes. Place halved tomatoes cut side down on a baking sheet in a single layer. Place in a 250°F oven for 3 hours or so. You can also quick roast them for about an hour at 400 degrees.

When tomatoes are browned and fragrant, remove from oven. Let cool then easily pull off skins (munch on some of these, they're yummy!). Place tomatoes and juice in freezer bags and freeze or fill canning jars and process according to appropriate canning directions. Your winters will be yummier for it!

### *Meanwhile...freeze some basil pesto while you're at it...*

You can use any pesto recipe and freeze it for the winter. Or, you can purée basil with enough oil to make a thick purée add a bit of salt and freeze that simple combo. This allows you to use your basil for many recipes or you can doctor it up in the winter for a yummy pesto with all the fixins - cheese, lemon, garlic - yum!



## Sweet Chili Tomato Soup

From "Friday Night Dinners" by Bonnie Stern

- 2 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 1 tbsp fresh ginger, finely chopped
- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- 2 lbs tomatoes, chopped
- 2 cups chicken (or veggie) stock
- 2 tbsp honey
- 2 tbsp lemon juice
- 2 tbsp sweet Thai chili sauce
- 1/2 hot pepper, minced
- salt to taste



Heat oil in a large saucepan. Add onion, garlic, and ginger. Cook gently for 5 minutes. Add cumin and cinnamon. Cook for 1 minute.

Add tomatoes, stock and bring to a boil. Reduce heat and simmer gently for 20 minutes. Purée soup and return to heat. Add honey, lemon juice, sweet chili sauce, hot pepper and salt. Cook for 5 minutes.

Let sit for 10 minutes off heat. Serve - garnish with a dollop of yogurt and chopped cilantro or basil.

### Eggplant Rolls with Spicy Tomato Sauce

- 1 garlic clove, minced
- 1/4 teaspoon dried hot red pepper flakes
- 7 tablespoons olive oil
- 2 lbs tomatoes, chopped
- 1/2 teaspoon sugar
- 1 teaspoon salt
- 1 (1 1/4-lb) eggplant
- 12 1/2 oz ricotta (preferably fresh; 1 1/2 cups)
- 1 1/2 oz finely grated Parmigiano-Reggiano (1/2 cup)
- 3 tablespoons finely chopped fresh basil
- 1/4 teaspoon black pepper

#### Make sauce:

Cook garlic and red pepper flakes in 1 tablespoon oil in a 2-quart heavy saucepan over moderate heat, stirring, until garlic is golden, about 30 seconds. Add tomatoes, sugar, and 1/2 teaspoon salt and simmer, uncovered, stirring occasionally, until slightly thickened, 15 to 20 minutes.

#### Grill eggplant while sauce cooks:

Heat grill pan over high heat until hot.

Peel 2-inch-wide strips of skin from opposite sides of eggplant and discard. Holding a knife parallel to a peeled side, cut eggplant lengthwise into 8 (1/3-inch-thick) slices. Brush both sides of slices with 3 tablespoons oil (total), then season with salt and pepper.

Grill slices in batches, turning over once and brushing grilled sides with some of remaining oil, until golden brown and tender, about 4 minutes, then transfer to a tray.

#### Assemble eggplant rolls:

Stir together cheeses, 2 tablespoons basil, pepper, and remaining salt. Divide cheese mixture among slices (3 to 4 tablespoons per slice), leaving an 1/8-inch border along edge. Roll up each slice, beginning with a short end, and serve rolls topped with sauce and sprinkled with remaining basil.