

This week's share:

Potatoes, carrots, onions, garlic, parsnip, winter squash, kohlrabi, kale, spinach, thyme



Next week's guess...

Potatoes, carrots, onions, garlic, winter squash, Chinese cabbage, beets, leeks, collards, herbs

Parsnip Mash with Browned Butter and Caramelized Onions

2-3 medium parsnip
2 medium onions
1 tbsp balsamic vinegar
3 tbsp heavy cream or milk
2 tbsp butter
2 tbsp olive oil
2 sprigs fresh thyme or 2 tbsp fresh parsley or sage
salt and pepper to taste

Peel and roughly chop parsnips. Steam until quite tender, about 20 minutes. Drain and keep covered.

While parsnips steam, prepare onions by cutting in half lengthwise and then slicing into thin half-moon slices.

Heat olive oil in a skillet until hot then add onions. Sauté for 10 minutes, then add vinegar. Cook over low heat until browned and caramelized, about 20-25 minutes.

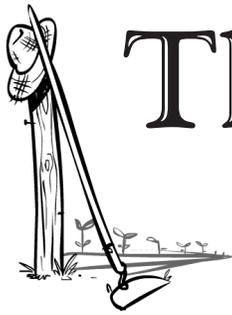
When onions are nearly done, place butter in a small saucepan. Melt then cook over low heat until browned, about 5-7 minutes.

Place parsnips, cream and browned butter in a medium bowl and mash well with a potato masher or ricer. Add onions and thyme leaves and mix to incorporate. Season with salt and pepper. Serve hot

Serves 3-4 as a side dish

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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 1, Nov 1 & 2, 2011

On the farm...

Welcome to the winter CSA! Okay, I know most of you just saw us last week picking up your last summer CSA share. But the winter shares are quite different for us here at the farm. We will no longer be harvesting two or three days a week to fill your shares, but rather going to our various storage locations and pulling crops from large wooden bins or out of burlap bags. We've mostly finished harvesting the crops that will make up your winter shares this year and we've already begun dreaming of the warm meals and hearty fare that we will create through the winter months. It's quite amazing, when you think about it, how many vegetables there are that grow in our climate that will hold in storage for the entire length of the winter. It's almost like we were meant to eat these vegetables! Winter storage crops grown here at the farm are undoubtedly more nutritious than the imported produce you will find at the grocery store in the winter months. Bred largely for their ability to endure long journeys on a truck, grocery store produce is invariably less tasty and I believe less nutritious than the crops we grow here at the farm, which we choose for flavour rather than durability.

Your winter shares are designed to be a two-week share. That is, you are receiving larger amounts of most of the veggies with the intention that they should last you the two week period between pickups. Root veggies such as potatoes, carrots, beets and rutabaga should be stored in your fridge in a plastic bag or container. Onions and garlic like it cold and dry so a cool, preferably dark place will do but can be put in your crisper in a pinch. Squash prefers it a bit warmer and can sit on your counter for quite awhile - it does not need to go in the fridge.

In the hopes of making the winter share suit everyone's diverse eating habits, we are hoping to make most items tradeable this winter. This will allow you to swap whole or partial amounts of items for something else. That way, you won't be swimming in taters if you're not a potato lover or carrots or onions if they aren't your most-used item. Don't worry, we'll be there to make sure you know what's going on!

Besides the recipes here in the newsletter, there are tons of great recipes online for all of these yummy winter veggies. Check out two of my favourites if you're looking for something new:

www.foodgawker.com

www.epicurious.com

Happy cooking!

Check out the cabbage being brought out of the field in a big storage bin!



Parsnip



Though they had some trouble starting out, this year's crop of parsnips turned out great - they are a good size and have a lovely texture and sweetness. A relative of the carrot, parsnips are sweeter and more aromatic than their orange cousin. I read a description of cooked parsnips as tasting of butterscotch, honey, and cardamom! They are absolutely wonderful roasted and are a great addition to soups, gratins or mashes. Parsnips can also be added to a fresh grated salad or made into lovely fries or chips! Like other root veggies, parsnips prefer a very cold, humid environment, like in a sealed container in your fridge. Try using them instead of potatoes in a mash and adding other veggies like carrot, onion or kale. Yum!

Winter Kohlrabi

When we gave these giant kohlrabi in our summer shares a few weeks ago, I heard quite a few gasps and exclamations over their incredible size! And indeed, they are quite impressive. But don't be intimidated by their size, these kohlrabi are amazingly sweet and crunchy. I made a spinach dip a few weeks ago for a party and served it with cut up veggies and the kohlrabi was the first to go! It is great cut up in sticks to put in a lunchbox and it makes a really great fresh winter salad. Cut off chunks of the big guys and keep it covered in your fridge and it will last for weeks!



Roasted Delicata Squash

Serves 2-4 as a side dish

2-4 delicata squash, depending on size (~1.5 lbs)
2 tbsp olive oil
salt to taste

Preheat oven to 425 degrees.

Clean squash by running under warm water and scrubbing away dirt with your hands. If there are any hard spots on the squash, you can scrape them off with a butter knife.

With a sharp knife, cut delicata in half lengthwise. With a spoon scoop out the seeds and discard (you can save these and prepare them like pumpkin seeds if you wish). Cut each delicata half into 1/2 inch segments, creating moon-shaped pieces that have slight bumps around the curve.

Arrange the pieces in a single layer in a metal baking pan and coat in 2 tbsp olive oil. Too much oil can make the squash soggy. Salt gently. It's okay if the pieces are a little crowded, but try to maximize the surface area of the squash touching the pan. The browning only occurs where the squash and pan meet.

Place in oven and roast 10 minutes. Using a spatula turn the squash in the pan so that the light sides are now touching the pan and the brown sides are facing upward.

Continue roasting, turning every 7-10 minutes until both sides of the squash pieces are golden brown and the texture is creamy to the teeth all the way through, about 25-30 minutes. Adjust salt.

Sautéed Kale with Kohlrabi

1/2 a large kohlrabi, peeled
1/4 tsp teaspoon grated lime zest
1 tablespoon fresh lime juice
4 tbsp extra-virgin olive oil, divided
1 bunch kale, stems and center ribs discarded
2 garlic cloves, finely chopped
3 tbsp cup salted roasted pistachios, chopped



Slice kohlrabi very thinly with a knife or mandoline.

Whisk together lime zest and juice, 2 tablespoons oil, and 1/4 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing.

Finely chop kale. Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté garlic until pale golden, about 30 seconds. Add kale by the handful, turning and stirring with tongs and adding more kale as volume in skillet reduces. When all of kale is wilted, sauté with 1/4 teaspoon salt until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature. Toss kale with kohlrabi and pistachios.

Serves 4

Sautéed Carrots and Parsnips with Honey and Thyme

Makes 8 servings

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
Salt
2 tablespoons (1/4 stick) butter
1 tablespoon chopped fresh thyme or rosemary
1 1/2 tablespoons honey

Heat oil in large skillet over medium-high heat. Add carrots and parsnips. Sprinkle with salt and pepper. Sauté until vegetables are beginning to brown at edges, about 12 minutes.

Add butter, thyme or 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

Winter Share Times One More Time!

Hanover: Every other Wednesday, 4:30-6:30pm at the Hanover Mennonite Church

Paisley: Every other Tuesday, 4:00-5:30pm at Back Eddie's Cafe

Guelph: Every other Tuesday, 6-7pm at 25 Clinton Rd.