

## This week's share:

Spinach, potatoes, carrots, onions, winter squash, pie pumpkin, leeks, kale, garlic



## Next week's guess...

Potatoes, carrots, onions, cabbage, beets, squash, kale, garlic

## Spicy Pumpkin Soup

1 small pumpkin, peeled and cubed  
1 medium onion or leek, diced  
2 medium carrots, chopped  
1 large potato, chopped  
2 garlic cloves  
3 tablespoon olive oil  
1 cup milk or coconut milk  
4 ½ cups water  
1 teaspoon mustard seed  
1 teaspoon coriander seed  
½ teaspoon grated nutmeg  
Freshly ground black pepper  
Sea salt

Sauté garlic and onions with olive oil in a large saucepan placed on medium heat for 3-4 minutes. Add carrots, potatoes and chopped pumpkin and stir with onion and garlic.

Pour 4 ½ cups of water and close the lid of the saucepan tightly. Cook until all the ingredients are tender.

In a small saucepan add the mustard and coriander seeds and close its lid.

On a slow heat, frequently shake the saucepan without opening the lid. You will hear the sound of mustard seeds popping. When the last one has popped turn off the heat and crush or grind the seed mixture. Sift the spice mixture through a strainer to make sure that husks are eliminated.

Add 1 ½ teaspoons of sifted spice mixture, ½ teaspoon of grated nutmeg, freshly ground black pepper and sea salt (according to your taste) to tendered vegetables.

Pour in a cup of milk and mix all of the ingredients by using a hand blender or a food processor. Pour in bowls and serve with a dollop of yogurt on top.

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# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 2, November 17, 2010

## On the farm...

Into the 3rd week of November already and things on the farm are significantly slowed down. Over the winter months we spend lots of time reviewing the last season and talking about changes, ideas and dreams for the season to come. But the slower pace of the farm also gives us the opportunity to engage in with our other interests and activities that are mostly put on hold during the peak of vegetable growing.

One of the most exciting initiatives that we have begun to be involved with over the last little while is called the Transition Town movement and it's one that anybody can be involved with and addresses issues pertinent to all of us. The focus of the Transition Town movement is to create a positive and proactive response to the issue of climate change and peak oil. These are extremely daunting issues that most people probably find totally overwhelming - our climate is changing and our oil supply might run out?!?! And our politicians seem to want to sweep these issues under the carpet and pretend they are not happening.

This is why Transition Towns are so great. The idea is that communities have the ability to *transition* away from our dependence on fossil fuels and create new systems on the basis of creative, local initiative. Communities form their own groups and can tackle local issues that help wean themselves off of fossil fuel dependence.

So are Transition Town and what they do? These are communities (or at this point, groups of people in communities) all around the world working to create cool, local projects to address climate change and peak oil. We've got one starting here in Neustadt and Durham and there's one in Guelph too. They can do any number of things, including something all of you are already doing - supporting local, organic agriculture.

They can create rideshare programs to get people using their cars less (like the one here in Grey County started by the LocalMotive Project - check it out <http://localmotiveproject.com>). They can link people who know how to build or create low-cost alternatives to fuel use - like solar water heaters - with those of us who want them. In essence, they can do whatever our collective imaginations can come up with! And get us involved in our communities in fun and productive ways too.

As the farm grows, I hope to be able to come up with and involve you all in fun projects that will get us all empowered to make change - let us know what your ideas are too and join your local Transition Town group!

## Pasta with Caramelized Leeks

(serves 2, easily doubles)

About a half pound dried pasta (this would also be really good over cheese ravioli)

2 medium leeks (or one super huge one!)

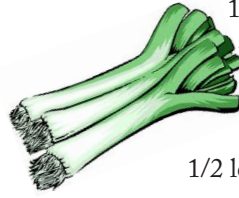
2 Tbs. butter or olive oil

about 1/3 cup of white wine, or reserved pasta

water if you have no wine

salt and pepper to taste

chopped parsley for garnish, if desired



Optional additions: ½ cup parmesan or goat cheese, toasted pine nuts or almonds, sautéed mushrooms, sautéed Italian sausage or pieces of chicken.

Remove the dark green tops, and the root from the bottom and then wash the leeks. Heat the butter or oil in a large frying pan over medium, add the leeks and stir to coat. Sprinkle with a little dash of salt. Turn the heat to low and cook for 20-30 minutes until they're all brown and caramelized. In the meantime bring a pot of water to boil for the pasta and prep whatever else you decide to add (I personally really recommend some sautéed mushrooms and a sprinkling of parmesan). Cook the pasta until al dente and drain (reserve some pasta water if you're going to use it). Add the leeks and protein accompaniment to the pasta. Then, pour your wine or pasta water into the pan that you cooked the leeks in, turn up the heat to medium-high, and cook for a couple of minutes, scraping the browned bits from the bottom of the pan into the liquid. Pour this over the pasta and leeks and toss everything together. Season to taste with salt and pepper and serve.

## Chickpeas with Leeks and Lemon

Ingredients

1/4 cup extra-virgin olive oil

1 large garlic clove, crushed slightly but whole

1 6-inch branch fresh rosemary, broken in two

3 leeks, cleaned, trimmed and with the white and light green parts sliced in 1/4-inch rounds

kosher salt

2 cups cooked chickpeas (garbanzo beans)

1/2 lemon

In a large skillet, heat the olive oil, garlic and rosemary over medium heat. Once the garlic turns fragrant and the rosemary begins to sizzle, remove the rosemary but reserve for later.

Add the leeks to the pan, along with a good pinch of salt. Cook, stirring often, until the leeks are soft and sweet but still brightly green, around 5 minutes. Tip in the chickpeas, and continue to cook for a 5 minutes more, at which point the chickpeas should have darkened slightly in colour.

Using a microplane or zester, add a few scrapes of lemon zest to the pan, along with a squeeze of lemon juice. Stir gently to combine. Check for seasoning, adding more juice, zest or salt as needed. Return the reserved rosemary sprigs to the pan, and enjoy warm or at room temperature.

## Macaroni and Cheese with Greens and Squash

1/2 medium squash, peeled and cubed

6 cups washed, chopped kale or spinach

2 Tbsp butter

1 Tbsp olive oil

Salt and pepper to taste

*For sauce:*

2 Tbsp butter

3 Tbsp all-purpose flour

2 cups milk and 1/4 tsp salt

1 tsp prepared or dry mustard

salt and pepper to taste

1 cup grated cheddar, Swiss or Parmigiano cheese or a mixture

1/2 lb dry pasta, such as elbow macaroni, rigatoni or penne

For the sauce: In a small sauce pan, bring milk to a boil, then set aside. In another saucepan, melt butter over low heat. Blend in flour and cook slowly, stirring, until the butter and flour froth together for 2 minutes without browning. Remove pan from heat, and when butter has stopped bubbling, pour in hot milk and beat vigorously with a whisk to blend. Set saucepan over moderately high heat and stir until sauce comes to a boil. Boil for 1 minute, stirring. Remove from heat and add salt, pepper, mustard and cheese. Stir until combined and set aside.

In a large pot, boil water and cook pasta until tender but not mushy.

In a medium skillet, heat butter and oil, over medium heat then add squash and 1/4 cup of water or stock. Cover and cook for 5 minutes. Add greens, salt and pepper to taste then cover and cook, stirring occasionally until squash is tender, about 12 minutes.

Combine cheese sauce and squash mixture with cooked pasta and serve! You may also top with bread crumbs and grated cheese and bake for 20 minutes for a crispy-topped casserole!



## A word from our friendly egg farmer...

*We are still selling eggs every week in both Hanover and Guelph. Green Being Farm's lovely hens are laying tons and we hope to keep providing their amazing eggs, well, forever! Soooo....you need to buy 'em!! Here's what she has to say...*

Though you now pick up your share only half as often, the hens are still laying just as many eggs! Our eggs are so very fresh that you needn't worry about buying 2 dozen at a time. They will easily keep that long, and longer. In fact, we have customers from Toronto who buy 5-6 dozen at a time!

Over the next couple weeks we will be re-evaluating how many eggs we are selling, and will be downsizing our flock accordingly. So if you still plan on eating a dozen a week over the winter, make sure to stock up at the CSA pickups!

