

This week's share:

Potatoes, carrots, onions, garlic, spaghetti squash, cabbage, collards, leeks, watermelon radish, herbs



Next week's guess...

Potatoes, carrots, onions, garlic, leeks, beets, Chinese cabbage, squash, kale, dry beans, herbs

Cabbage, Radish and Root Veggie Slaw

Winter coleslaws are a great, versatile way to make a fresh salad all winter long. You can use whatever root and winter green veggies you have on hand and alternate dressings from a vinaigrette to a creamy mayo dressing to an Asian inspired dressing with sesame oil, soy sauce and honey.

Here's one variation that is beautiful and bright:

1/2 purple, green or Chinese cabbage
1-2 watermelon radishes (and/or 1/2 a kohlrabi)
1 carrot, grated
1 small red onion, diced
1/2 cup raisins or 1/2 cup diced apple (optional)
salt and pepper to taste

Slice cabbage and watermelon very very thinly and place in a bowl with grated carrot and diced onion. Dress with either of the following dressings, salt and pepper, and let sit for at least 10 minutes to let the veggies soften.

Sesame vinaigrette: 1/4 cup rice wine vinegar, 2 tsp sugar or honey, 1 tbsp minced fresh ginger, 2 tsp toasted sesame oil, 1 tsp soy sauce.

Creamy yogurt dressing: 1/3 cup plain yogurt, 2 tbsp mayonnaise, 1 tbsp rice or white wine vinegar, 1 tsp honey, 1 tsp fresh lemon juice, herb of your choice



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 2 of 10, November 15/16, 2011

On the farm...

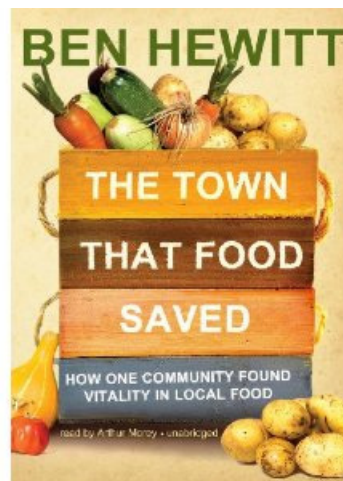
This past Monday, Jeff and I and others in our nearby community of farmers took part in a workshop entitled "Sketching a Plan for a Sustainable Food System." It was a fairly interesting discussion where we brainstormed how we can transform the current model of food production, processing and distribution in our county to make it sustainable and adaptable into the future. It became very evident, throughout this discussion, of just how complex a task this is considering how broken down our local food system is and how unbelievably dependent we have made ourselves on external resources and systems. As Southwestern Ontarians, we are actually incredibly lucky to be living on some of the best agricultural land in Canada but incredibly unlucky that we are not making use of it to support ourselves. But, many of us would like to transform our food system (and rural communities) and there are some great discussions being had on how to do so.

So, here I point you to some interesting reading which I urge you to do because, as CSA members, you have already made an important step towards transforming the food system. With even more understanding of the situation, you can continue to do more and contribute to an innovative and viable food future.

So, I encourage you to read our friend and neighbour Nathan Carey's article "The Revitalization of Rural Economies" on The Automatic Earth website:

<http://theautomaticearth.blogspot.com/2011/11/november-12-2011-bail-out-or-revitalize.html>

Nathan does an excellent job of describing what has happened to rural economies and has some great ideas about what to do about it. He also suggests a great book to read profiling the town of Hardwick, Vermont where a number of agriculture-based businesses and their offshoots are helping to revitalize a small town whose economy has been in decline since the collapse of its main supporting industry - a common experience of many rural communities. Check out the book "*The Town that Food Saved: How One Community Found Vitality in Local Food*" by Ben Hewitt. Some good winter reading and thinking!



Watermelon Radishes



We discovered watermelon radishes a few years ago while working for another veggie grower who took them to the farmers market, cut one in half and let them sell themselves on the basis of their strikingly beautiful coloration. Greenish on the outside with a shockingly vibrant magenta interior, these radishes are indeed beautiful. I was just reading a food blog that told me that in Chinese these radishes are named *xinlimei* which means “beautiful on the inside” or “beautiful in the heart” which is an incredibly apt name. But, you don’t have to love them just for their beauty because they are also absolutely delicious. Sweet and crunchy they are somewhere between a radish and turnip in flavour. I chop them into many a salad and sometimes just crunch them down like an apple. Yum!

Collards



Those of you switching over from the summer CSA will have already read my two cents about collards. These hearty winter greens are so yummy in everything from a fresh slaw to a hearty soup to a simple sauté with apple or smoky bacon. But, if you feel like you can’t use them up right away, collards (like kale) can be frozen and used later in soups or other dishes. Just blanch quickly in boiling water for 1-2 minutes, then remove and place in very cold water to cool. Then squeeze out excess moisture, chop and freeze!

Collard Potato Salad with Mustard Dressing

Make this recipe vegetarian by omitting the bacon and adding some sautéed apple!

- 2 pounds potatoes, scrubbed
- 1 pound collards, coarse stems discarded and the leaves washed well and cut into 1-inch pieces
- 2 tablespoons Dijon-style mustard
- 2 tablespoons red-wine vinegar
- 1/3 cup olive oil
- 6 slices of lean bacon, cooked until crisp, drained, and crumbled
- 3 tablespoons thinly sliced red onion

In a pot combine the potatoes with enough water to cover them by 2 inches, bring the water to a boil, and simmer the potatoes 15 to 20 minutes, or until they are tender. Transfer the potatoes with a slotted spoon to a colander, reserving the cooking liquid, and in the reserved cooking liquid boil the collards, stirring occasionally, for 10 minutes. Drain the collards in a sieve, refresh them under cold water, and squeeze them dry in a kitchen towel. In a bowl whisk together the mustard, the vinegar, and salt and pepper to taste, add the oil in a stream, whisking, and whisk the dressing until it emulsified. Quarter the potatoes and add them to the dressing. Add the collards, pulling them apart to separate the leaves, the bacon (or apple), and the red onion and toss the salad well.

Braised Cabbage in Balsamic Vinegar

This recipe is simply delicious!

- 1 red cabbage , outer leaves removed, quartered, cored and sliced thinly
- 2 tart apples, peeled, cored and sliced thickly
- 1/2 cup butter
- 1/2 cup light brown sugar
- 150ml balsamic vinegar (or cider vinegar)
- 2 cinnamon sticks
- 1/4 tsp ground cloves

Preheat oven to 180°C.

In a casserole dish over medium heat, stir together the butter, sugar and vinegar until butter has melted and sugar has dissolved. Add the cinnamon and cloves and remove from heat.

Add cabbage and apple and toss to coat. Cover the surface with a sheet of wet, crumpled parchment paper and bake in the oven for 1-1.5 hours or until the cabbage is tender but with a slight bite and the liquid has reduced to a slightly syrup consistency.

Give it a stir every 30 minutes or so but be sure to re-wet the baking paper each time you do to prevent it from burning.

Parmesan Crash Potatoes

From www.pickycook.com

- 12 whole small or medium potatoes
- 3 Tablespoons Olive Oil
- Kosher Salt To Taste
- Black Pepper To Taste
- Shredded Parmesan Cheese

Bring a pot of salted water to a boil. Add in as many potatoes as you wish to make and cook them until they are fork-tender.

On a sheet pan, generously drizzle olive oil. Place tender potatoes on the cookie sheet leaving plenty of room between each potato.

With a potato masher, gently press down each potato until it slightly mashes, rotate the potato masher 90 degrees and mash again. Brush the tops of each crushed potato generously with more olive oil. Sprinkle potatoes with kosher salt, fresh ground black pepper.

Bake in a 450 degree oven for 20 minutes until golden brown. Take out of the oven and sprinkle the parmesan over the tops of the potatoes. Return to the oven and bake for another 3 - 5 minutes.

serves 6

