

## This week's share:

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



## Next share's guess...

Potatoes, carrots, squash, Chinese cabbage, rutabaga, onions, leeks, spinach, pie pumpkin, garlic

## The Best Beet Borscht

This simple borscht served with boiled potatoes and sour cream in the traditional way my grandmother always made it - it's delicious!

4-5 medium beets, peeled and diced small  
2 medium carrots, washed and diced small  
2 medium onions, diced small  
2 Tbsp butter  
1 Tbsp olive oil  
2 Tbsp red wine or balsamic vinegar  
Salt and pepper to taste

4 or 5 medium sized potatoes, peeled and cut in large chunks  
Sour cream

Heat butter and oil in a large pot. Add onion, carrots and beet and sauté for one minute. Add water or vegetable stock until about an inch above the level of the veggies. Boil for about 1 hour or until the vegetables are very tender and the broth is a deep red colour. About halfway through the boiling, add the vinegar and salt and pepper.

While the soup boils, boil or steam the potatoes until tender.

Serve the soup with a few chunks of potato in each bowl and a good dollop of sour cream!



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# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 3, December 1, 2010

## On the farm...

Last week's newsletter gave you a little glimpse of some of the off-farm issues that we think about and work on in the winter months so this week I thought we should head back to the farm and see what's going on here. We've had a sprinkling of snow in the last week which is quite nice to look at through the window as Jeff and I go over last season's details and make some early plans for 2011. We like to make sure we go over what happened in the garden pretty soon after each season is complete. This way, we can remember what some of the issues were and how need to change (or not change) things in next year's garden. We actually go over each crop individually and make notes - were certain varieties good or not so good, did planting times work out, should we plant more or less of something...that kind of thing. This really helps us improve next year's garden and make sure we are always trying new and different things to keep the shares both consistent but also exciting! We also take into account the comments we got from our end of season questionnaire - allowing us to factor in what we learned about how our members felt about last season's CSA.

At the end of the season, we purchased a Farmall cultivating tractor which we will use to do most of the in-row weeding in the garden next summer (that is, weeding that we did only with hoes last summer). So Jeff is busy designing the tools for that tractor and we're re-thinking the system in the garden to take into account our great new tool.

Another big thing that we are thinking about a lot is labour. Last summer we had 75 summer CSA members and Jeff and I did all of the work on the farm. Next summer, we hope to have 120 summer members (and 65 winter) and will probably have to have another set of hands to make that possible. So, now we're busy thinking about how that is going to work - we hope to have someone come to the farm to work for us a few days a week who is also interested in possibly trying out some projects of their own - what our neighbours at Green Being Farm call an "incubatern," someone who wants to learn more about farming as an intern while also using our farm as an "incubater" for some of their own ideas. We'll let you know how that process goes and hopefully introduce you to someone new at the farm in the new year!

The farm is definitely an ever-evolving project and it's great to have one year under our belt to build upon. Having tried out some of our ideas, we get to really analyse them and build new ideas out of what we have learned. It's one of the best aspects of being a farmer - you are always learning and you always get a new chance every year to change from what you have learned.



The Farmall tractor in it's winter home at the back of the shed. We can't wait to be driving through the garden, getting those weeds!

## Baby Cabbage???

You'll probably notice that the cabbage you're receiving in this week's share is, well, tiny! While the rest of our late Brassica (cabbage-family) crops did amazingly well this fall, the cabbage and cauliflower never lived up to their full potential. The plants were huge and healthy but we never got any cauliflower and the cabbage turned out tiny - probably we planted them just slightly too late. The cabbage is still crispy and sweet, despite its petite size so we hope you enjoy it. Perfect for one personal-size meal!



## Maggie's Fabulous Coleslaw

1 head of shredded cabbage (or 2 baby cabbages)  
3-4 med carrots shredded  
1 cooking onion chopped

### Dressing

1/2 cup cider vinegar  
2 tbsp sugar  
4 tbsp oil  
2 tbsp mustard  
2 clove garlic (or one large), minced or crushed  
salt and pepper

Toss cabbage, carrots and onion together in a large bowl. In a small bowl, combine dressing ingredients together and whisk until combined. Add to vegetables, toss and serve!

## Storage tips....

Winter vegetables are great because they show us how much wonderful food we can still be eating in our cold winter climate. They are admirable for their amazing ability to keep for long periods out of the ground. To make the best of your winter veggies, here are some storage tips:



**Potatoes** want cool, humid and definitely dark storage - a root cellar, basement or a cupboard in a cold part of your house is great.

**Carrots, beets, rutabaga** or other root crops like it very cold and damp - the fridge is best but a cold basement will also do.

**Onions and garlic** like it very cold and dry. They like to be as close to freezing as possible. If that's not possible, a basement or cold part of your house will do also. Leeks store well, wrapped, in your fridge.

And **squash** likes to be fairly warm and dry. They will store pretty well in an airy cupboard - their optimal temperature is 10 degrees.

## Potato Latkes

In honour of Hanukkah, the Jewish holiday which begins this week, here is a recipe for the crispy potato pancakes that are traditionally eaten on this holiday. You can spice them up by adding grated squash, carrot or sweet potato. Serve them with a sprinkling of sugar or with sour cream or applesauce or a combination!

1 lb potatoes, peeled  
1 large onion, sliced in half crosswise  
2 large eggs, beaten  
1 tsp salt  
1/4 tsp pepper  
1/2 cup flour or matzah meal  
1/4 vegetable oil



Grate potatoes on the medium or fine side of a grater and place in a bowl. Grate the onion on the medium side of a grater and add to the potatoes. Grab handfuls of the grated potato/onion and squeeze to release as much liquid as possible. Transfer squeezed mixture to another, dry bowl.

To the potatoes and onions, add egg and salt and pepper and mix well. Fold in the flour. Let stand for 10 minutes while heating oil in a medium skillet.

Scoop up 1 heaping tablespoon of the mixture and place in hot oil. Press down gently with the back of a spoon to flatten. Repeat to form 4 or 5 latkes, depending on the size of the pan, leaving space to allow for turning.

Cook on medium heat until golden, flip with a spatula and cook the other side. Remove and place on paper towels to remove excess oil. Serve hot!!

## What to do with a Delicata....!

Delicata squash is one of the yummiest, nuttiest squashes around. Here's some ideas for what to do with it... P.S. you can eat the skin!

### Delicata fries...

Split delicata squash in half lengthwise and scoop out the seeds. Split halves into wedges, arrange skin-side down on a baking sheet. Season with salt, fresh lime juice and (smoked) chili powder and roast in a 350° degree oven until tender/crisp and golden brown, about 20-30 minutes.



### Maple Delicata rings...

Rinse the squash thoroughly then slice each squash into 1/2-inch rings, and remove the pulp from each ring with a spoon or paring knife. Place rings in a large mixing bowl. Toss the rings with olive oil, maple syrup and salt. Lay on a foil-lined baking sheet and bake at 400° for about 40 minutes until tender and caramelized.

### Simply Baked

Cut squash in half lengthwise. Put a pat of butter and a sprinkling of salt and cinnamon on each half and bake at 350° until tender.