

This week's share:

Potatoes, carrots, onions, winter squash, beets, Chinese cabbage, kale, spinach, garlic, herbs



Next week's guess...

Potatoes, carrots, onions, winter squash, celeriac, kohlrabi, kale, dry beans, garlic

Spicy Chinese Cabbage Stir-Fry

Half of one large Chinese Cabbage

1 large garlic clove

1 large onion

2 tablespoons vegetable or peanut oil, for stir-frying

2 - 3 teaspoons chile paste, according to taste

1 tablespoon Chinese rice wine, dry sherry, or white wine

1/2 teaspoon salt

1/4 cup water

1 teaspoon sugar

1 - 2 teaspoons soy sauce, optional

1 teaspoon corn or potato starch mixed in 4 teaspoons water

Rinse the cabbage and pat dry. Remove the leaves and cut diagonally into 1-inch pieces. Chop the onions and finely chop the garlic. Heat a large pan or wok and add 2 tablespoons oil. When the oil is hot, add the chile paste. Add onion and stir-fry for 2-3 minutes then add garlic. Stir-fry for a few seconds until fragrant, and then add the cabbage. Stir-fry the cabbage for 1 minute, splashing with the rice wine or dry sherry and stirring in the salt. Add the water. Turn down the heat, cover, and simmer the cabbage for 3 minutes. Turn the heat back to medium-high. Stir in the sugar and soy sauce. Push the cabbage to the sides of the wok. Give the cornstarch and water mixture a quick stir and add it in the middle, stirring quickly to thicken. Cook briefly to mix everything together. Serve hot.



Contact Us:

Cedar Down Farm

519-665-2008

info@cedardownfarm.ca

22145 Conc. 14 RR#1

Neustadt, ON N0G 2N0

www.cedardownfarm.ca



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 3 of 10, November 29/30, 2011

On the farm...

So it seems we have finally made a transition from fall to winter here on the farm, though the weather doesn't seem to agree. This past week we harvested the last of our storage crops from the field and put them in our root "cellar," cleaned up some of the remaining trellising and other bits from the field and took stock of our garden ground for next season so that we can use the information in our crop planning. All the ground that we will use for garden next summer has been planned out since mid-summer this year and is ready in various ways for when the winter comes to an end. Most of what we will use next year is in a rye cover crop to build the soil and protect it over the winter. And parts of it that will be used very early in the spring are bare, a less desirable but necessary preparation for early planted crops.

This preparation is part of an overall garden crop rotation that we are building here at the farm. Vegetables are hard on the soil. They need a lot of nutrients, require soil to be open a lot of the time and require a lot of tramping around by us to work with them. So a good rotation where the land is kept out of garden production and put into a soil-building phase is extremely important. As this is only our second season on the farm, our overall rotation isn't quite in place but this third year on the farm will be the first of what will hopefully be a long-term (3 or 4 year cycle) crop rotation plan.

This means that parts of the farm that have been in vegetables for the last two years are now going into cover crops such as rye, oats, buckwheat and sorgham sudangrass. And new ground that has never been used for vegetables is coming into production. Cover crops are an essential part of the farm. They are amazing soil builders - adding organic matter which increases the soil's ability to hold onto nutrients and moisture, and encouraging soil microorganisms to thrive. In fact, we noticed improvement in our soil from just one season's worth of cover cropping. One part of the garden that did not have veggies in it in 2010 was put into a buckwheat and then a rye cover for that whole summer. When that rye was finally tilled under in 2011, the soil was dark, fluffy and beautiful and, from what we could tell, held moisture throughout last summer's drought better than other parts of the garden which had been in vegetables the year before. So, you can see why, as part of our winter planning, cover crops are an exciting and wonderful thing to think about. And you will be able to taste their goodness in the vegetables no doubt!



Part of the garden in 2010 with a buckwheat (left) and oats (right) cover crop. This ground was prepared in 2010 for the garden in 2011 and was absolutely beautiful when we planted into it!

Squash time!

Now is definitely the time of year to enjoy winter squash - there's lots of it, it stores wonderfully and it has had time to cure so is at its peak of sweetness. Choosing recipes for squash is hard because there are just so many ways to use it, it's hard to choose. So, this is just a reminder of how versatile squash is, no matter what kind you get. You can bake any type of squash, make the thicker fleshed varieties into soup, mash it, use it to stuff ravioli or lasagna, throw it in a creamy or tomato-based pasta sauce. You can bake it into a cake or loaf, cut it into a stir-fry, roast it with other winter veggies or stuff it. Winter squash is incredibly nutritious - high in vitamin A and C and anti-oxidants like beta-carotene. Squash can sit on your counter or in a cool, dry place in your house for many weeks.



Roasted Squash with Browned Butter and Sage

Servings: Approximately 4

2 tablespoons extra-virgin olive oil
1 medium winter squash, halved lengthwise and seeded
6 tablespoons (3/4 stick) unsalted butter
6 medium fresh sage leaves, sliced thin or dried sage, crushed
Salt and ground black pepper

Adjust an oven rack to the lower-middle position and heat the oven to 400 degrees. Line a rimmed baking sheet with aluminum foil.

Brush the oil on the foil and the cut sides of the squash. Roast until very tender, about 50 minutes.

When the squash is almost done, melt the butter in a small skillet over medium heat. Add the sage and cook, swirling the pan occasionally, until the butter is golden brown and the sage is crisp, about 4 to 5 minutes. Remove the skillet from the heat.

Remove the squash from the oven and turn cut-side up and season with salt and pepper.

Drizzle or brush with the sage butter sauce and serve immediately.

Easy and Delicious Chinese Cabbage Salad

This recipe is sort of like the candy of salads. A little bit sinful with the addition of crumbled ramen noodles and sweet. But, well, it's sooo yummy!

1 (3 ounce) package ramen noodles, crushed
10 ounces cashew or peanut pieces
1/2 chinese cabbage, shredded or sliced very very thinly
1-2 carrots, rinsed and grated
1/2 red onion, minced
1/2 cup sugar or 1/4 cup honey
1/2 cup olive or safflower oil
1/4 cup cider vinegar
1 tablespoon soy sauce
2 tsp sesame oil

In a preheated 350 degree F oven (175 degree C), toast the crushed noodles and nuts until golden brown.

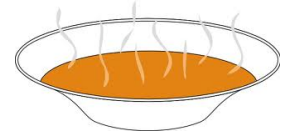
In a large bowl, combine the coleslaw, green onions, toasted ramen noodles and cashews.

To prepare the dressing, whisk together the sugar, oil, vinegar and soy sauce. Pour the dressing over the salad, toss and serve.

Squash Apple Soup

Serves 4 - 6

1 medium squash
2 Tablespoons olive oil, divided
1 medium onion, diced
1 large apple, diced
2 teaspoons chopped fresh ginger
4 cloves garlic, chopped
2 cups garbanzo beans
1 teaspoon dried thyme
1/2 teaspoon dried sage or 2 tps fresh
4 cups vegetable broth
2 cups apple cider or juice
Freshly-ground salt and pepper to taste



Preheat oven to 375 degrees. Cut squash in half, rub with a little oil, and place on sheet pan cut side down. Roast for 30 minutes, or until insides are tender.

Remove from oven and allow to cool. Scoop out insides of squash and set aside.

Add oil to a pot over medium heat. Sauté the onion and apple for about 5 minutes. Add ginger and garlic and sauté for an additional minute. Add garbanzo beans, squash, thyme, and sage. Cover with vegetable broth and apple juice and bring to a boil. Once boiling, reduce heat, cover, and cook until vegetables are soft, about 15 - 20 minutes.

Next, blend the soup by using an immersion blender or transferring it to a regular blender. Serve hot, with salt and pepper to taste.

Kale, Squash, & White Bean Stew

Yield: 6 servings

2 tablespoons butter
1 medium onion, cut into 1/2-inch dice
2 garlic cloves, coarsely chopped
Coarse salt and ground pepper
1 small acorn squash, peeled, seeded, and cut into 1-inch chunks
1 small squash, peeled, seeded, and cut into 1-inch chunks
1 bunch kale, ribs cut away and discarded, leaves torn
5 1/2 cups chicken or vegetable broth
1 can (14 ounces) cannellini beans, rinsed
3 sprigs thyme
Grated Parmesan, for serving (optional)

In a large Dutch oven or heavy pot, melt butter over medium. Cook onion and garlic until fragrant, 3 minutes; season with salt and pepper. Add squash and kale and cook until kale is wilted, about 3 minutes; season with salt and pepper. Add broth, beans, and thyme. Bring to a simmer and cook until squash and kale are tender, about 12 minutes. Season soup with salt and pepper and serve with Parmesan, if desired.

Just a quick reminder about pickup times...

Hanover: 4:30-6:30pm

Paisley: 4:00-5:30pm

Guelph: 6-7pm

