



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 2 of 10, November 19, 2012

This week's share:

Potatoes, carrots, onions, garlic, squash, leeks, napa cabbage, collards, greens, herbs

Next week's guess:

Potatoes, carrots, onions, garlic, beets, squash, cabbage, watermelon radish, kale, spinach, herbs

On the farm...

As I prepared for last week's winter CSA pickups I thought that you all might be wondering exactly what goes into putting together your winter shares. The winter share process is a bit different than the summer primarily because most of your winter veggies are already harvested and waiting to be doled out from winter storage. But both your summer and winter shares are planned long before you get them - we map out the contents of every share during the previous winter, planning what we will grow and when we plan to harvest it. After that though, we are mostly at the whim of the crops. In the summer what goes into the share is based on what's ready in the field. But in the winter, choosing what goes in to each week's share is mostly about judging how much members can use each week, trying to make a diverse and useful weekly share, giving you a balance of new and interesting things and things you've told us are more staple items, and, of course, using what we've got based on how much we have of each veggie.

In the winter, things are always a little bit more interesting because what we have in storage is what we've got - no new crops will mature in the field (except in the greenhouses!) to make up for something that didn't go well. To keep things at their best throughout the winter, we have to constantly monitor our storage rooms to make sure they are at the optimum level of humidity and temperature. This winter, we were relieved when it came to our final harvests to find that things weren't as badly effected by the drought as we thought. However, we are definitely short on potatoes, leeks and some of our celeriac have a "black heart" problem - brown centres that we think are caused by lack of calcium, a symptom exacerbated by uneven moisture levels in the soil. We may have to buy some crops in later in the winter to make up for it. But all in all, things look better than we thought they would in August!

But, wait a second, where was I? Once we've decided what will go in each share, each week, we gather the veggies from field, greenhouse and storage room, wash and pack them to bring them to you. For root veggies that means soaking them overnight in buckets then putting them in our homemade root washer, spraying them down and packing them into bins. For onions that means weighing them out from our storage room, cleaning them up and packing them. Same goes for squash (stored in their very own bedroom in the house!). And for anything in field or greenhouse it means harvest, wash and pack. In the winter, most of the washing and packing takes place inside of our "root cellar" where it is always a balmy 3 degrees Celsius!

Our root washer and veggies soaking in buckets waiting to go in!



Napa Cabbage Slaw with Miso-Ginger Dressing

Serve 4-6

Many of you have tried Napa or Chinese cabbage as part of the CSA. You will know then that it is a sweet, crunchy and versatile veggie that can be used to make many fresh-tasting winter dishes. Use Napa cabbage in place of green cabbage in any dish. It makes a great salad or slaw, wonderful stir-fry, cabbage rolls or soup. It will last in your fridge for many weeks in a plastic bag or container.

1/2 head napa cabbage
2 carrots
2 tablespoons toasted sesame seeds

Dressing:

2 tablespoons miso paste
2 tablespoons water
1/2 teaspoon dulse flakes
1 teaspoon tamari or soy sauce
2 teaspoons minced ginger
2 teaspoons minced garlic
pinch red pepper flakes

Cut off the end of the napa cabbage and thinly slice. Cut the carrots into thin, matchstick-like pieces. Toast the sesame seeds on medium heat until a golden hue is achieved, being careful not to burn.

In a jar with a lid, add all dressing ingredients and shake! In a large bowl, toss salad ingredients with dressing, ensuring everything is well coated, and serve.



Contact Us:

Cedar Down Farm
519-665-2008
info@cedardownfarm.ca
22145 Conc. 14 RR#1
Neustadt, ON N0G 2N0
www.cedardownfarm.ca

So many squash!

Yes, it's true there are so many types of winter squash! Round or long, curvaceous, boxy or straight, there are dozens if not hundreds of varieties of winter squash and they come in colours ranging from yellow to green to blue. Unfortunately, our grocery stores tend to offer only 3 or 4 types of these delicious fruits but here at the farm we like to grow many types of squash because they are all slightly different and so delicious. What do we grow here? We've got your butternuts, acorns and spaghetti squash but we also have delicata, sweet dumpling, kabocha, hubbard and crown pumpkins. We tried a few funky heirlooms varieties this year as well - Sibley and Queensland Blue and Pennsylvania Crookneck. Each is more beautiful than the next!

So, when you come to the pick up and see a squash that you don't recognize, rest assured it is bound to be delicious and you can use it exactly as you would a more familiar variety such as butternut or acorn. Squash can be roasted, steamed, mashed, souped, stuffed, stewed, curried or baked. Try each one and note the subtle differences in texture, taste and colour. In eating a diversity of varieties, you are not only benefitting in a culinary sense but you are helping to preserve the genetic diversity of our crops - contributing to a more secure and less fragile food system.



Kickin' Collard Greens

- 1 tablespoon olive oil
- 3 slices bacon
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cups chicken broth
- 1 pinch red pepper flakes
- 1 pound fresh collard greens, cut into 2-inch pieces

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt.

Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.

*** For a vegetarian version, leave out the bacon and substitute veggie broth for the chicken broth. Add a dash of smoked paprika for a smoky kick.

Glorious Greens!

Mixed greens from our greenhouse are so wonderful in the winter when greens are scarce. They are mild and crunchy but still flavourful and highly nutritious. Our favourite way to eat them is in a simple salad with a light vinaigrette or quickly stir-fried with garlic. Try this winter salad recipe...looks delicious!

Maple Roasted Squash Salad with Citrus Cider Vinaigrette

- 1 small squash (about 1 1/2 pounds), peeled and cut into bite sized pieces
- 1/4 cup olive oil
- 2 tablespoons maple syrup
- Salt and freshly ground black pepper
- Handful of dried cranberries and/or dried cherries
- 2 handfuls of lightly candied walnuts*
- 6 ounces mixed mustard greens or arugula
- 1/2 cup freshly grated Parmesan

Dressing

- 1/2 cup apple cider
- 2 tablespoons white wine vinegar
- 2 tablespoons minced sweet onion or shallot
- Juice and zest of 1 medium orange
- 1/4 cup olive oil
- 1 tablespoon whole grain mustard
- Salt and pepper

Preheat the oven to 400 degrees F. Place the squash on a cookie sheet. Add the olive oil, the maple syrup, a teaspoon of salt and 1/2 teaspoon of pepper. Toss so all the squash is adequately coated. Roast for 15-20 minutes, or until tender.

For the dressing, combine the apple cider, vinegar, onion, orange juice and zest in a small saucepan and bring to a simmer over medium heat. Cook for about 6-7 minutes, or until the mixture is reduced by half. Take the mixture off the heat and whisk in the mustard and olive oil. Add 1/4 teaspoon of salt and 1/8 teaspoon of black pepper.

Place the greens in a bowl and add the roasted squash. Toss in the cranberries and/or cherries, walnuts and the grated Parmesan. Serve with vinaigrette dressing and enjoy!

Quick Greens Stir-Fry

Wash greens thoroughly. Mince 3 cloves of garlic. Heat sesame or olive oil in a large skillet or wok. Add garlic and sauté for 30 seconds. Add greens and a splash of soy sauce. Stir-fry until greens are wilted and garlic is distributed throughout. Serve as a side dish or on top of rice or rice noodles.

