



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 4, December 17, 2012

This week's share:

Potatoes, carrots, onions, garlic, leeks, rutabaga, butternut squash, pie pumpkins, greens

Next week's guess:

Potatoes, carrots, onions, garlic, shallots, parsnip, Napa cabbage, squash, greens

On the farm...

There are probably no better times in our lives than the ones that we carve out simply to celebrate, enjoy the company of family and friends and eat! It certainly gives us great pleasure to think that the veggies we tend and harvest throughout the season might be contributing to delicious holiday meals enjoyed by many - we will certainly be lugging many pounds of veggies to our family for Christmas (and ate many pounds of potato latkes at Chanukah already!) We hope that the veggies in your CSA shares help make your holiday tables delicious and warm and that you have a lovely holiday with much joy,

Merry Christmas and Happy New Year!

**** Please note, the next CSA pickup will be postponed to the week of January 7. There will be **NO** pickup on the week of New Year's day. The regular bi-weekly schedule will resume Jan 8 in Hanover, 9th in Paisley and 10th in Guelph.****



Savory Pumpkin Pie

Found at <http://www.janssushibar.com/savory-pumpkin-pie/>

Serves 6-8

- 1/4 cup ghee or olive oil
- 3 cups thinly sliced onions
- 1 teaspoon kosher or sea salt
- 2 tablespoons fresh sage, finely chopped
- 2 cups roasted pumpkin
- 3 large eggs
- 1 cup coconut milk
- 1/2 cup water
- 1 teaspoon kosher or sea salt
- 1/2 teaspoon freshly ground black pepper

Preheat oven to 350 F. Grease an 11" fluted quiche dish or a deep-dish pie plate well.

Heat the ghee in a skillet over medium-low heat and cook the onions, seasoned lightly with salt and stirring frequently, until golden-brown and caramelized, 20 to 30 minutes. Stir in the sage and allow the onions to cool slightly. Spread the onions evenly over the bottom of the prepared quiche dish or pie plate.

Add the roasted pumpkin, coconut milk, water, eggs, salt and pepper to the bowl of a food processor or blender and puree until smooth. Pour the pumpkin mixture over the onions in the prepared dish.

Bake the pie for 40 to 50 minutes, or until a knife inserted in the center comes out clean. Cool for at least 15 minutes before serving.

Red Lentil Pumpkin Soup

From <http://firstlookthencook.com>

- 2 teaspoons canola oil
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 3 1/2 cups vegetable broth, divided
- 1 cup dried small red lentils
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground red pepper
- 1 cup water
- 3/4 cup pureed pumpkin
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon fresh lemon juice
- 3 tablespoons plain yogurt
- 1/4 cup unsalted pumpkin seed kernels, toasted (optional)
- 1/4 cup chopped fresh cilantro (optional)

Heat a large pot over medium-high heat. Add oil to pan; swirl to coat. Add onion and garlic to pan; sauté 4 minutes. Stir in 3 cups broth, lentils, and next 4 ingredients (through red pepper); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until lentils are tender.

Use an immersion blender to blend until smooth. If you don't have one, place the lentil mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return lentil mixture to pan over medium heat. Add remaining 1/2 cup broth, 1 cup water, and pumpkin to pan; cook 3

minutes or until thoroughly heated. Stir in ginger and lemon juice.

Serve with a dollop of yogurt, chopped cilantro and toasted pumpkin seeds.



Contact Us:

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

Braised White Beans and Leeks

From <http://www.sweetsugarbean.com>

1 pound dried white beans, rinsed and picked over
3 large leeks
1 tbsp extra virgin olive oil
1 tbsp butter
2 celery stalks, diced
4 cloves garlic, coarsely chopped
2 tbsp fresh thyme leaves or tsp dried
1 tsp rosemary + 1 tsp fennel seeds
1/2 to 1 tsp red pepper flakes
sea salt and fresh ground pepper
4 cup vegetable broth
1/2 - 3/4 cup crispy crumbled bacon
1 cup shredded mozzarella
1/2 cup freshly grated Parmesan cheese
olive oil, for garnish
chopped fresh parsley, for garnish

Soak the beans, uncovered, in a large bowl of cold water on the counter for at least 4 hours or up to overnight. Drain and set aside.

Arrange a rack in the lower third of your oven and preheat to 225°F.

Trim the leeks, discarding the tough green tops, halve vertically and rinse well in cold water, making sure to clean out any dirt trapped between the layers. Slice into thin half circles. In a large Dutch oven, or ovenproof casserole over medium heat, warm the olive oil and butter. Add the celery, garlic and leeks and cook until the vegetables are softened, 3-5 minutes.

Add the beans, herbs, red pepper flakes to taste, 1/4 tsp salt and a generous amount of black pepper. Stir in the vegetable broth and 1/2 cup water and bring the mixture back up to a gentle boil. Cover the pot with an ovenproof lid or cover it tightly with foil. Place in the oven and cook, checking occasionally to make sure the pot is never dry, until the beans are soft throughout but not falling apart, 3 to 3 1/2 hours. If the pot seems dry, add water in 1/2 cup increments and stir once or twice more. Taste and adjust the salt and pepper if necessary. (Again, my beans seemed fully cooked after 80 minutes, then I added the bacon and removed the lid because I had lots of liquid. I added the cheese after almost two hours.)

Remove pot from oven and turn the heat up to 500°F. Sprinkle the mozzarella and Parmesan on top of the bean mixture and put back in oven, leaving the lid off. Cook until cheese is completely melted and brown in spots, 8 to 10 minutes. Serve hot. Serves 6-8.

Pasta with Butternut Sauce, Spicy Sausage and Kale

From <http://www.skinnytaste.com/2012/11/pasta-with-butter-nut-sauce-spicy.html>

11 oz (4 links) spicy chicken Italian sausage
1 lb butternut squash, peeled and diced
1 tbsp light butter
10 oz penne, or pasta of your choice
1/2 cup leeks, minced
3 cloves garlic, minced
2 cups kale or spinach, spines removed and roughly chopped
2 tbsp fresh shaved parmesan cheese
4 sage leaves, sliced thin
kosher salt and freshly ground black pepper, to taste



Bring a large pot of salted water to a boil. Add butternut squash and cook until soft. Remove squash with a slotted spoon and place in a blender, blend until smooth.

Add pasta to the boiling water and cook according to package directions for al dente, reserving at least 1 cup of the pasta water before draining.

Meanwhile, in a large deep non-stick skillet, sauté sausage over medium heat until browned, breaking up with a spoon as it cooks. When cooked through, set aside on a plate.

Reduce heat to medium-low and melt the butter, sauté the leeks and garlic until soft and golden, about 5 - 6 minutes. Add kale and 1/4 cup of water and sauté for 5 minutes. Add pureed butternut squash, season with salt and fresh cracked pepper and add a little of the reserved pasta water (I used about 1 cup) to thin out the sauce to your liking. Stir in parmesan cheese and sage.

Toss in cooked pasta and sausage and mix until well coated. Serve with additional parmesan cheese on the side if desired.

Makes about 6 cups.

Roasted Rutabagas with Maple Syrup and Chile

From www.marthastewart.com

Serves 4

1 1/2 pounds rutabagas, peeled and cut into 3/4-inch cubes
2 tablespoons extra-virgin olive oil
1 tablespoon pure maple syrup
3/4 teaspoon coarse salt
1/8 teaspoon cayenne pepper



Preheat oven to 400 degrees.

In a large bowl, combine rutabagas, oil, maple syrup, salt, and cayenne; toss until well combined. Spread rutabagas in a single layer on a large baking sheet. Roast, tossing occasionally, until rutabagas are tender and dark golden, about 40 minutes.