



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 7 of 10, February 4, 2013

## This week's share:

Potatoes, carrots, onions, garlic, cabbage, squash, black beans, spinach

## Next week's guess:

Carrots, potatoes, onions, garlic, rutabaga, squash, spinach or kale

## On the farm...

Last summer's weather seems so long ago now as I sit at the computer and look at a snow-covered landscape. It's been many months since we were agonizing about the lack of rainfall and we've had quite our share of rain this winter(?!), but as we work our way through the vegetables in our storage, we can definitely see some of the effects of the drought that plagued us those many months ago. We were definitely lucky here at the farm compared to many other farmers in Ontario - we could irrigate most of our crops and didn't suffer huge losses. But what the drought did affect, and especially it seems in our winter crops, is yield. So, as the winter goes on we're beginning to feel that diminished yield in certain crops.

Carrots and potatoes both were hit by the drought - carrots because it really affects their germination rate and potatoes because they don't size up. We're hoping that we will have enough to hold out until the end of the winter CSA. The numbers are definitely tight. We bought last week's sweet potatoes in from Pfenning's Organic Farm as a substitute for last pickup's potatoes, which should help get us to the end (or almost) of the winter CSA. We're also hoping we won't have to buy any carrots from another source and that ours will last because, in our experience, nobody else's carrots can really compare!

The other thing that really suffered from the drought was the celeriac; I know some of you have noticed that there hasn't been any in the shares this winter. Unfortunately pretty much all of our celeriac have a kind of nasty, hollow heart condition where the centre of the celeriac bulb hollows out and turns brown leaving very little usable flesh. Some of you may have noticed a bit of this last year. Apparently this is caused by drought conditions and we have it very badly this winter. So, that's why you haven't seen this funny-looking root vegetable in this year's shares. We're hoping we can clean some of them up and give them to you as seconds (more like thirds!), but, we have to see if they are even worth the effort.

Hopefully, you won't notice any of these things very much in the next few weeks (there are 3 pickups left after this week). But, in case you do notice that the last shares are not quite as abundant as we would like, now you know why. Drought. Here's hoping that this summer brings all the rainfall we could ask for (but not too much!).

On another note, you'll notice the beautiful black beans in your share this week that we get from our good neighbour Ahren Hughes. We're very lucky to have them again this winter as Ahren's crops suffered far worse than ours this summer. With no irrigation on his 6 acres of beans, his crop was at the whim of the weather and he suffered huge crop loss on account of the drought. Lack of water is also why you may notice that the beans are a bit dustier than they have been in the past. Without enough water to grow the bean plants were short and close to the ground meaning Ahren had to set his combine head (his bean harvesting machine that is!) lower to the ground to harvest them. This forced him the combine to pick up more soil than usual which mixes up with the beans and makes them harder to clean. Ahren says just give them a bit of an extra rinse when you go to use them! (To cook the beans, rinse then soak overnight in lots of water. The next day, boil beans until tender - about 45 minutes).

## Rice Cooked in Black Beans (Moros Y Cristianos)

From [www.epicurious.com](http://www.epicurious.com)

4 cloves garlic, peeled  
3 teaspoons salt  
1/4 pound bacon (about 6 strips), chopped  
2 tablespoons olive oil  
1 onion, finely chopped (about 1 cup)  
1 carrot, diced finely  
1 bay leaf  
1/4 teaspoon ground cumin  
1/2 teaspoon dried oregano  
1 1/2 cups long-grain white rice  
1 cup black beans, cooked+their cooking liquid  
1 3/4 cups water  
1 tablespoon red wine vinegar

Put the garlic on a cutting board and sprinkle 1 teaspoon of salt over the cloves, let it sit for a few minutes, and mince it into a paste with a knife. Set aside.

Place the bacon and olive oil in a large pot and set it over medium-high heat. Sauté the bacon until it renders its fat and turns a golden brown color, about 6 minutes. Move the bacon around as it's cooking to prevent it from sticking to the bottom of the pot.

Add the onion, carrot and garlic paste to the bacon and sauté until the vegetables are limp and translucent, about 5 minutes. Add the remaining 2 teaspoons of salt, the bay leaf, cumin, oregano, and rice and stir for 1 minute until well mixed and all the rice is coated in oil. Add the beans and their liquid, along with the water and vinegar, to the pot. Cover and bring to a boil, then reduce to a simmer. Cook for 35 to 40 minutes, or until all the water has been absorbed by the rice. Allow the covered pot to sit off the heat for 5 minutes. Fluff the rice with a fork and serve.



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### Chili Garlic Quinoa

From <http://aromatic-cooking.blogspot.in/2013/01/chilli-garlic-quinoa.html>

- 3 cups quinoa, cooked and cooled
- 5 cups shredded cabbage
- 1/4 cup raw peanuts
- 1/2 tsp ground coriander
- 1 tbsp Soy Sauce
- 1/2 tsp black or white pepper, ground
- Salt to taste
- 1-2 dried red chillies
- 4 garlic cloves

Toast the peanuts, remove the skin, pound it coarsely and keep. Grind the dried red chillies and the garlic cloves. Heat some oil, add the shredded cabbage and some salt and sauté uncovered, until it's cooked but with a slight crunch. Heat some oil, add the ground chilli-garlic paste, sauté until it gives a nice smell, for about 2 to 3 minutes. Then add the coriander powder and mix it well. Now add the soy sauce and mix for a minute, then add the sauteed cabbage and mix well. Now add the cooked and cooled quinoa and mix it well. Finally mix in the coarsely pounded peanuts and white pepper powder and serve it warm.

### Piri Piri Cabbage and Potatoes (Patta-Gobi Aloo)

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

Serves 2

#### Ingredients:

- 2-2.5 cups cabbage finely chopped
- 1 large potato boiled, chopped
- 1 teaspoon organic canola oil or mustard or sesame oil
- 1/2 teaspoon brown mustard seeds
- 3 cloves of garlic chopped
- 1/2 teaspoon turmeric powder
- 1/2 dried hot chili, ground
- 2/3 teaspoon salt or to taste



#### Method:

In a large pan, add oil and heat at medium. Add mustard seeds (or cumin seeds) when hot and mix for a few seconds. Add garlic and cook for a minute. Add the cabbage, potatoes, turmeric, hot pepper, salt and mix well. Cook covered for 12-15 minutes on low heat, stirring occasionally, until Cabbage is cooked to your preference. For variations, add peas, chopped carrots, cooked chickpeas. Change up the spices, use cumin seeds or fennel seeds or a little garam masala. Serve hot topped with fresh cilantro or sesame seeds or coconut flakes, as a side with lentil daal and or Naan or rice.

### Black Bean Chili

- From "The Greens Cookbook" by Deborah Madison and Edward Espe Brown - Makes 8 cups -
- 2 cups black beans, soaked overnight
  - 1 bay leaf
  - 4 tsp cumin seeds
  - 4 tsp dried oregano
  - 4 tsp paprika
  - 1/2 tsp dried cayenne powder
  - 2-3 tbsp chili powder
  - 3 tbsp oil
  - 3 medium yellow onions, diced
  - 4 garlic cloves, minced
  - 1 large can diced tomatoes
  - 1 tbsp red wine vinegar



Rinse beans well, cover generously with water and let soak overnight. Next day, drain the beans, cover with fresh water by a couple of inches and bring them to a boil with the bay leaf. Let simmer as you prepare other ingredients. Heat a small heavy skillet over medium heat. Add the cumin seeds, and when they begin to colour, add the oregano leaves, shaking the pan frequently so the herbs don't scorch. As soon as the fragrance is strong, remove the pan from the heat and add the paprika and cayenne. Stir; then remove from pan and grind in a mortar and pestle or herb grinder. Heat oil in a large skillet and sauté the onions until they soften. Add the garlic, salt and ground herbs, chili powder and cook another 5 minutes. Add the tomatoes and simmer for about 15 minutes. Add this mixture to the beans and, if necessary, enough water to cover the beans by 1 inch. Continue to cook until beans are very soft, about 1 hour, checking often and adding more water if necessary. Taste and season with red wine vinegar and additional salt if need be. Serve with shredded cheese, sour cream and fresh cilantro.

### 2013 Summer Shares - Sign Up Now!

It's that time again! Time to sign up for your 2013 summer share. We will once again be delivering shares to Hanover, Paisley and Guelph, details as follows:

Share Size	Hanover	Paisley	Guelph
Regular	\$435	\$435	\$445
Large	\$655	\$655	\$665

If you haven't already, fill out our online registration form to register: <http://goo.gl/yJgNa>. **Payment or deposit is due by March 1.**

This year, we are also taking **pre-registration for winter 2013** so if you know that you want a winter share now, let us know and we'll hold your spot - winter payment is due by Sept 1.

Cheques can be made out to Cedar Down Farm and brought to winter CSA pickups or mailed to the farm at 222145 Concession 14 RR#1 Neustadt, ON.