



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 1, June 11, 2012

On the farm...

Ahh, spring! After a long winter and an even longer-seeming early spring, the world has come to life and yummy food is back again! It's amazing really, how fast things can change at this time of the season - the plants in the garden double in size every few days it seems. And so, we get a nice early start to the CSA!

Welcome to Cedar Down Farm's CSA for those of you who are new members and welcome back to all of our returning members! It's great to have you all as part of our farm and to be able to bring you the great food that we begin harvesting this week. Most of you know me (Leslie) and Jeff - we own and manage the farm and this year we have two great women working alongside us, Lisa Maskus and Katie Sproule. The four of us have been working away this spring and we've gotten lots of great stuff done in the garden and around the farm.

This year will be our 3rd on this farm and we've gradually been building up our systems to be better and more efficient each year. This year, the addition of a 3-row seeder, a farm truck and a new greenhouse have made our lives easier, our work faster and enabled us to grow more crops. We've expanded the garden and are now growing in many different fields around the farm (thank goodness for the truck!). We've also begun growing grain, legume and seed crops for the trial grain CSA we will be offering in the fall (more on that later!)

On **July 28th** we will have our first open house and farm tour where we hope you will come and see these great things and take a look at how we grow your food! As a CSA farm, we feel it is an integral part of what we do to have our members be intimately acquainted with what goes on at the farm and that you feel that the farm is indeed yours as well. So, we hope you'll come by that day! (We're also having a tour of the farm Sunday, June 24 in conjunction with a tour of Green Being Farm, a great farm run by our friends just down the road - ask us for more info!).



As most of you will know, the spring is all about tender greens like spinach, lettuce and chard and sweet crunchy brassicas like kohlrabi, turnips and radishes. You will find that these crops are delicious and easy to use in the kitchen. Most can be turned into a simple salad, stir-fry or frittata and they don't need much to make their wonderful flavours shine. We hope you enjoy this first taste of spring!

This week's share:

Spinach, lettuce, turnips, radishes, kohlrabi, chard, kale, oregano

Next week's guess:

Lettuce mix, spinach, lettuce, bok choy, kohlrabi, turnips, radishes, arugula, herbs

Swiss Chard and Goat Cheese Custard Bake

Makes 6-8 servings

1 bunch Swiss chard leaves, chopped
1 T olive oil
1 large onion, chopped
5-6 oz. goat cheese
1/2 cup milk
8 eggs
salt and fresh ground black pepper to taste
1/4 cup grated mozzarella
2 T + 2 T grated Parmesan

Preheat oven to 350F. Wash and dry chard. Remove stems and save for another use. Chop leaves to a small size. Chop onion. Heat the olive oil in a large frying pan. Add onion and saute 4-5 minutes on medium-high heat, just until the onions are barely starting to brown. Then add Swiss chard, all at once. Turn the chard as it cooks until it's all wilted, about 2-3 minutes. Turn off heat and let the chard cool slightly. Combine the milk and goat cheese. In a large bowl, beat the eggs, then season with salt and fresh ground black pepper. Stir the milk/goat cheese mixture into the eggs and then add the mozzarella and two tablespoons of the Parmesan. Add the chard and onions and stir so it's well distributed in the egg mixture.

Spray a round casserole dish or springform pan with olive oil or nonstick spray. (Use a pan that's 8 or 9 inches in diameter.) Put the egg/chard mixture into the pan and top with the other two tablespoons of Parmesan. Bake for one hour, or until the mixture is fully set and lightly browned on top.



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Super Spring Salad Dressings!

From "Friday Night Dinners" by Bonnie Stern

Mustard Tarragon Dressing

2 tbsp red wine vinegar
1 tsp honey
1 tsp Dijon mustard
1 tsp salt
1 garlic clove, minced
1 tbsp fresh tarragon, chopped
1/2 cup extra virgin olive oil



In a small bowl, whisk vinegar, honey, mustard, salt, garlic and tarragon. Drizzle in oil while whisking. Adjust seasoning as needed.

Sweet Israeli Dressing

1 clove garlic, minced
1/2 tsp finely minced ginger
1 tsp salt
1/4 tsp pepper
1 tbsp honey
2 tbsp brown sugar
1 1/2 tbsp apple juice
1/4 cup red wine vinegar
1/2 cup extra virgin olive oil

Whisk all ingredients together. Toss on mixed greens!

Spring Greens Galore!

Never am I more ready to eat tons of greens than in the spring when the first tender leaves are ready in the garden. Greens like chard, kale, spinach, arugula and others are flavourful, versatile and extremely nutritious - containing lots of vitamins like A and C, folates, as well as calcium, and iron. Most of these greens can be used interchangeable, both raw and cooked and are easy to prepare. For those of you who might be less familiar with some, here are some tips:

Kale

Kale is a hearty, flavourful leafy vegetable in the same family as cabbage. It is known as one of the most nutritious vegetables of all, being excellent source of antioxidant vitamins A, C, and K as well as fiber, calcium and B6. Kale is lovely in a simple stir-fry. It can be made into a fresh salad, added to creamy pasta dishes, put in soup, made into crispy kale chips. As a heartier green it takes a bit longer to cook than spinach and you can remove the spines. Store kale, (like all greens) in a container or plastic bag in the fridge.



Chard

Chard is a leafy green similar to spinach and can be used anywhere where you would use cooked spinach. It has a rich flavour that goes well in a quiche, in pasta or a brothy soup and pairs nicely with beans or chickpeas. Cut the tougher bottom stems and cook longer than the leaves - adding a dash of vinegar (apple cider or balsamic) really brings out its flavour.

Spring Roots with Cottage Cheese

Serves 3-4

This is a lovely way to enjoy the crisp, spicy-sweet taste of spring roots like radish and turnip. It is simple and satisfying.

4-5 white spring turnips, washed and thinly sliced
4-5 radishes, washed and thinly sliced
1/2 cup cottage cheese
2-3 tbsp extra virgin olive oil
2-3 tbsp lemon juice
dash of balsamic vinegar
salt and pepper to taste



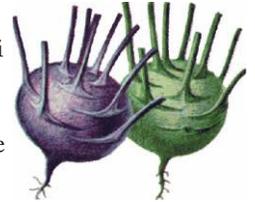
Combine turnip, radish, cottage cheese and remaining ingredients in a bowl. Toss to combine thoroughly.

Roasted Kohlrabi

Serves 4

1 1/2 pounds fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, cut into 1" cubes
1 tablespoon olive oil
1 tablespoon garlic (garlic is optional, to my taste)
Salt
Good vinegar

Set oven to 450F. Toss the cubed kohlrabi with olive oil, garlic and salt in a bowl. (The kohlrabi can be tossed with oil and seasonings right on the pan but uses more oil.) Spread evenly on a rimmed baking sheet and put into oven (it needn't be fully preheated) and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with a good vinegar.



Note: Add halved white turnips and roast for a lovely mixture.

Sesame Kale Salad

serves 2 to 4 as a side dish

1/2 pound of kale leaves, stems removed and roughly chopped
1 kohlrabi, peeled and thinly sliced
3 tablespoons toasted sesame seeds
1/4 cup rice wine vinegar
2 tablespoons toasted sesame oil
2 tablespoons soy sauce

In a small bowl, whisk together the sesame oil, soy sauce and vinegar until completely emulsified. Set aside at room temperature.

In a larger mixing bowl, place kale and kohlrabi. Drizzle in dressing and mix the greens and dressing thoroughly. Sprinkle with toasted sesame seeds and mix once more until evenly distributed. Cover bowl with its lid or well fitting plastic wrap. Chill for 4 hours to overnight. Enjoy!