



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 4, July 2, 2012

## This week's share:

Lettuce, kale, beets, cabbage, peas, spring onions, greens, herbs

## Next week's guess:

Lettuce, savoy cabbage, fava beans, peas, arugula, spring onions, zucchini, fresh garlic, herbs

## On the farm...

No, I don't believe we can get through any summer season without talking about rain. Perhaps if we had a perfect year with the perfect amount of rain - not too much, not too little - there wouldn't be anything to talk about, but when does that ever happen?! So, here I go, talking about rain. This year, the issue of rain, or moisture in general, seems even more pertinent because of how dry the winter was. In fact, we haven't had a regular amount of moisture since last fall.

This spring started off dry - hot and dry - in contrast to last spring which was very wet. And this came after a winter that saw almost no snow. So it seems to me, that here at the farm and elsewhere in the area, things are pretty dry. Except for a few decent rains a couple of weeks ago, we haven't seen any rain at all this spring. We have also seen lots of very hot weather. All this combines to make growing vegetables a greater challenge!

Since last week, we have been running irrigation nearly every day - overhead sprinkling many of our crops and using drip irrigation on others. We use 2 inch plastic pipe to draw water from our pond and bring it to a row of overhead sprinklers which can be moved around the fields and which irrigate 10 beds (or 50 feet wide swaths) at a time. We also use black plastic drip tape which is narrow pipe that lays along the base of plants and slowly drip drips water right to the roots.

Most vegetable crops would like about 1 inch of water weekly for optimal growth and we try our best to get them what they need. But, nothing really replaces the full soaking that a good rain gives the soil, and after many weeks of dry weather, we are starting to see some signs of stress in our crops. Leafy crops like spinach and lettuce don't last long in the field, turning yellow, slowing in growth or getting tip burn. And things like broccoli and cauliflower don't form nice, plump heads but rather small, stunted florets that go from ready to over-ready very quickly.



So, you can guess that we are hoping for rain and regular amounts of it here at the farm.

Row of sprinklers in the onions.

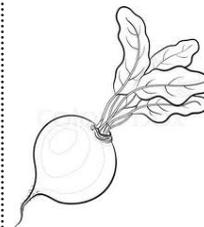
## Spring Beets with Goat Cheese

Spring beets are the very best. They are so tender and sweet, they really don't need much to improve them. Unlike hardy winter beets, beets in the spring cook up fast - and don't forget to use the greens!

- 1 bunch beets
- 1/4-1/3 cup crumbled plain goat cheese
- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- salt and pepper

Remove tops from beets. Rinse beets, place in a pot and cover with water. Bring to a boil and let boil over medium heat for 25-40 minutes until beets are tender but not mushy.

Drain beets and run cold water over them so they are cool enough to handle. Remove skin by rubbing off with your hands. Slice beets into a bowl. Drizzle with olive oil and balsamic, season with salt and pepper. Toss then top with goat cheese. Makes a delicious side.



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## Roasted Cabbage with Parmesan

(serves 2)

Spring cabbage, like spring beets, is tender and sweet. It is wonderful raw in a salad or slaw but is also delectable roasted, stir-fried or used for cabbage rolls. Cooking brings out the incredible sweetness of spring cabbage.



1 head spring cabbage  
1 tablespoon olive oil  
salt and freshly ground black pepper  
2 tablespoons fresh grated Parmigiano Reggiano cheese

Preheat oven to 475F.

Remove the core from the cabbage and cut into 3/4" cubes. Place on a cooking sheet and toss with the olive oil, salt and pepper. Transfer to a hot oven for 8 minutes, shake the pan to shift it all around and return to oven for another 5 minutes. Sprinkle with cheese and toss together. Return to oven for 2 more minutes. Serve hot.

## Kale and Ricotta Salata Salad

3/4 to 1 pound kale stems and center ribs discarded  
2 tablespoons finely chopped spring onion  
1 1/2 tablespoons fresh lemon juice  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
4 1/2 tablespoons extra-virgin olive oil  
1/2 cup coarsely grated ricotta salata or parmesan  
Working in batches, cut kale crosswise into very thin slices.

Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well. Toss kale and ricotta salata in a large bowl with enough dressing to coat well, then season with salt and pepper.

### Farm Open House!

Saturday, July 28th 1-5pm

**Come and see where your food is grown!**

**Please join us at the farm for a tour, meet other CSA members and check out how we grow the veggies in your CSA shares.**

**Farm tours at 1:30pm and 3:30pm**



## Roasted Beets with Red Onion and Lime

Serves: 6 to 8

1.5 pounds small red beets  
3 spring onions, sliced 1/4 inch thick  
1/3 cup olive oil  
3 tablespoons Worcestershire sauce  
1 teaspoon kosher salt  
Freshly ground black pepper  
2 tablespoons freshly squeezed lime juice  
3 tablespoons chopped cilantro

Preheat oven to 425°F.

Start by preparing the beets. Rinse, then trim the root and tip end of each beet, cut into wedges.

In a large bowl, combine beets and red onions. In a smaller bowl, add olive oil, Worcestershire sauce, kosher salt and several turns of black pepper, whisking to combine. Drizzle the liquids over the beets and red onion tossing to evenly coat.

Spread vegetables on a rimmed baking sheet then transfer to the oven. Roast until beets are tender and caramelized, stirring every 10 minutes, about 40-45 minutes.

Place beets and onions in a bowl, add lime juice and cilantro, tossing to combine. Season with additional kosher salt and ground black pepper if needed.

## Simple Snow Peas Stir-Fry

Snow peas are so sweet and delicious with just a quick minute in the fry pan, they are amazing! Add anything to this stir-fry (shiitake mushrooms perhaps? Chicken, beef... whatever!)



1 cup snow peas, flower ends trimmed  
1/4 cabbage, sliced thinly  
6 garlic scapes, chopped into two inch pieces  
4-6 green onions, chopped into two inch pieces (even the greens)  
3 bok choy chopped, or 1 handful mustard greens chopped, or 5 kale leaves, chopped  
3 spring onions, sliced into 1/4 inch slices  
4 tbsp sesame oil  
2 tbsp soy sauce  
1 tsp sugar  
2 tsp rice vinegar  
salt and pepper  
2 tbsp sesame seeds

Heat sesame oil in a wok or large skillet until hot but not smoking. Add spring onion and garlic scapes. Stir fry for 2 minutes then add cabbage. Stir fry for 3-5 minutes longer until cabbage is tender. Add snow peas, fry for 2 minutes longer. Add bok choy or other green, green onions, soy sauce, sugar, rice vinegar, salt and pepper to taste. Stir-fry for 3 minutes more or until veggies are tender and slightly browned. Add sesame seeds. Taste for seasoning and serve.