



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 1, November 5, 2012

This week's share:

Potatoes, carrots, onions, squash, garlic, kohlrabi, kale, arugula, radish, cayenne peppers, herbs

Next week's guess:

Potatoes, carrots, onions, garlic, squash, leeks, cabbage, collards, beets

On the farm...

Welcome to the winter CSA! We've had a week off since the end of our summer CSA program and spent this very wet week trying to harvest as much as we could of the hardy storage veggies that you will find in your winter CSA shares. Indeed it seems that all of the rain that we prayed for this summer is being brought to us now, this fall, making it incredibly difficult (and very messy!) to get all of our winter harvest in. But, we'll get there and all of us will be enjoying the fruits of our labours all winter long.

The winter CSA is, for us, a testament to how much great local produce we can enjoy through the cold winter months in Ontario. We grow nutritious storage crops like potatoes, carrots, cabbage, leeks, onions and squash (and much more!) and deliver them from our winter storage room. As well, we produce fresh greens throughout the winter in our 2 moveable greenhouses - kale, spinach and mustard greens.

We have always felt awed at the diversity of hardy crops bred to keep us Northern-dwellers well fed through our cold winters. The turn toward imported produce in our grocery stores has meant, for most people, a growing neglect of the lovely veggies that characterize winter here. But for us, we couldn't hold the potato, cabbage, carrot, onion, squash, spinach etc. in higher regard. These veggies are hardy and nutritious, they are dense and flavourful and can be relied upon all winter long to create delicious and healthy meals. And you can be sure that far less fossil fuels were burned to get them to your plate.

So, we hope that you will enjoy these lovely vegetables throughout this winter and will think of their journey from our farm to your plate while you do. Each of them was lovingly seeded, weeded, row-covered, irrigated, harvested, stored, washed and delivered by our great farm team (Jeff, Leslie, Katie, Sean and Lisa). We choose each variety for its flavour and beauty, its performance in the field and its storage ability and we will give you lots of ideas for how to use them through the winter.

Just to remind you, the winter CSA consists of 10 pickups total and the pickups are every other week. Check out the next page of your newsletter for storage tips on how to keep these veggies at their best in your kitchen!



Our winter storage room full of veggies!

Crisp Kohrabi Slaw

serves 2

Kohrabi is a great winter choice for a fresh, crunchy salad. It is sweet and flavourful and can be made into a great slaw. Try it with one of the dressing variations below.

1/2 large kohlrabi, peeled and cut into matchsticks
1 large carrot, washed and cut into matchsticks
1/2 large winter radish, washed and grated

Toss veggies together and add just enough dressing to coat - let sit for 15 minutes to allow veggies to absorb flavours from the dressing. Choose a dressing from below!

Vinaigrette:

1/3 cup cider vinegar
2 tbsp granulated sugar
1 tsp ground, toasted cumin
1/3 cup olive oil
salt and pepper to taste

Combine vinegar, sugar, cumin and oil in a small saucepan and bring to a boil. Add to slaw and toss.

Creamy Dressing:

1 garlic cloved, minced
2 tbsp lime juice
1 tsp ground cumin
1/2 tsp hot red pepper sauce
1 tbsp granulated sugar
1 cup mayonnaise (or 1/2 may0, 1/2 yogurt)



Combine ingredients and add salt and pepper to taste. Toss with slaw just enough to coat veggies.

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Easy Sautéed Kohlrabi

A Cedar Down Farm recipe

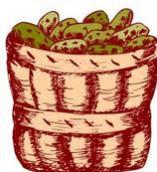
Serves 4-6

1 large kohlrabi
1/4 cup butter
1 cup chicken or vegetable stock
salt and pepper to taste

Peel kohlrabi and cut into quarters. Cut each quarter into 1/2 inch thick slices. Heat a large skillet over medium heat. Add butter and allow to melt. When melted, add kohlrabi and sauté for about 4 minutes. Add stock and cover. Lower heat and cook for about 15 minutes, stirring occasionally, until kohlrabi is tender. Remove lid, add salt and pepper and sauté without lid for about 5 minutes more, until kohlrabi is light browned. Serve hot.

Put those veggies where they belong...

The winter veggies that you get in your shares fall into 3 different categories when it comes to how to store them best. They are:



Cold and Humid

Veggies in this category like to be in your fridge, kept in a plastic bag or container which will keep them from drying out. These include all the root veggies (potatoes, carrots, beets, rutabaga, parsnip, celeriac etc.) as well as cabbage, chinese cabbage, kohlrabi and any greens like spinach or kale.

Cold and Dry



Cold and dry at it's ideal is about 3 degrees celsius and not humid at all. Onions and garlic store best under these conditions. Most people don't have a dry, very cold but not freezing place in their house so the best place to store these at home is probably in a dark, cool cupboard. They will store for several weeks just on your counter but sunlight will cause them to sprout, so put them, preferably, in the dark!

Warm and Dry

Squash is happiest at about 10 degrees celsius and fairly dry. The best place to store squash is also in a cool, dry cupboard but you can also sit them on your counter and they will store just fine for several weeks. Don't put them in the fridge, it's too cold for them in there



Warm Roasted Potato Salad

From "Friday Night Dinners" by Bonnie Stern

Makes 6 to 8 servings

3 lb potatoes, cut into quarters
2 tbsp extra-virgin olive oil
2 tsp salt

Dressing

1 tbsp red wine or sherry vinegar
2 cloves garlic, minced
1/2 tsp salt
1 tbsp grainy mustard
1/4 cup extra-virgin olive oil
2 tbsp chopped fresh parsley
4 cups arugula or mustard greens

In a large bowl, toss potatoes with oil and salt. spread in a single layer on a baking sheet and roast in a preheated 425 degree oven for 40 to 45 minutes or until browned, crisp and tender.

Meanwhile, to prepare dressing, in a large bowl combine vinegar, garlic, salt and mustard. Whisk in oil. Stir in parsley.

Add hot potatoes to dressing and toss. Serve warm or at room temperature on a bed of arugula or mustard greens.

Roasted Squash with Sweet Chili and Lime Sauce

From "Friday Night Dinners" by Bonnie Stern

Serves 3-4

1 medium to large winter squash, any type, seeded and cut into 1/2 inch slices
3 tbsp extra-virgin olive oil
1 1/2 tsp salt

Sweet Chili Sauce

1/4 cup sweet Thai chili sauce or hot red pepper jelly
1 tbsp lime juice
1 tbsp seasoned rice vinegar
1 clove garlic, minced
1/2 tsp roasted sesame oil
2 tbsp fresh cilantro or parsley, chopped

In a large bowl, toss squash with olive oil and salt. Spread in a single layer on a baking sheet and roast in a preheated 400 degree oven for 30 to 40 minutes or until tender.

Meanwhile, in a small bowl combine sweet chili sauce, lime juice, vinegar, garlic, sesame oil and cilantro.

Spoon dressing over squash and toss gently. Serve hot or at room temperature.