

This week's share:

Potatoes, carrots, onions, garlic, rutabaga, celeriac, cayenne peppers



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 10, March 9, 2011

See you in June!

On the farm...

Fresh Celeriac Salad

1 large bulb celeriac, peeled and trimmed
1 large carrot, washed
2 tbsp sunflower seeds, toasted
3 tbsp pecans or walnuts, toasted and roughly chopped
juice of half a lemon
1/2 cup chopped parsley, optional

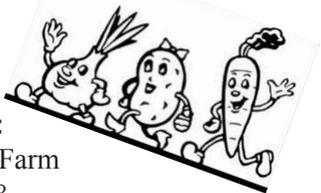
Dressing:

1/3 cup olive oil
1/4 cup apple cider vinegar
1 tbsp honey
2 tsp Dijon mustard
1 clove garlic, minced
Salt and pepper to taste

Grate celeriac and carrot and toss in a large bowl. Add sunflower seeds, walnuts and chopped parsley. Sprinkle with lemon juice and toss.

Make dressing by whisking all dressing ingredients together. Pour over grated vegetables, toss and serve!

Hint: Add one half or a whole chopped apple to the salad for a sweet kick!



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Hard to believe it, but this week is the last winter CSA pickup. It really seems like just yesterday that the winter CSA began - we were still picking greens and broccoli out of the field, worrying about the root cellar being too warm and waiting for the snow to come. Now, we're starting to get glimpses of spring and we're getting ready to fire up the greenhouse and start seeding new transplants for the summer. We're excited for our second spring at Cedar Down Farm, excited to find out what this summer will hold for weather, crops and harvests. As always, we're going to be trying some new things, doing more of what worked and changing others that needed improvement. We'll have a third farmer on the farm this summer and we'll be experimenting with new crops and harvesting abundant vegetables for our summer CSA!

We really hope you enjoyed the winter CSA - please make sure to let us know what you liked or didn't like about it, what you'd like more or less of and how we can make it better for next year.

It's been great keeping you all in local food this winter and sharing all the great eating that can be had despite the snow! We hope to see you all in June when the summer CSA begins! Thanks!



Jeff lugging potting mix and compost into the greenhouse to thaw. We transplant about half our vegetable crops, starting the seedlings in the greenhouse beginning - well - now!

SMOKY CARROT HUMMUS

1 pound carrots, rinsed
3/4 cup cooked garbanzo beans, rinsed and drained
3-4 tablespoons olive oil
1 lemon, juiced (about 3-4 tablespoons)
1 tbs sesame seeds
2 cloves garlic, minced
2 tsp paprika
1/2 t cumin
1/4 tsp chipotle chile powder
1/4 tsp sea salt



Preheat oven to 400 degrees.

Chop carrots into large chunks. Toss in 2 teaspoons olive oil and lightly salt. Roast for about 30 minutes, until carrots are fork-tender. Set aside until cool enough to work with.

Meanwhile, you can get everything else ready. Using either a blender or food processor, add the garbanzo beans, 2 tablespoons olive oil, lemon juice, sesame seeds, garlic, spices and salt.

Once the carrots have cooled, add them to the blender or food processor. Pulse or blend until combined. Have the olive oil on hand if you need to add more because the consistency is too thick.

Garnish with paprika or fresh parsley. Serve with crackers, bread or tortilla chips. Spread on a sandwich. Enjoy!

Potato and Celeriac Gratin Dauphinois

2 cups whole milk
1 cup heavy cream
4 oz. freshly grated Swiss Gruyere cheese
Sea salt and freshly ground pepper to taste
Freshly grated nutmeg to taste
1 large garlic clove, peeled and halved
2 lbs. firm fleshed potatoes, peeled and sliced very thin
1 celeriac, peeled and sliced thinly
3 TBSP butter

Prepare a shallow 2 quart gratin dish, by thoroughly rubbing with the garlic halves. Preheat the oven to 375 degrees.

In a large saucepan, bring the milk to boil over medium heat. Add the cream and 3/4 of the cheese, stirring to blend. Finely chop the garlic used for rubbing the dish and add. Season with salt, pepper and a grating of the nutmeg. Add the potatoes and celeriac and mix well with a wooden spoon. Cook over low heat, stirring often until the potatoes and celeriac are half way done, about 10-15 minutes. Taste for seasoning. Transfer the vegetables and their liquid to the prepared baking dish. Sprinkle with remaining cheese and butter. Place in the center of the oven and bake until the potatoes and celeriac are cooked through and the top is crisp and golden, about 1 hour and 15 minutes. Serve immediately.

Barley with Roasted Root Vegetables

1 1/2 cups pearly barley
4 cups water
1/2 tsp salt
bay leaf
2 lbs mixed root vegetables (carrots, parsnips, rutabaga, celeriac), cut into 1/2 inch dice
1 red onion, diced
1/4 cup olive oil
10 sprigs fresh thyme
1/3 cup toasted walnuts, chopped
zest from 1/2 an orange
1-2 tbsp balsamic vinegar

Preheat the oven to 425 F.

Bring the water to a boil in a medium saucepan and add the salt, bay leaf, and barley. Simmer, partially covered, until the barley is tender, about 35 minutes. Remove from heat and keep covered until you're ready to mix up the salad.

Toss the vegetables, onion, olive oil, thyme, a few pinches of salt and a few grinds of black pepper and spread on a sheet pan. Roast for about 25 minutes, stirring once or twice, until tender.

Toss the barley and vegetables together in a large bowl with the balsamic, walnuts, and orange zest. Taste and adjust the seasonings.

Serve warm or at room temperature, garnished with a few sprigs of fresh thyme.

One Great Idea!

We love when CSA members give us great ideas for using their CSA vegetables. This one is a real winner, we think, and makes great use of those root veggies that may be floundering somewhere in the back of your fridge....

If you've got carrots, parsnips, rutabaga or other veggies that you just can't seem to make use of - chop 'em up, boil 'em down and you've got a great vegetable stock which you can put in the freezer and use in soups and other recipes.

Great idea right?!

