



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 10 of 10, March 5 and 6, 2012

This week's share:
Potatoes, carrots, onions,
garlic, beets, rutabaga,
cabbage, greens, cayenne
peppers

See you in the spring!

On the farm...

Well, you did it! You ate your way through (almost) an entire winter's worth of winter veggies. This week is the last week of the winter CSA. The root cellar is nearly empty (actually, this week's carrots come from Pfenning's Organic Farm - ours ran out last week), the squash is pretty well gone and the greenhouse is starting up with seedlings for the season to come.

Here on the farm we are planning a little getaway before the spring gets under way. It's been a busy winter and the coming season is just around the corner! We have managed to hire our interns and staff for the coming season, have purchased a new tractor, new seeder and some soil preparation equipment and are looking to put up a second greenhouse come April. This week, we will sow our first seeds in the greenhouse - onions, leeks and celeriac - and begin the cycle of seeding, watering, and heating the greenhouse that will continue (minus the heat) into August.

Spring is always bustling here at the farm with many preparations to be made for the season to come. The greenhouse will be full by the time we start planting into the field come May and there will have been lots of cultivating, planting and weeding already done once the summer CSA starts in June.

We'd like to thank the Hanover Mennonite Church, Back Eddie's and Jim Reid and Susan Turner (in Hanover, Paisley and Guelph) for their great hospitality in serving as venues for our winter CSA drop offs this winter. Each provided warm, welcoming places for all of us to come to this winter - the CSA just wouldn't be the same without such wonderful community support. And we'd like to thank all of you for your dedication to local food and to supporting local agriculture (us!). We hope that you enjoyed the veggies as much as we enjoyed providing them for you.

All the best for the coming months and see you in the spring!



The snow may still be on the ground...but our new 3-row seeder sitting in the shed is making us excited for spring!

Spice Glazed Carrots

Serves 4.

6 medium carrots, peeled and sliced on the bias*

1/4 cup honey 1/4 teaspoon cumin

1/4 teaspoon smoked paprika

1/4 teaspoon cayenne pepper

kosher salt, to taste

Heat the honey in a pan over medium heat until it is bubbling and has darkened in color, about 7-10 minutes. Add the sliced carrot and season with cumin, paprika, cayenne pepper and salt. Cook the carrots until they are just fork tender, about 5 minutes. Serve warm.

* When slicing the carrots, give the carrots a turn with every slice so they are cut in rustic triangles.



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Creamy Mashed Potatoes

2 pounds Russet Or Yukon Gold Potatoes
1/4 cup butter cups butter
1/3 package (8 Oz.) cream cheese, Softened
1/4 cup (to 1/2 cup) cream
1/2 teaspoon salt
1/2 teaspoon black pepper

Peel and cut the potatoes into pieces that are generally the same size. Bring a large pot of water to a simmer and add the potatoes. Bring to a boil and cook for 30 to 35 minutes. When they're cooked through, the fork should easily slide into the potatoes with no resistance, and the potatoes should almost, but not totally, fall apart.

Drain the potatoes in a large colander. When the potatoes have finished draining, place them back into the dry pot and put the pot on the stove. Mash the potatoes over low heat, allowing all the steam to escape, before adding in all the other ingredients.

Turn off the stove and add 1 1/2 sticks of butter, an 8-ounce package of cream cheese and about 1/2 cup of half-and-half. Mash, mash, mash! Next, add about 1/2 teaspoon of salt and 1/2 a teaspoon of black pepper.

Stir well and place in a medium-sized baking dish. Throw a few pats of butter over the top of the potatoes and place them in a 350-degree oven and heat until butter is melted and potatoes are warmed through.

Note: When making this dish a day or two in advance, take it out of the fridge about 2 to 3 hours before serving time. Bake in a 350-degree oven for about 20 to 30 minutes or until warmed through.

Rutabaga Purée with Brown Butter & Mascarpone

4 T unsalted butter
1 medium onion, peeled & coarsely chopped
1 large rutabaga (about 2 pounds), peeled and coarsely chopped
1 t coarse salt, plus more to taste
1 c chicken stock or vegetable stock
1 T fresh thyme leaves, plus more for garnish
1 pn freshly cracked black pepper, to taste
4 T mascarpone cheese



Heat a large, heavy bottomed sauté pan over medium heat. Add the butter. As it begins to melt, start swirling the pan frequently and watching the butter carefully. You will notice the butter will get foamy, and then the milk solids will begin to brown. Once that starts, remove skillet from heat. Smell the butter; it should have a nutty aroma, and be caramel in color.

Add the shallots and rutabaga. Return the pan to medium heat and cook, stirring often, until the vegetables begin to soften, about 10 minutes. Season with salt. Add stock and thyme leaves. Cover, and bring to a boil. Reduce heat to low, and simmer until tender, 20 to 25 minutes. Remove from heat and allow to cool slightly.

Purée vegetable mixture with mascarpone in a food processor until smooth. Season with pepper. Reheat if necessary. Garnish with more thyme leaves.

Savory Cabbage Turnovers

Makes 8

2 c all-purpose flour, plus more for rolling
1 c cold unsalted butter, cut into small dice
1/2 cup yogurt
2 T cold water
1 1/2 cup cabbage, chopped slaw style
1 carrot, thinly sliced
1/2 cup onion, cut into 1/4' dice
1 clove garlic, peeled and minced
1/2 t whole mustard seeds
1/2 t kosher salt, plus more for sprinkling
1/4 cup chicken broth
1 egg, lightly beaten with a bit of water for the egg wash
1 tsp olive oil



In a bowl, stir together flour and 1/4 t salt. Using a pasty blender, cut cold butter into flour until your mixture looks like a course meal with some pea sized pieces of butter. Mix the water into the yogurt and add to the flour mixture. Mix till you get a nice dough.

Form the dough into a ball. On a floury surface, roll into an 18 by 9 inch rectangle. Take the ends and fold the dough crosswise into thirds forming a 6 by 9 inch rectangle. Fold the dough into thirds again from the other side (to your right, so that you have a small square or even ball like shape). Wrap dough and chill in the fridge for 1 hour.

While the dough is chilling make the filling. Heat the olive oil in a medium-sized sauté pan set over medium heat. Add the cabbage, carrot, onion, garlic, remaining 1/4 t salt, and mustard seeds to the pan. Sauté for 5-6 minutes, stirring occasionally. Add the broth and continue to cook and stir until the pan is nearly dry. Remove from heat and cool.

At this point cut the chilled dough in half. Roll each half of the dough out on a floured surface into a 12 inch square. Cut the two 12 inch squares into 8 equally-sized squares. Divide the cooled cabbage mixture equally among the 8 squares. Fold over the edges of the dough toward each other to form a triangular shape. Crimp the edges together with the end of a fork and brush with egg and sprinkle with additional salt.

Bake at 395 for 10 minutes. Turn the heat down to 385 and bake for 12-15 more minutes or until golden. Serve hot.

Beets with Almonds and Balsamic

3-4 medium beets
1/2 cup toasted almonds, ground
3 tbsp olive oil
1 tbsp lime juice
2 tbsp balsamic vinegar
salt and pepper

Wash beets, place in a large pot, covered with water and boil, whole and unpeeled until tender - about 45 minutes. Cool under running water and rub skin off with your hands. Rinse, remove stem and root end and slice into half moons about 1/4 inch thick. Toss with olive oil, balsamic, lime juice, ground almonds and salt and pepper to taste. Enjoy!