

This week's share:

Potatoes, carrots, onions, garlic, squash, Chinese cabbage, rutabaga, kohlrabi



Next week's guess...

Potatoes, carrots, beets, squash, onions, garlic, celeriac, watermelon radish



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 4, December 15, 2010

On the farm...

It's officially winter on the farm, the laneway is snowy and beautiful with its corridor of trees, the root cellar is good and cold and we spent hours yesterday removing icy chunks of snow from the tops of the greenhouses! Indeed, if you walk in to our winter greenhouse, the lovely kales and spinach are frozen solid in their rows! Hopefully we get some sun so we can start harvesting them again. It can be frigid outside but if the sun is shining, the greenhouses are toasty warm and the veggies are alive and well. You have to admire these hardy greens for their ability to freeze solid then come to life again with a bit of heat.

Jeff and I finally finished our review of last season's garden so I'm ready to start planning next year's garden and putting together a seed order for the beginning of January. We order our seed from a few seed companies that cater to market gardens and CSA farms. There is an enormous amount of variety to choose from and you can often find me with my nose in a seed catalogue figuring out new crops to try and reading about the merits of different varieties. It's endless fun.

We have a whole network of spreadsheets that help us plan everything out for the garden from how much of each vegetable will go in each share how many times to how many row feet in the garden we will need to grow of each crop. It's actually tons of fun to visualize the future garden while the farm is buried under snow and our imaginations really come alive as we think of new things to try, new methods to use and how we're going to carry it all out. One big new thing that we are starting this spring is a one-acre orchard. We've ordered about 90 or so trees - apples, pears, plums, Asian pears and more - that we will plant this spring in collaboration with our friend Ali English. We're hoping that the orchard will provide fruit for our CSA in the years to come. We're also adding berries and seedless grapes - it's pretty exciting to imagine sweet, delicious fruit coming out of these fields. As I write this newsletter, I have a view out the win-

dow of where the orchard will be and I can imagine the lovely rows of trees with clover running in between and maybe some chickens pecking at the ground underneath.



Citrusy Kohlrabi Slaw

From www.easypeasyorganic.com

Serves 4 as a side dish

The ingredients:

1 raw kohlrabi, peeled and shredded
1 carrot, shredded
1/3 of a Chinese cabbage, cut into thin strips
1/3 cup mayonnaise or yoghurt
1-2 Tbs grapefruit or lemon juice
1 tsp grapefruit or lemon zest
Pinch of sugar or a bit of honey
salt to taste

Mix all ingredients together and refrigerate for at least 30 minutes or up to a couple of hours.

Serve!



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Kohlrabi and Rutabaga

Just a quick reminder of the many merits of kohlrabi and rutabaga. Both are in the cabbage family and have that sweet, earthy taste and delicious crunch that characterize these crops. Kohlrabi is sort of a cross between a cabbage and a turnip and rutabaga is like a big, sweet turnip. They can both be used raw or cooked and are great in winter slaws, cut up on a veggie plate with dip or added to any number of warm dishes from soups to gratins to stir-fries. They keep forever in your fridge and you can just cut chunks off and wrap the rest for later.

Easy Eggy Chinese Cabbage

This dish makes a great breakfast or simple, light dinner. You can turn it into fried rice by tossing it with cooked brown or white rice and quickly stir-frying.

- 1/2 head Chinese cabbage, cut into chunks or strips
- 6 eggs, beaten with 1 Tbsp of milk
- 2 cloves garlic, minced
- 1 large or 2 small onions, diced
- 1/2 dried chili pepper, minced or 1/8 tsp cayenne pepper (optional)
- 1 tsp sesame oil
- 1 Tbsp olive or vegetable oil
- salt and pepper to taste



Heat olive oil in a large skillet over medium-high heat. Add onion and stir-fry for about 5 minutes then add garlic and fry 1 minute more. Add cabbage, stir-frying until it is tender but still has a bit of crunch. Sprinkle with sesame oil, chili and salt and pepper. Add egg and stir to incorporate with cabbage. Cook until egg is done. Serve alone or over rice (or in fried rice).

Glazed Rutabaga

Adapted from "Mastering the Art of French Cooking" by Julia Child

- 2 lbs rutabaga, peeled and cubed
- 4 Tbsp butter
- 2 Tbsp olive oil
- 1 to 1 1/2 cups vegetable or beef stock
- 3 Tbsp granulated sugar
- 2 Tbsp minced parsley, optional



Blanch the rutabaga for 3 to 5 minutes in boiling salted water to cover. Drain and dry in a towel. Sauté the rutabaga in 2 Tbsp of butter and olive oil for 3 to 4 minutes to brown lightly. Pour in enough stock to barely cover them. Add remaining 2 tablespoons of butter and the sugar. Cover and boil slowly for 20 to 30 minutes or until the rutabaga is tender but retains its shape. Salt and pepper to taste.

If the liquid has not reduced to a syrupy glaze, uncover and boil down rapidly. Gently toss the rutabaga to coat with them glaze. Sprinkle with parsley and serve.

Herbed Kohlrabi Soup

From <http://noonionplease.wordpress.com>



INGREDIENTS

- 1/2 of a large kohlrabi, cubed
- 1 large potato, cubed
- 1 medium carrot, diced
- 2 cloves of garlic, sliced
- 1 L of vegetable stock
- bunch of parsley, shredded
- bunch of dill, shredded
- 2 tsp winter savory
- pinch of cayenne
- salt and pepper

1. Sauté kohlrabi, potato, carrot and garlic for several minutes. Add the stock, bring to boil, decrease the heat and cook for 10 minutes.
2. Add the herbs and spices and cook on a small heat until kohlrabi is very soft. Blend the soup. Garnish with olive oil or yoghurt and parsley.

Squash, Rutabaga, Leek and Apple Gratin

- 3 tablespoons extra-virgin olive oil
- 2 medium leeks, white part only, trimmed of roots and tough outer leaves, thinly sliced crosswise, well washed and dried OR
- 2 medium onions, peeled and sliced
- Coarse salt and ground pepper
- 1/2 cup dry sherry or apple cider
- 1 tablespoon chopped fresh sage, plus leaves for garnish
- 1 pound winter squash, peeled, seeded, and sliced 1/8-inch thick
- 1/2 of a large rutabaga, peeled and sliced into 1/8 inch thick slices
- 1 pound apples, peeled, halved, cored, and cut into 1/8-inch thick slices
- 3/4 cup vegetable stock or milk
- 1/2 cup freshly grated Parmesan cheese

1. Preheat the oven to 350 degrees. In a 10-inch skillet, heat 2 tablespoons of oil over medium heat. Add leeks or onion and 2 tablespoons water; season with salt and pepper. Cook, stirring occasionally, until they begin to brown, about 10 minutes. Add sherry and sage and cook until liquid is reduced to a glaze, about 3 minutes; set aside.
2. In a 2-quart shallow baking dish, arrange squash and rutabaga in overlapping layers; season with salt and pepper. Spread leeks evenly over the squash.
3. Arrange apples in an overlapping layer over the leeks. Brush apples with remaining tablespoon oil and add stock or milk. Cover tightly with aluminum foil. Bake 45 minutes.
4. Uncover and sprinkle cheese over the top. Raise the oven temperature to 450 degrees and bake 10 minutes, or until the cheese has melted and is golden brown. The tip of a paring knife should easily pierce the gratin. Let cool 10 minutes before serving. Garnish with sage leaves.