

This week's share:

Carrots, potatoes, onions,
garlic, squash, celeriac, beets,
Chinese Cabbage



Next week's guess...

Potatoes, carrots, onions, garlic,
kohlrabi, parsnip, squash, cay-
enne peppers



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 5, December 29, 2010

Warm Winter Vegetable Salad

1 medium red or yellow onion
1/2 large or 1 small squash
2 large carrots
1 celeriac
2 beets
Salt and pepper
Olive oil
A handful of chopped walnuts or pecans
A handful of crumbled feta

For the dressing:

2 tablespoons (30ml) olive oil
1 handful fresh parsley, chopped
1 tablespoon (15 mL) balsamic vinegar
1 teaspoon (5 mL) Dijon mustard
A squeeze of lemon juice
Salt and pepper

Preheat the oven to 425° F. Peel and chop the vegetable into similar-size wedges. Put them on a roasting pan in a single layer, season and drizzle with enough olive oil to coat thoroughly. Toss well. Cook for 30 to 45 minutes, turning a few times, until tender but not mushy. Five minutes or so before the vegetable are ready, scatter walnuts on a cookie sheet and toast them in the oven. Make a dressing with the olive oil, parsley, balsamic vinegar, Dijon mustard, lemon juice, salt and pepper. Taste for seasoning. Transfer roasted vegetables to a platter, and sprinkle with feta cheese. Drizzle with vinaigrette and scatter with warm toasted walnuts.



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On the farm...

As we look toward planning next summer's garden, one of the things that is always on our mind as we think about what to grow, how much and for whom, is the issue of food access and equality. Part of the reason that Jeff and I choose to farm and farm the way that we do is in response to what we see as the huge degradation of our food supply. Walk into any supermarket (especially one in a low-income or marginalized area) and the ratio of fresh food to packaged, processed food is incredibly low. In some places, fresh food is virtually non-existent in grocery stores. And what fresh food you do find is raised in a questionable manner (for the environment and farm workers), shipped for miles and ends up on the shelf a much-degraded version of itself. And so we farm for Community Shared Agriculture in the hopes of providing an alternative and showing people how food should really be - truly nutritious and grown in a way that respects people and the environment.

However, as we do this, we are very aware of the differing abilities for people in the community to access our food and other good quality, nutritious food based on income, education and other more complex social realities like poverty, oppression and racism. Food security is an incredibly complex issue influenced by many factors but the basic idea should be that everyone should have access to nutritious food regardless of income level or anything else.

Community Shared Agriculture, in our opinion, can be a vehicle for community involvement in this issue. By working with food-aware folks like yourselves, we can raise awareness, come up with community responses and work together to help the farm contribute. At the farm, we have been working with a few community service organizations to donate our extra produce but we would like to take it a step further. As one response to the issue of food access, we would love to be able to consistently provide vegetables to members of the community who aren't in a position to buy a CSA share. We are working on ideas for how to make this happen - one being a donation program where a small donation by CSA members will go towards a dedicated spot in the garden for "community shares." Let us know, if you have any thoughts on this or think it's a good idea.

Other than that, I have now officially started working on the garden plan for next summer in the hopes of getting a seed order in the next few weeks. This means planning out the content of the shares, translating that into space in the garden and then figuring out how much seed we will need. We are hoping to incorporate one farmers market into our plan for next year and are, of course, thinking of the possibilities of "community shares."

We hope you've been enjoying the winter shares so far and look forward to sharing more hearty winter fare and farm thoughts in the New Year.

Happy New Year!

Praline Squash Breakfast Cake

Preheat oven to 350F

Grease a 9" square pan (or similar), preferably with a removable bottom

For the cake:

Wet Ingredients:

2 eggs plus 2 additional egg whites

1/3 cup brown sugar (light or dark), packed

1/3 cup sugar

(Optional) 1 Tablespoon Maple Syrup

1/4 cup Thick Cinnamon Applesauce (or use finely chopped apples and 1/4 teaspoon cinnamon)

1/2 cup cooked squash, scooped out of the skin

1/4 cup light cream (or milk)

Shortening:

2 ounces unsalted butter (1/2 stick), melted

Dry Ingredients:

1/2 teaspoon salt

1 and 1/2 teaspoons baking powder

1 and 1/4 cups flour

Nuts and Fruit:

1/4 cup pecans, chopped

(Optional) 1/4 cup currants or golden raisins

For the topping:

2 ounces unsalted butter (1/2 stick), softened

1/3 cup brown sugar (light or dark), packed

1/3 cup pecans, chopped

5 Tablespoons flour

Make the Topping: In food processor bowl with blade attached, combine all topping ingredients and pulse until crumbly. Remove this to a covered bowl while preparing the cake.

Make the Cake: In the food processor, combine Wet Ingredients, pulsing to combine after each addition.

Add the Shortening, pulsing to combine well.

Add the Dry Ingredients, pulsing to just combine (do not over-work).

With a spoon, Stir in the Nuts and Fruit. Batter is now ready to use.

Pour batter into the prepared pan.

Bake for 10 minutes at 350F, then open oven door and sprinkle topping on the cake. Resume baking and continue for another

15 to 20 minutes, until the cake is browned and slightly puffed.

Check for doneness in the center of the cake with a toothpick, which should come out clean.

When done, remove cake to rack to cool for 15 minutes, then remove the outer pan, if using a removable-bottom pan.

Slice and serve!



Celeriac

Celeriac, or celery root is a crunchy, aromatic root with a celery flavour. Though you may not think so at first glance, celeriac can be used in many great dishes and lends a fantastic flavour. We eat it often in fresh, grated salads (mixed with carrots, apples, pear or other root veggies), put it in soups and add it to rich, warm dishes like gratins or mashes. Just cut off the knobbly outer skin and you can eat the whole inner bulb. We have found that this year, some of the bulbs have a hollow, brownish section in the centre. Likely caused by an excess in moisture, this part can be cut out and eaten around, the rest is still great.

Celeriac, Apple and Potato Soup

Ingredients

1 celeriac root (peeled and chopped)

2 medium sized potatoes (peeled and chopped)

1 large apple (peeled and chopped)

1 onion, diced

1 Qt chicken broth

1 T butter

1 T oil

1/2 tsp dried Thyme

salt and pepper to taste



Sauté onions in butter and oil under medium heat for a few minutes until browned and translucent. Add the celeriac and potatoes. Saute for about 8-10 minutes until they are cooked. Add broth and apples. Bring to a boil and then simmer for 30 minutes. Blend with an immersion blender or, if using a blender, blend in batches in the blender. Garnish with toppings of your choice and serve!

Garnishes

You can cook some bacon, pancetta, or prosciutto in a pan and crumble a small amount on top of the soup.

Roasted Beets with Cumin and Mint

1 tablespoon fresh lemon juice

1 teaspoon cumin seeds, toasted and lightly crushed

1/2 teaspoon salt

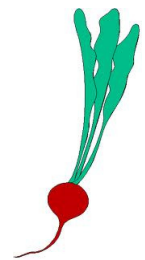
1/4 teaspoon black pepper

2 tablespoons extra-virgin olive oil

3 medium beets

1/3 cup fresh mint, coarsely chopped or

2 tsp dried or fresh mint



Stir together lemon juice, cumin seeds, salt, and pepper in a medium bowl. Stir in oil and let stand while roasting beets. Put oven rack in middle position and preheat oven to 425°F. Tightly wrap beets in a double layer of foil and roast on a baking sheet until tender, 1 to 1 1/4 hours. Cool to warm in foil package, about 20 minutes.

When beets are cool enough to handle, peel them, discarding stems and root ends, then cut into 1/2-inch-wide wedges. Toss warm beets with dressing. Stir in mint just before serving.