

This week's share:

Potatoes, carrots, onions, garlic, Delicata and Sweet Dump-ling squash, celeriac, cabbage, watermelon radish, greens



Next week's guess...

Potatoes, carrots, onions, garlic, squash, parsnip, beets, hot peppers, kale

Celeriac and Potato Gratin

Celeriac Gratin is one of the most comforting dishes out there. You'll be amazed how good it tastes.

1 celeriac, peeled and cut into thin slices
1 large potato, peeled and cut into thin slices
2 cloves garlic, thinly sliced
250ml chicken or vegetable stock
250ml cream or milk
1 tbsp plain flour
1/4 tsp dried red chilli flakes (optional)
Salt & pepper, to taste

Start by pre-heating your oven to 375f.

Place your celeriac, garlic, chili, flour, salt and pepper in a large bowl and toss around with your hands until well combined.

Layer the celeriac and potato into a heat-proof 8" x 8" dish. Don't worry about being neat or about separating the celeriac / potato. Leave a couple of cm at the top of the dish so that the sauce doesn't bubble over the sides.

Mix the chicken stock and cream together and then pour evenly over the gratin, then place into your oven for approximately 90 minutes or until golden brown and the celeriac is tender.

Serve as is or as a perfect side dish.

Variations:

You can try this with just celeriac instead of using potato. You could also give it a go with another vegetable such as rutabaga or squash for a unique taste.



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 5 of 10, December 27/28, 2011

On the farm...

This past summer, our friend Ahren built us a great staircase leading to the upstairs of our barn. This new addition means that we can now use the upstairs without having to climb up the skinny side ladders that used to be the only way to get up there. The upstairs of the barn is big, airy space formerly used to store hay. But for our purposes, it's a useful space for all kinds of things.

One of the things we used it for this year was to lay out bean plants so that the dry beans they held could dry out completely before storage. These were plants of our favourite green snap bean variety - Bronco - that we grew specifically to save for seed. Since coming to the farm, we hadn't gotten back into the habit of growing crops for seed but we are very much committed to that aspect of the farm. Part of the motivation to start saving seed again has come from helping to start up a local seed saving initiative called Seeds of Transition. With the goal of teaching people how to and encouraging them to start saving seed, we've held a few workshops over the past year on seed saving basics and suggested useful varieties that people could try and save.

As part of that initiative, we had about 15 people in the upstairs of our barn this month, jumping up and down on our dried bean plants to thresh out the beans from the pods. After a little workshop on how to test seed for germination, everyone set to stomping on the beans and after gathering them and winnowing them with a large fan, we ended up with about 50 lbs of Bronco bean seed. Now, we have one less variety to buy and a stock of seeds that will last for many years.

This year, as part of our crop planning, we will include several crop varieties that we will grow strictly to collect seed from. Growing seed on the farm often results in hardier seed that does well in our particular location. It is a skill that is quickly becoming obsolete but is a necessary and fun one. We look forward to increasing our seed saving efforts and telling you all about it!



A five gallon pail of Cedar Down Farm grown bean seed!

Celeriac

Celeriac, or celery root, is a lovely vegetable, related to the more familiar celery but grown for the gnarly, subtly flavoured root. It is a useful and delicious winter vegetable that is a great addition to soups, stews or chili and makes a fine salad, gratin or mash. Peel the bulb with a paring knife and remove the rooty bottom then use the thick, white interior. Like other root vegetables, celeriac stores best in the fridge in a bag or container to keep it cold and humid.

As a side note - we have had some problems with "hollow heart" in our celeriac. If you find the interior of your celeriac has a hollow, brownish center, just cut around it and use the rest. If it is really bad, let us know and we'll give you another one!

Celeriac Apple Salad



- 1 celeriac, peeled and grated
- 1 large carrot, washed and grated
- 1/2 small red onion, minced
- 1 apple, diced
- 1/4 cup walnuts, pecans or sunflower seeds, toasted
- 1/2 cup extra-virgin olive oil
- 1/4 cup freshly-squeezed lemon juice
- 1/4 cup apple cider or white wine vinegar
- 1 tablespoon honey
- 2 tablespoons dijon mustard
- 1 teaspoons dried oregano
- 1 tsp dried dill
- 1 garlic clove, finely minced
- 1/2 teaspoon salt
- 3/4 teaspoon freshly-ground black pepper

Toss celeriac, carrot, onion and apple in a medium bowl to combin. Chop pecans or walnuts and add to salad (or add sunflower seeds), toss. Combine lemon juice, vinegar, honey, mustard, herbs, garlic, salt and pepper in a small bowl or jar. Add oil in a thin stream while whisking. Taste for seasoning and pour over salad just to coat vegetables (you will probably have some dressing left over - it works well on all kinds of salads!). Eat!

Smashed Celeriac

- 1 celeriac, peeled
- olive oil
- 1 handful of fresh thyme, leaves picked
- 2 cloves of garlic, finely chopped
- sea salt and freshly ground black pepper
- 3-4 tablespoons water or stock

Slice about 1cm/½ inch off the bottom of your celeriac and roll it on to that flat edge, so it's nice and safe to slice. Slice and dice it all up into 1cm/½ inch-ish cubes. Put a casserole-type pot on a high heat, add 3 good lugs of olive oil, then add the celeriac, thyme and garlic, with a little seasoning. Stir around to coat and fry quite fast, giving a little colour, for 5 minutes. Turn the heat down to a simmer, add the water or stock, place a lid on top and cook for around 25 minutes, until tender. Season carefully to taste and stir around with a spoon to smash up the celeriac. Some people like to keep it in cubes, some like to mash it, but I think it looks and tastes much better if you smash it, which is somewhere in the middle.

Jamie Oliver's "Best" Winter Veggie Coleslaw

This coleslaw is great because you can use any kind of winter veggie you've got around.

2 carrots, different colours if you can find them, peeled

Use at least 2 of the following:

- 3-4 radishes
- 1 beet, peeled
- ½ a small celeriac, peeled
- 1/2 cabbage, outer leaves removed
- 1/2 kohlrabi
- rutabaga
- ½ red onion, peeled
- 1 lemon
- Extra virgin olive oil
- A handful of fresh soft herbs (use mint, dill, parsley), leaves picked and chopped
- 250ml yoghurt
- 2 tablespoons mustard
- Sea salt and freshly ground black pepper

Shred the carrots, and your choice of radishes, beet, rutabaga, kohlrabi or celeriac on a mandolin or julienne by hand or in a food processor. Put the veg into a mixing bowl. Slice the cabbage and onion as finely as you can and add to the bowl. In a separate bowl, mix half the lemon juice, a glug of extra virgin olive oil, the chopped herbs, yoghurt and mustard. Pour this dressing over the veg and mix well to coat everything. Season to taste with salt and pepper and the rest of the lemon juice if you like.

Honey Roasted Squash

The honey is almost redundant in this recipe, but it sure is yummy!

- 1-2 delicata or sweet dumpling (or any other!) squash
- 3-4 tbs olive oil
- 1 tbs honey
- 1 tsp cayenne or chipotle pepper flakes (optional)
- salt and pepper



Cut squash in half vertically and remove seeds, stem and butt end. Place cut side down on a cutting board and slice into 1/2-3/4 inch slices. Place slices in a bowl and toss with oil, honey, salt and pepper and cayenne until well coated. Bake in a 375 degree oven for 35-40 minutes or until well browned. Toss several times during the baking to ensure even browning and to prevent burning.

Cedar Down Internships!

Know someone who wants to learn to farm organically?

We have two internship positions available this summer - a working/learning experience for beginner and senior interns. If you know someone who might be interested, send them our way! Check out the details on our web-site:

www.cedardownfarm.ca