

This week's share:

Potatoes, carrots, onions, garlic,
Butternut squash, rutabaga,
beets



Next week's guess...

Potatoes, carrots, onions, garlic,
celeriac, parsnip, kohlrabi



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 7, January 26, 2010

Butternut Squash Gratin with Goat Cheese and Hazelnuts

3 1/2 pounds butternut squash, peeled and cubed
2 tablespoons olive oil
Coarse kosher salt
4 tablespoons (1/2 stick) butter, divided
3 cups sliced onions
1 1/2 teaspoons chopped fresh sage
1 5.5-ounce log soft fresh goat cheese
1 cup heavy whipping cream
1/2 cup hazelnuts, toasted, husked, coarsely chopped

Preheat oven to 400°F. Place butternut squash cubes and olive oil in large bowl; sprinkle with coarse kosher salt and ground pepper and toss to coat. Spread out squash cubes on large rimmed baking sheet. Roast until just tender and beginning to brown, stirring occasionally, about 35 minutes.

Meanwhile, melt 3 tablespoons butter in heavy medium skillet over medium-low heat. Add sliced onions and chopped sage; sprinkle with salt and pepper. Sauté until tender but not brown, about 15 minutes. Coat 11x7-inch baking dish with remaining 1 tablespoon butter. Spread half of onion mixture over bottom of prepared baking dish. Sprinkle with half of squash and half of cheese. Repeat layering with leeks, squash, and cheese.

Preheat oven to 375°F. Pour cream evenly over gratin. Sprinkle with toasted chopped hazelnuts. Bake uncovered until gratin is heated through and cream is bubbling, about 30 minutes.



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On the farm...

The last few weeks on the farm have been all about shivering in front of the computer watching the snow fall outside or about being up to our waists in that snow, trying to un-earth the various creatures and structures that were slowly disappearing under it! Greenhouses needed clearing to avoid possible cave-ins, water troughs needed unearthing for the cows and pathways needed to be made so that we could actually get to our various farm buildings! Applicants coming to the farm to talk about possible intern positions here next summer had to imagine where the garden might be under all that white!

But we managed to dig ourselves out and we used the time trapped inside to get some important winter work done. After many weeks of chipping away, I've finally managed to (almost) finalize next year's garden plan and place my seed order. For the last several weeks I've been filling up my various crop planning spreadsheets, deciding on how much of what to plant, comparing notes about yield and varieties from last year and debating with Jeff about which varieties to abandon and which to try anew. After all these years of market gardening, we definitely have our favourite vegetable varieties and our tried and tested techniques for growing them, but we are always trying new things which means every season's seed order is a little bit different!

Now that I've got a lot of the plans set down for what we will be growing in the field, I begin to generate schedules for growing our seedlings in the greenhouse. We grow about half of our vegetables from transplants which we start from seed in flats in the greenhouse (the other half are seeded directly into the field). We've got a 45-foot greenhouse that we use primarily for growing seedlings and we'll start digging out the compost, potting mix and seedling flats around the third week of March. The greenhouse is heated with a propane furnace and a wood stove, and of course, the sun! On cloudy days and in the early evening when the sun goes down, we fill up the woodstove until bedtime, then the propane furnace kicks in and keeps the seedlings toasty overnight. We try and keep it always at around 15-20°C.



It's always so exciting when it's time to start growing in the greenhouse. It can be snowy and cold outside with not a green thing to be seen and you will be in the greenhouse, toasty and warm surrounded by baby plants that will be our food in the months to come.

Gives us something to dream about during the cold days of January!

Smoked Paprika and Rutabaga Bisque

Adapted from a recipe by Kate Ramos for chow.com

- 3 tablespoons unsalted butter
- 1 medium onion, diced
- 1 1/2 pounds rutabaga, peeled and cubed (about 4 1/4 cups)
- 4 cups (1 quart) low-sodium vegetable broth
- 2 cups half-and-half
- 2 1/2 teaspoons good quality smoked paprika
- 1 teaspoon ground black or white pepper



Melt butter in a large pot over medium heat. Once butter foams, add onion, and season generously with salt. Cook, stirring occasionally, until onion is tender but not browned, about 5 minutes.

Add rutabaga and broth, bring to a boil, then reduce heat to low and simmer until rutabaga is tender when pierced with a fork, about 30 minutes. Add half-and-half, paprika, and pepper and stir to combine. Allow soup to cool slightly, then purée in a blender until smooth. (You will have to do this in batches.) Taste and season with more salt and pepper as needed.

Potatoes and Carrots with Seeds and Fragrant Spices

From "Jewish Festival Cooking" by Phyllis Glazer

- 6 medium carrots (about 1 lb)
- 1 large or 3 medium potatoes
- 1/3 cup olive or safflower oil
- 1 Tbsp freshly grated gingerroot or 1/4 tsp ground ginger
- 4 to 6 garlic cloves, minced or pressed
- 4 Tsp *each* poppy seeds, sesame seeds and coriander seeds
- 2 tsp *each* turmeric and cumin
- 1 tsp chili powder or paprika
- 1 to 2 tsp salt
- 1/3 cup boiling water
- 1 1/2 cups plain yoghurt
- Freshly chopped parsley or cilantro, for garnish

To prepare vegetables, top and scrape the carrots clean but do not peel. Halve lengthwise and chop. Scrub the potatoes well, dry (do not peel), and cut into a medium dice.

Heat the oil in a large skillet with cover on medium heat. Add the vegetables and cook, stirring often, until lightly browned on the edges. Remove from the pan. Set aside.

Add the ginger, garlic, poppy, sesame, and coriander seeds to the pan and cook 1 minute, stirring constantly. Lower heat, and return the vegetables to the pan.

Add turmeric, cumin, chili powder or paprika, salt and boiling water. Mix gently, cover and cook over low heat until the vegetables are tender, adding additional tablespoons of boiling water, if necessary.

Stir in the yoghurt and heat, but do not boil. Serve hot, garnished with cilantro or parsley.

Moroccan Carrot Salad

From "Jewish Festival Cooking" by Phyllis Glazer

- 1 lb carrots, sliced into 1/4 inch rounds (about 6 carrots)
- 3 Tbsp extra-virgin olive oil
- 1 to 2 garlic cloves
- 1/2 tsp cumin
- 1/4 tsp salt
- Cayenne (chopped or ground), to taste
- 2 Tbsp chopped fresh parsley
- 1/4 tsp dried thyme or marjoram



Toss carrots in olive oil and spread on a baking sheet. Roast in a 350°F oven for 35 minutes until tender but not mushy. Place in a bowl and toss with cumin, garlic, salt, cayenne and marjoram. Garnish with parsley. Taste for seasoning and serve.

Fresh Root Veggie Salad with Beets and Carrots

- 1 large beet, peeled and diced small
- 2 medium carrots, peeled and diced small
- 1/4 of a rutabaga, peeled and diced small
- 1 small red or yellow onion, diced very small
- Juice of half of a lemon
- 3 Tbsp plain yogurt
- 1 Tbsp mayonnaise
- 1/2 tsp fresh or dried dill
- 1/2 tsp dried thyme
- salt and pepper to taste

Toss diced veggies together in a bowl until combined evenly. In a small bowl or measuring cup, mix lemon juice, yoghurt, mayonnaise, dill and thyme. Pour over veggies and toss. Taste for seasoning and add salt and pepper as needed. Serve!



Building up an appetite for yummy winter recipes! Saving the greenhouses from the snow...