

This week's share:

Potatoes, carrots, onions, garlic, parsnip, rutabaga, beets



Next week's share...

Potatoes, carrots, onions, garlic, celeriac, rutabaga, beets, cayenne peppers



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 9, February 23, 2011

On the farm...

Roasted Rutabaga Fries

1 small rutabaga (1 1/4 pounds), peeled
2 tablespoons honey
1 tablespoon hoisin sauce
1 1/2 teaspoons grated fresh ginger
1 teaspoon toasted sesame oil
1/2 teaspoon red wine vinegar
1/4 teaspoon five-spice powder or ground cinnamon

1. Preheat the oven to 400°F. Grease a baking sheet with oil.
2. Slice the rutabaga 1/2" thick. Cut into 1/2"-wide strips. In a steamer basket set over simmering water, steam the rutabaga, covered, 12 minutes, or just until tender.
3. Meanwhile, in a large bowl, combine the honey, hoisin, ginger, oil, vinegar, and fivespice powder or cinnamon. Gently toss in the rutabaga until evenly coated.
4. Place the rutabaga mixture and liquids in the pan, and spread out in a single layer. Bake for 30 minutes, turning over after 20 minutes, or until tender and golden.



Contact Us:

Cedar Down Farm
519-665-2008
info@cedardownfarm.ca
22145 Conc. 14 RR#1
Neustadt, ON N0G 2N0

It's what Jeff has been waiting for all winter - some slightly warmer weather that would allow him to work outside in the shop without freezing his hands right off! This past week's somewhat warmer weather has found Jeff, welding torch in hand, building himself a workbench and putting together his supplies to get working on tools for the farm that we will put to use come spring. Some of you may remember that at the end of the season last year, we acquired a Farmall cultivating tractor. Built in 1942, the Farmall's usefulness to small-scale farmers like us has not diminished one bit. We use the tractor for various jobs but primarily to in-row cultivate our vegetable crops and by in-row cultivate, I mean - weed! Part of the beauty of the tractor is that we are able to design and build our own cultivating system to use with it, which is exactly what Jeff has been waiting all winter to do. We use a combination of different tools, set on a belly-mounted tool bar, to weed our crops after they have been seeded or planted. There are the "sweeps" - they look like little chevrons - that we drag through the soil, lifting weeds from below while also hilling soil around the base of transplanted crops and smothering the weeds there. There are also "Spyders" that look like many-pointed stars. These roll over the ground like a spiky wheel and disturb the soil, uprooting weeds. Beside these tools, we place round metal shields that roll vertically beside the crops to protect them when they are very small from being buried by soil.

This type of ingenious system means that we can keep a good handle on weeds and the Farmall and the tools that Jeff makes means we can expand the size of the garden and still have enough time in the day to do everything! It's also another great aspect of small-scale farming - farmers can build and design their own tools, and use decades-old (and therefore much cheaper!) tractors and equipment to do our work. This helps us stay out of debt and allows us room to be creative and and innovative in designing our farm systems. And for Jeff, it's also tons of fun!



Spyders

Sweeps

Weeding peas with the Farmall.

Potato Focaccia

Makes one 8-inch focaccia

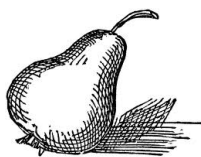
1 medium Yukon Gold potato
2 cups all-purpose flour, plus more as needed
1 teaspoon fresh yeast
A pinch of sugar
1 1/2 teaspoons salt, plus more for salting water
2/3 cup warm water
3 tablespoons extra-virgin olive oil
1/2 pint of cherry or grape tomatoes, sliced crosswise
1 to 2 teaspoons dried oregano
Coarse sea salt

1. Wash the potato and place in a small saucepan along with enough water to cover the potato by an inch. Place the pot over high heat, covered, and bring to a boil. Add a handful of kosher salt to the water. Simmer until the potato is tender when pierced with a knife, around 20 minutes. Drain the potato and let it cool. Peel the potato and mash finely with a fork. Set aside.
2. Place the yeast and a pinch of sugar in a large mixing bowl. Add the warm water in a thin stream over the yeast, using a fork to help dissolve the yeast entirely. Let the mixture stand for a few minutes.
3. Pour the flour into the yeast water and stir with a fork, then add the mashed potato and the salt. The dough will be relatively thick and shaggy. Use the fork to incorporate the potato into the flour. Add 2 tablespoons of olive oil and begin to knead the dough by hand. It will come together quite quickly. Knead against the bowl for a minute or so, until it is relatively smooth. Add more flour if the dough is too sticky to handle. Form the dough into a ball and let it rest, covered with a kitchen towel, in the bowl for an hour.
4. Cut a piece of parchment paper to fit the bottom of an 8-inch cake pan. Using your fingertips, gently release the puffy and risen dough from the bowl and place it in the cake pan. Gently tug and pat it out so that it fits the pan. Cover the top of the focaccia with the tomato halves, distributing them evenly. Sprinkle the oregano and a large pinch of coarse salt over the tomatoes, drizzle with the remaining tablespoon of olive oil, and let it rest for another hour.
5. While the focaccia is resting, preheat the oven to 425 degrees. Place the cake pan in the oven and bake for 40 minutes, rotating the pan halfway through. Let cool on a rack for 20 minutes before removing the focaccia from the pan.

Parsnip and Pear Purée

From "Cooking at Home with the Culinary Institute of America"

3 large parsnips
1 Bartlett pear
Salt and freshly ground pepper
1/4 cup heavy cream, warmed



Peel the parsnips and cut them into even 2 inch chunks. Peel the pear, halve it lengthwise and scoop out the stem and core with a spoon. Cut into even chunks.

Bring a large pot of salted water to a boil. Add the parsnips and cook for 12 minutes. Add the pear and cook until both the pear and the parsnips are soft enough to mash with a fork, about 10 minutes more. Drain well. Purée with an immersion blender or food mill or push through a sieve.

Add the warm cream to the parsnip and pear purée and stir until well combined. Taste and season with salt and pepper. Serve at once

Summer CSA!!

We are now taking registrations for 2011 summer CSA shares!

| Hanover/Paisley | Guelph |
|--------------------------------|--------------------------------|
| Regular \$420 | Regular \$430 |
| Large \$640 | Large \$650 |

The CSA is growing! We're accepting new members for the 2011 season. If you know someone who might be interested, tell them to contact the farm or to go the website and sign up online!



www.cedardownfarm.ca

Montebello Beet Soup

8 beets, (1-1/2 lb)
2 potatoes
1 tbsp olive oil
1 onion, chopped
1 tsp medium curry powder or curry paste
6 cups chicken stock
1 tbsp liquid honey
1/4 tsp salt
1/4 cup cup sour cream
1/4 cup finely chopped chives or green onions, (optional)



Preparation:

In large heavy saucepan, heat oil over medium heat; cook beets, potatoes, onion and curry powder, stirring often, for about 8 minutes or until onions are softened. Add stock, honey and salt ; bring to boil. Reduce heat to medium-low; cover and simmer for about 25 minutes or until vegetables are tender.

In blender or food processor, purée beet mixture, in batches, until smooth. (Soup can be prepared to this point and refrigerated in airtight container for up to 2 days or frozen for up to 1 month.)

Return soup to clean saucepan; heat until simmering. Ladle into soup bowls. Garnish each with dollop of sour cream, and chives (if using).