



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 2, June 24, 2013

This week's share:

Spinach, lettuce mix, lettuce, bok choy, radishes, kohlrabi, broccoli, turnips, garlic scapes, cilantro

Next week's guess:

Spinach, lettuce, lettuce mix, radishes, kohlrabi, green onions, chard or kale, turnips, herbs

On the farm...

The most important part of a truly healthy organic agricultural system is soil building. There are many ways that we work to build healthy soil here on the farm but one of the best ways is through crop rotation and cover cropping. When you visit the farm, you will see how we rotate the garden around different fields so we thought we'd give you a bit of a run down on the layout of our fields here and a bit about our crop rotation system. When we first moved to this farm a large portion was in Round Up ready soybeans (a GM soy bean variety), this meant that in order to be certified organic we needed to wait three years before we grew any vegetables on that ground. So we put those fields in hay grasses and have been mowing the hay and leaving it to decompose and build the soil. This year was our first season on this new ground, so last August we did soil tests, plowed, worked out some of the worst weeds, spread compost and planted cover crops that protected the soil over the winter. This spring was a challenge, because, while we knew that ground was a bit lower and slower to drain, we didn't know it was quite as wet as it is, and it meant a late start with some stuff, and a little rearranging in order to get the early crops in on time. But the ground finally drained and the stuff that is growing is looking vibrant and happy.

Meanwhile, the plots where we grew last year's veggies are in soil building cover crops. About half of the ground is in red clover which is looking thick and luscious, and will do really well for our soil structure and fertility when we work it in later this summer (legume family plants have this amazing ability to convert nitrogen from the atmosphere into plant available nitrogen in the soil). The other half was over wintered with rye, which we let get about 5 feet tall and then disced in. This rye is also an amazing soil builder as it's huge biomass builds soil structure and feeds the soil biology. Last week, we planted another cover crop in the ground where the rye was. We used a mixture of crops that will work to further build the structure and fertility of the soil - sorghum sudan grass, which will add lots of organic matter as well as oats and peas which will help to smother weeds and add fertility.

The plan is to continue this rotation, with one of the fields in garden and one in soil building cover crops every year.



It really doesn't take long with this kind of schedule to see vast improvements in soil biology, water holding capacity, fertility and soil texture and structure. When you come to the farm, we'd love to show you these crops.

Rye cover crop after being disced in with standing rye cover in the background.

Roasted Baby Turnips with Spicy Mustard Dressing

From <http://www.fortheloveoffoodblog.com>

Serves: 6

The small white spring turnips that you have in your share this week are a real treat. Different from the more familiar winter turnips, these little guys are tender, juicy and sweet. You can eat them raw or cook them and the greens are absolutely delicious too. Don't be put off by the tiny holes in the greens - this is flea beetle damage and is purely aesthetic. If you throw the greens with a bit of garlic (or scapes) and sauté them quickly, they are delicious.

Ingredients

2 bunches baby turnips, tops trimmed to a 2 inches

1 tablespoon spicy brown mustard

1 tablespoon apple cider vinegar

2 tablespoon extra virgin olive oil

1 tablespoon maple syrup (optional)

Instructions

Preheat oven to 400 degrees F.

Lay turnips flat on a sheet pan and roast for 10 - 15 minutes, or until skins are light brown and turnips are tender.



Mix spicy brown mustard, apple cider vinegar, olive oil, and maple syrup (if desired) and serve along side turnips for dipping

Contact Us:

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

Kohlrabi Salad with Green Onions, Cilantro and Greens

Adapted from "Vegetable Literacy" by Deborah Madison
Serves 4 to 6

1 lbs kohlrabi
about 1/2 cup fresh cilantro, chopped (or parsley)
6 green onions, white and firm greens, thinly sliced
3 kale leaves, stems removed and very thinly sliced
Sea salt
3 tbsp olive oil
4 tsp lemon juice or rice vinegar

Peel the kohlrabi and cut into a fine julienne (matchsticks). Toss the kohlrabi with cilantro, green onions, kale and 1/2 tsp salt. Add the oil and lemon juice and toss again. Taste for salt, then serve.

Mustard-Cream Vinaigrette

Adapted from "Vegetable Literacy" by Deborah Madison

2 garlic scapes, minced or 1 clove garlic
Sea salt
1 tsp Dijon mustard
2 tbsp red wine vinegar or aged Sherry vinegar
3 green onions or 1 shallot, finely diced
5 tbsp olive oil
2 tbsp sour cream
Freshly ground pepper



Put garlic scape and 1/4 tsp salt in a mortar and pestle or blender and pound or blend until creamy. Put in a bowl and stir in the mustard, vinegar and green onion. Let stand for 10 minutes, then vigorously whisk in the oil and sour cream to bring everything together. Taste to make sure proportions are correct, adjusting as needed with more mustard, vinegar or oil. Season with pepper. You may need to re-whisk just before serving.

Pasta with Spinach, Feta and Garlic Scape Pesto

A Cedar Down Farm Recipe

1/2 lb spinach, washed and roughly chopped
1/2 cup feta cheese, crumbled or cubed
1/4 cup garlic scape pesto (recipe above)
2 tbsp butter
2 cups dry pasta, any shape
salt and pepper

Bring a pot of salted water to boil. Add pasta and cooked until tender, about 10-12 minutes.

Meanwhile, melt butter in a small skillet. Add spinach and cook until wilted. Throw pasta, spinach and feta cheese in a bowl. Add garlic scape pesto and toss so that the pasta is well coated. Taste and adjust with salt and pepper.



Radish Salad with Miso Dressing

From <http://www.cookforyourlife.org>

Serves 4

1 tablespoon miso shiro
1 tablespoon apple cider vinegar
1 tablespoon olive oil
1 tablespoon water
1 bunch red radishes, washed, topped and tailed then sliced
1 bunch white spring turnips, washed, topped and tailed then sliced



In a large bowl whisk together the miso shiro, apple cider vinegar, olive oil, and water. Add the sliced radish and toss to coat. Serve.

Garlic Scape Pesto

Makes about 1 cup

10 garlic scapes, finely chopped
1/3 to 1/2 cup finely grated Parmesan (to taste and texture)
1/3 cup slivered almonds (you could toast them lightly, if you'd like)
About 1/2 cup olive oil
Sea salt

Put the scapes, 1/3 cup of the cheese, almonds and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle). Whir to chop and blend all the ingredients and then add the remainder of the oil and, if you want, more cheese. If you like the texture, stop; if you'd like it a little thinner, add some more oil. Season with salt and a squeeze of lemon juice if you like.

Pesto can be stored in the refrigerator for a couple of days or packed airtight and frozen for a couple of months. I recommend you stock up!

Farm Tour and Barbecue!

Mark your calendars everyone and join us at the farm on Saturday, July 13 for a farm tour and barbecue. Come and see where your food is grown and how we grow it, have a walk around and enjoy some delicious food with your fellow CSA members!

Saturday, July 13

Farm Tour at 2:00pm (possible 2nd tour at 3pm if there is interest)

Barbecue starting at 4pm.

Bring a potluck dish to share!