



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 6, July 30, 2013

## **This week's share:**

Arugula, mustard greens, kale, beets, zucchini, cucumber, new potatoes, fava beans, sweet onions, kale, garlic, herbs

## **Next week's guess:**

Lettuce, arugula, chard, sweet onions, carrots, beans, zucchini, cucumber, herbs

I'm sure I've mentioned before how fast time seems to move when you're farming. Perhaps it's because we have such a short season here in Ontario so that mid-summer comes before you know it and you are already feeling a hint of fall (or in the case of the past week or so, more than a hint). But, nothing makes it seem like time is passing quickly as much as planning next year's garden while this year's is still in full swing. But, the fact is that is what we have to do.

It seems like something that you might leave until the slow time of the winter, but planning next year's garden, at least roughly, is an important thing to do now, if not before now so that we can prepare ground properly for what will be there next spring. Right now, we have our full garden in the centre, flat field on our farm. The total garden is about 6 acres and that full 6 acres is set to move to an entirely different field for next year. This year-on-year-off rotation is really important for our garden both for soil building and pest management. Because vegetables are hard on soil, drawing on a lot of nutrients and requiring quite a bit of cultivation, we strive to ensure that vegetables are not grown two years in a row in one place but rather are interrupted with a year of rest that includes many soil-building cover crops. As well, it is important to move our vegetables away from their current spot to interrupt pest cycles. We don't want pests (like flea beetles and Colorado potato beetle) that have set up shop in our current crops to wake up next spring and find another crop waiting for them to munch. So, that is an important factor in rotating the garden to a new location each year.

And that means planning ahead. Currently, the field where the garden is set to move is covered in lush clover and annual cover crops. We want to continue to cover crop the field where we can (only where late-planted crops will go) as well as prepare ground for early-planted crops with some good cultivation. So we have to know now which crops will go where come next spring and summer. With that in mind, last week we set out into the field taking measurements and used them to fit the various crop sections of next year's garden into place. This will allow us to know how to cultivate, what can be left in cover until spring and plan things like irrigation.

In the meantime though, we still have a garden full of food - the result of planning that started 1 year ago!

On the left - an annual cover crop of oats, peas and sorghum-sudangrass. We grow this cover to improve the health of our soil by adding lots of biomass. Next year, this spot will be where we grow tomatoes, peppers, eggplants and potatoes!



## **Spaghetti with Arugula Carbonara**

From "The Farm" by Ian Knauer

Serves 4 to 6

6 slices bacon, chopped  
2 tbsp extra-virgin olive oil  
1 large onion, thinly sliced  
3 garlic cloves, thinly sliced  
Kosher salt and black pepper  
12 ounces spaghetti  
2 large eggs  
1/4 cup finely grated Parmigiano-Reggiano  
5 ounces arugula

Cook the bacon, oil, onion, garlic, 1/2 tsp salt and 1/2 tsp black pepper in a large heavy skillet over medium heat until the onion is golden, about 10 minutes.

Cook the pasta in a large pot of heavily salted boiling water until it is al dente. Meanwhile, whisk together the eggs, Parmesan and 1/4 tsp each salt and pepper in a large bowl. Reserve 1 cup of the pasta cooking water, then drain the pasta.

Toss the pasta with the egg mixture, onion mixture, arugula and 1/2 cup of the pasta-cooking water until the greens are wilted. Thin the sauce with additional pasta-cooking water, if desired. Season to taste with salt and pepper and serve immediately.



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## Here's to herbs!

Fresh herbs are divine and not only add incredible richness, aroma, and complexity to your meals but are good for your health as well. This season, you will find a plethora of different herbs in your CSA shares from the fresh annual herbs like cilantro, dill, basil and parsley to the earthier perennials and woody herbs such as sage, thyme, savory, marjoram and rosemary.

Knowing how to use herbs can be very instinctive. Smell them and let your senses decide what they go best with - many herbs can be used interchangeably. To be sure, most dishes benefit from the addition of one herb or another. Basil, with its peppery, anise notes pairs wonderfully with all the summer veggies from tomatoes to eggplant, cucumber to zucchini. Parsley and dill add zest to eggs and potatoes, salads and fish and cilantro is essential in fresh summer dishes from curries and salsas to salad dressing, falafel or tacos.

The woodier herbs offer rich, aromatic complexity to dishes. Sage is smoky, peppery with a hint of mint and is wonderful with creamy, rich dishes. Pair it with potatoes or zucchini or rub it on a roast chicken. Thyme pairs well in a recipe with sage or basil. It is essential to Middle Eastern cuisine and adds much to roast meats and broth but also to vegetable dishes.

Marjoram is a relative of oregano and is a zesty, lemony herb that is wonderful with tomatoes, in a vinaigrette or added to lamb or chicken dishes. Pair it with thyme and sage and rub on a chicken for roasting. Add it to falafel or other Middle Eastern dishes.

Lastly savory and rosemary are pungent and peppery and flavour meat, beans or soups. For a neat guide to herbs, check out this link:

<http://www.epicurious.com/articlesguides/seasonalcooking/farm-totable/visualguidefreshherbs>

And remember, you can always dry any of these herbs (except maybe cilantro) and use them in winter!

### Cucumber Salad with Sweet Onions and Spices

A Cedar Down Farm Recipe

Serves 2-4

1 large cucumber, sliced  
thinly into rounds  
1/2 a large sweet onion,  
sliced thinly  
1/2 cup apple cider vinegar  
1 1/2 tbsp sugar  
1/2 tsp black peppercorns  
1/2 tsp coriander seeds  
2 allspice seeds  
1/2 tsp salt



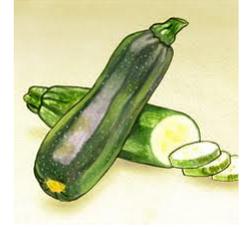
Place cucumber and onion in a medium bowl. Heat apple cider vinegar in a small saucepan with sugar, peppercorns, coriander, allspice and salt. Bring to a boil and stir to dissolve sugar. When dissolved, pour over cucumber and onions. Press down to submerge vegetables then place a lid on the bowl. Let sit for at least 1/2 hour or place in the refrigerator overnight then serve.

## Zucchini Pizza

From "The Farm" by Ian Knauer

Serves 4 to 6

2lbs zucchini  
2 tsp salt  
6 tbsp extra-virgin olive oil  
1 1/2 lbs pizza dough (see below)  
1/2 cup finely grated Parmesan cheese  
1 garlic clove, finely chopped  
black pepper



Trim the zucchini, then thinly shave using a sharp knife or mandolin. Toss the zucchini with the salt, then let sit in a sieve set over a bowl at room temperature for 30 minutes. Rinse the zucchini, then squeeze to remove as much liquid as possible.

Preheat the oven 500 degrees with a rack in the lowest position. If you have a pizza stone, place it on the rack.

Coat a large baking sheet with 2 tbsp of the oil, then turn the dough over on the pan to coat it with oil. Pull and stretch the dough to fit the pan, leaving the centre thinner and the edges thicker. Let the dough rest for 10 minutes.

Bake the dough, turning the pan occasionally, until it is mostly browned and crispy, 12 to 15 minutes.

Sprinkle half the Parmesan evenly over the dough. Scatter the zucchini and garlic evenly over the dough. Sprinkle the remaining Parmesan evenly over the zucchini, drizzle with the remaining 4 tbsp of oil, and season with pepper to taste.

Return the pan to the oven and continue to bake the pizza until the edges of the zucchini are browned, 8 to 12 minutes. Serve.

### Pizza Dough

1 tsp active dry yeast  
1 cup water  
3 cups bread flour or all-purpose flour  
3 tbsp olive oil  
2 tsp kosher salt

Stir the ingredients together in a large bowl until combined then transfer to a flourless work surface. Knead the dough until it becomes elastic and pulls off the work surface (the dough will be sticky). Oil the bowl, then shape the dough into a ball and place it in the bowl, turning to coat with oil. Cover with a towel and let rest at room temperature until doubled in size, about 1 hour.

### Thank You!

We're almost mid-way through the season and I wanted to thank very heartily everyone who donated money to our Community Shares program. Thanks to your generosity, we were able to offer 5 shares at half price this year. That means 5 families who may not have otherwise been able to, can be members of the CSA. This type of community-sharing is exactly what Community Shared Agriculture is all about. So thank you very very much to everyone who donated. We hope to be able to offer even more subsidized shares next year.