



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 8, August 13, 2013

This week's share:

Lettuce, chard, carrots, cipollini onions, garlic, cucumbers, zucchini, beans, hot peppers, herbs

Next week's guess:

Lettuce, sweet onions, beets, potatoes, cucumber, zucchini, beans, garlic, green onions, herbs

Mid-August is usually the time of the season where we can begin to see an end to the craziest, busiest part of the year and start dreaming a bit of fall when our schedule gets a little bit quieter. Most of the crops are planted at this stage and there is much less weeding and crop maintenance to do and much of our time is now spent just harvesting as well as prepping ground for next year's garden. Last week, we pulled all of our garlic out of the ground and set it to cure in our potting greenhouse which is now covered with a black shade cloth. The fresh garlic that you received in your last few week's shares is now drying down so that it will store all winter long. You may be wondering why you haven't received very much garlic yet this season and now that all the garlic is out of the ground and counted I can say that we pulled about half the yield that we expected which is why we've had to ration the garlic so far.

Wet weather this spring turned the area that our garlic was planted in into a small lake. There was actually green garlic shoots under water and when the water finally subsided, many of the shoots had not made it through the mulch. So, where we expected to harvest something like 13 000 bulbs (for eating and for next year's seed), we pulled something more like 6000 or 7000 bulbs. So, not super great. But, it looks like we should have enough to keep you in garlic for the rest of the season, just with bulbs that are a bit smaller than we would have hoped.

The other less than ideal situation on the farm that you may have noticed where you are is the coooold! Indeed, as I write this I am wrapped in a sweater and drinking a cup of hot tea. And, as you might expect, our hot weather crops are not liking this one bit. Well, the cucumbers and zucchini are doing great but our tomatoes, peppers and eggplant are far behind. The tomato plants are load with clusters of big, beautiful green tomatoes but so far they are ripening at a snail's pace. And the peppers and the eggplants just haven't produced the amount of flowers that we normally see plus they are also taking their time to ripen. The last few weeks, which most years are good and hot, have been quite cool here with nights dipping down to 9 degrees - not at all good for these heat loving crops or for our winter squash which had already experienced a setback in the spring.

But, as always, when some crops are unhappy, other thrive! Our summer planted brassicas are looking beautiful with big luscious plants of cabbage, cauliflower, broccoli, kale and more as well as our carrots, beets and greens. We are still due to put in a few other fall crops - plantings of spinach and lettuce mix, greens, turnips and other cool-loving crops. Plus, the beans, cucumbers and zucchini seem to be tolerating the cold just fine and the potatoes look fabulous!

Jeff clipping garlic in the field.



Roasted Cipollini Onions

From [www. http://whiteonricecouple.com](http://whiteonricecouple.com)

Total Time: 45 minutes

Cipollinis are lovely little onions with a strong onion flavour but also very sweet, making them ideal for roasting. This simple recipe makes a lovely sidedish with meat or beside some pasta or a rice dish.

No quantities are needed, just make as much or little as you need.

Ingredients:

Cipollini Onions, outer layer removed
Olive Oil, enough to liberally coat onions
Fresh Thyme or basil
Sea Salt
Fresh cracked Black Pepper

Directions:

Preheat oven to 400° Roast

Toss onions and thyme with olive oil and place on a baking sheet or other oven safe dish. Sprinkle with sea salt and cracked black pepper to taste.

Roast in oven for about 35 minutes, turning every 10 minutes to brown sides evenly. Remove when tender and golden.



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Zucchini and Ricotta Galette

From www.smittenkitchen.com

For the pastry:

1 1/4 cups all-purpose flour, chilled in the freezer for 30 minutes
1/4 teaspoon salt
8 tablespoons (1 stick) cold unsalted butter, cut into pieces and chill again
1/4 cup sour cream
2 teaspoons fresh lemon juice
1/4 cup ice water

Filling:

1 large or 2 small zucchinis, sliced into 1/4 inch thick rounds
1 tablespoon plus 1 teaspoon olive oil
1 medium garlic clove, minced (about 1 teaspoon)
1/2 cup ricotta cheese
1/2 cup (about 1 ounce) grated Parmesan cheese
1/4 cup (1 ounce) shredded mozzarella
1 tablespoon slivered basil leaves

Glaze:

1 egg yolk beaten with 1 teaspoon water

Make dough: Whisk together the flour and salt in a large bowl. Sprinkle bits of butter over dough and using a pastry blender, cut it in until the mixture resembles coarse meal, with the biggest pieces of butter the size of tiny peas. In a small bowl, whisk together the sour cream, lemon juice and water and add this to the butter-flour mixture. With your fingertips or a wooden spoon, mix in the liquid until large lumps form. Pat the lumps into a ball; do not overwork the dough. Cover with plastic wrap and refrigerate for 1 hour.

Make filling: Spread the zucchini out over several layers of paper towels. Sprinkle with 1/2 teaspoon salt and let drain for 30 minutes; gently blot the tops of the zucchini dry with paper towels before using. In a small bowl, whisk the olive oil and the garlic together; set aside. In a separate bowl, mix the ricotta, Parmesan, mozzarella, and 1 teaspoon of the garlicky olive oil together and season with salt and pepper to taste.

Prepare galette: Preheat oven to 400 degrees. On a floured work surface, roll the dough out into a 12-inch round. Transfer to an ungreased baking sheet (though if you line it with parchment paper, it will be easier to transfer it to a plate later). Spread the ricotta mixture evenly over the bottom of the galette dough, leaving a 2-inch border. Shingle the zucchini attractively on top of the ricotta in concentric circles, starting at the outside edge. Drizzle the remaining tablespoon of the garlic and olive oil mixture evenly over the zucchini. Fold the border over the filling, pleating the edge to make it fit. The center will be open. Brush crust with egg yolk glaze.

Bake the galette until the cheese is puffed, the zucchini is slightly wilted and the galette is golden brown, 30 to 40 minutes. Remove from the oven, sprinkle with basil, let stand for 5 minutes, then slide the galette onto a serving plate. Cut into wedges and serve hot, warm or at room temperature.

Szechuan Green Beans and Tofu

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

1/2 block tofu
12 oz green beans, trimmed
2 Tbsp tamari soy sauce
1 Tbsp sake or water
1-2 tsp hot chili paste
2 tsp natural sugar
1 Tbsp sesame oil
1 clove garlic, minced
1 Tbsp ginger, minced
Salt
Pepper

A few hours before cooking, place a tofu block in a bowl and put a weight on top of it to squeeze out water as much as possible. Cook green beans in salted boiling water for about 3 minutes. Transfer beans to a colander and run cold water. Cut them in half. Dice tofu into 1/2 inch cubes.

In a small bowl, mix tamari soy sauce, sake or 1 Tbsp water, chili paste, and sugar to make a sauce. Set aside.

In a sauté pan, heat sesame oil and sauté garlic and ginger for a minute.

Add beans and tofu and sauté until heated.

Add the sauce and sauté until the sauce is bubbly.

Season with salt and pepper

Winter Shares...

Hey folks, there are about 10 winter shares still available for anyone who hadn't pre-registered this spring. The shares begin the week of November 11 and consist of 9 pickups every other week. Cost of the shares is \$300 and \$445 in Hanover and Paisley and \$310 and \$450 in Guelph.

If you are interested in a winter share (and haven't already pre-registered), let me know as soon as possible. Payment (either the full amount or an installment) is due by September 1.

Please note, if you have already received an email from us about being pre-registered for a winter share, you **DO NOT** have to contact me, your share is already secure. If you think that you pre-registered in the spring but haven't been contact in the past week about it, send us an email ASAP!

