



# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 1, June 15, 2015

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

Lettuce mix, lettuce, kale, bok choy, kohlrabi, turnips, garlic scapes, green onions, herbs

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

Lettuce mix, lettuce, spinach, radishes, bok choy, broccoli, turnips, kohlrabi, arugula, green onions, garlic scapes, herbs

## **On the farm...**

Hello CSA members! We are so pleased to be bringing you your first summer CSA share this week! It's always very exciting to be picking the first, crisp and beautiful vegetables from the garden after what seems like such a long time. The benefit of living with seasons is certainly the heightened appreciation for summer and the amazing fresh food that it brings with it. On the farm, that appreciation extends to basking in the beauty of the garden with its glistening green rows, lush dark soil and the gratification of working to bring delicious vegetables to all of you.

For those of you new to Cedar Down Farm CSA, we welcome you! We'll be happy to see you at CSA pickups this summer much as we look forward to seeing our returning members - please feel free to ask us questions or just say hello when you see us at CSA pickups. This year we have an great crew of lovely people working with us at the farm - Randi Townsend, Jon Smiley and Jeremy Stojan are joining Jeff, myself (Leslie) and Asher this season. These fine folks work hard each day to make your CSA shares a reality - from planting, seeding, weeding, row covering, harvesting, washing and packing your vegetables to all the myriad other tasks it takes to run this farm, they are what makes this CSA possible.

This spring has been an interesting one with dry cool weather dominating the start and some quite late frosts - later than we've had on this farm before. But the weather has been good for growing overall with some rain coming before things got too dry and the crops looking pretty great. The first CSA harvest are a bit tricky with the timing of planting combined with weather needing to be just right (or almost just right!) for enough crops to be ready at the same time but not too ready as to be over mature.

The farming season for our farm follows an arc of work with seeding and planting dominating the beginning then lots of weeding to go along with that then harvesting 3 days a week while also continuing to seed, plant and weed. Because we grow so many types of vegetables throughout the summer to fill your shares, we are consistently planting, weeding and harvesting pretty much from May until October. And of course, delivering the shares to you at CSA pickups.

We would love to see all of you at the farm for our open house! I encourage new members in particular to come out and see where and how your food is grown and get a sense of how the farm works. It's such a great way to gain a better understanding of how food is grown and to strengthen your relationship with us and the farm. We'll be having a potluck so there will be lots of yummy things to eat too!

Happy eating!



## **Pasta with Kohlrabi and Bread Crumbs**

A Cedar Down Farm recipe

Returning CSA members will be very familiar with kohlrabi - a popular item that many people get to know for the first time as CSA members. Kohlrabi is a wonderful spring vegetable with crisp, sweet flesh that can be eaten fresh in a salad or steamed, roasted or even barbecued! Reminiscent of the broccoli, it's sweetness comes out when cooked and can be used in recipes to replace broccoli or cauliflower. A great veggie for packing in lunches or for a tasty, healthy snack!

3-5 kohlrabis, peeled and cubed  
5 garlic scapes, minced  
3 green onions, green and white parts, cut into 1 inch pieces  
4 tbsp olive oil, divided  
4 Tbsp good quality breadcrumbs  
3-5 Tbps grated Parmigiano Reggiano,  
Pecorino or other hard cheese  
Salt and pepper

1/2 lb dry pasta any type

Heat water for pasta, add 1 tsp of salt when boiling. Add pasta and cook until al dente.

Meanwhile, heat 2 tablespoons olive oil in a large skillet. Add garlic scapes and kohlrabi. Sauté until the kohlrabi is almost tender, about 5 minutes then add green onions. Cook for 5 minutes more or until the kohlrabi is very tender. Add cheese and salt and pepper to taste. Add cooked pasta and toss to combine. Sprinkle with breadcrumbs and additional cheese if desired. Drizzle with remaining olive oil and serve hot.



## **Contact Us:**

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## Bok Choy with Garlic Sauce

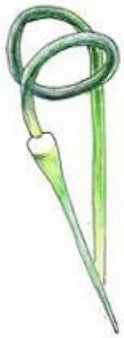
From [www.saveur.com](http://www.saveur.com)

- 1 1/2 lb. bok choy
- 1 tbsp. peanut oil
- 2 tbsp. coarsely chopped garlic scapes
- 2 tbsp. soy sauce

Bring a pot of lightly salted water to a boil. Meanwhile, trim ends from bok choy and rinse very well. Blanch greens in the water until just tender, about 1 minute. Drain greens and set aside on a plate. Heat oil in a wok or a skillet over medium-high heat. Add garlic scapes and cook until lightly browned, 1–2 minutes. Add soy sauce and 1 tbsp. water; cook for 1 minute. Pour garlic sauce over greens.

## Pasta with Garlic-Scape Pesto

Garlic scapes cannot be found in the grocery store and are only available to farmers market attendees, home gardeners and CSA members! We look forward to them each year because they are a short-lived spring treat. The flower stalk of the garlic plant, these twirly green stems are crunchy with a tangy garlic flavour. They are awesome raw for a mild but intense garlic flavour but are also great stir-fried, pickled or added to your favourite recipe.



- 10 large garlic scapes
  - 1/3 cup toasted sunflower seeds
  - 1/3 cup finely grated Parmigiano-Reggiano
  - Kosher salt and black pepper
  - 1/3 cup extra-virgin olive oil
- 1 pound spaghetti

Make the pesto: Puree the garlic scapes, sunflower seeds, Parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a food processor until very finely chopped.

With the motor running, slowly pour the oil through the opening. Season the pesto with salt and pepper to taste. (The pesto keeps in the fridge, covered, for 1 week or frozen for a month.)

In a large pot of heavily salted boiling water, cook the spaghetti until al dente. Reserve 1 cup of the pasta-cooking water, then drain the pasta. Whisk together 2/3 cup of the pesto and the reserved pasta water and toss with the pasta. Season with salt and pepper to taste and serve right away.

## Pickled Garlic Scapes with Sesame

Yield: 3 pints

- 1-1/2 pounds garlic scapes
- 2 Tbsp sesame seeds
- 2 inches of fresh garlic (cut into 1/4 inch slices)
- 1/4 cup light brown sugar
- 1 tsp - Tbsp red pepper flakes (optional)
- 3 Tbsp salt
- 2 tsp soy sauce
- 3 cups water
- 3 cups white vinegar

## Poppyseed Dressing for Crisp Spring Greens

- 3/4 cups mayonnaise
- 1/4 cup half and half
- 1/4 cup honey
- 1/4 cup apple cider vinegar
- 2/ tablespoons poppy seeds
- 1/2 teaspoon dry mustard
- 1 tsp lemon juice
- pinch of salt

In medium bowl, whisk all the ingredients together until thoroughly combined and smooth.

Transfer to a clean jar and keep in the refrigerator until you're ready to use. Shake well before using.

## Kale and Citrus Salad

- 4 large oranges, peeled and chopped, trimmings reserved
- 4 tbsp. honey
- Salt and pepper, to taste
- 2 tbsp. olive oil
- 8-10 cups kale, stemmed and torn into bite-sized pieces)
- 3 tbsp. hulled pumpkin seeds, toasted
- 4-5 green onions, washed and chopped
- 1/2 cup ricotta cheese

Squeeze juice from orange trimmings into a large mixing bowl to make 1/4 cup juice. Add honey, salt and pepper, and whisk in oil. Add kale, pumpkin seeds, green onions, and orange segments, and toss to coat with dressing. Season to taste with salt and pepper. Add small dollops of ricotta cheese and very gently toss to combine before serving.



Toast sesame seeds either on stove top for 10 minutes.

In a medium-sized, non-ionized pot bring all of the ingredients (except for the sesame seeds, ginger and scapes) to a boil.

Divide the sesame seeds and sliced ginger between your hot, sterilized mason jars leaving some seeds to sprinkle on top later. Pack garlic scapes in a circular fashion into jars leaving approx. 1/2 head space.

Sprinkle some leftover sesame seeds into jars then pour in the vinegar brine leaving 1/4 inch space below the rim.

Wipe rims, apply lids and rings (finger tight). Process in a hot water bath for 10 minutes.

Remove jars from canner, let sit on a folded towel on counter top for 12-24 hours.

Store jars in a cool dry place for at least 2 weeks before eating.