



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 3, June 29, 2015

This week's share:

Lettuce, lettuce mix, spinach, kale, turnips, kohlrabi, broccoli, green onions, garlic scapes, herbs

Next week's guess:

Lettuce, lettuce mix, spinach, chard, bok choy, cabbage, broccoli, beets, snow peas, herbs

On the farm...

Summer is officially here, and is evidenced through the changing landscape and atmosphere at the farm. We see new and emerging insects, flowers and wildlife, and begin to experience the abundance that comes with the heat and sunshine of long days. The pace of our days changes from the steady spring of planting, seeding, and observing into the faster days of harvest and upkeep required to bring fresh food to our tables each week.

As we move into July, most of our fruiting crops are beginning to flower! From the plentiful bi-colored fava blooms to the large, horn-shaped squash blossoms, our fields become a rainbow of colours and scents! With the returning of the blossoms, come the returning of our invaluable pollinators. Bees, butterflies, moths, hummingbirds and bats do the necessary work to pollinate plants in order that they will produce the fruit that we eat. In fact, without them, we would lose nearly 75% of the crops that we rely on in North America for food.

As of July 1st in Ontario, new rules will be adopted to curb the use and sale of neonicotinoid-treated seeds which are pesticides harmful to our beneficial insects. In part due to feedback from people like you, these new rules were created to curb the usage of these pesticides by 80% by 2017. For more info about pollinators in our region visit: <http://www.pollinationguelph.ca/>.

Good Food News from Grey-Bruce!

The Fresh from the Farm program has reached Grey-Bruce schools! This program aims to raise both funds and awareness in Ontario schools by offering local produce bundles for sale in the fall months. Forty percent of the money collected from the sales of these packages is retained by the school to be used as the school sees fit, with the remaining 60% going to pay the farmers for the produce. Since 2003, 152 school participants have raised \$112,000 in funds and \$150,000 in income for Ontario farmers. Grey-Bruce (Cedar Down Farm's county) has just signed on to begin this program in October. So far 21 out of the 65 regional schools have committed.

In addition to raising funds for the schools, this initiative is a great opportunity to continue the conversation about healthy, local food with children and parents. For more information about the



about the Farm to Fresh program, visit www.freshfrom-farm.ca.

Early Summer Turnips!

When most people think of turnips, they imagine the large, strongly flavoured roots that are commonly eaten in late fall as part of Thanksgiving feasts. The turnips we offer in the late spring and early summer are quite different from their late-season cousins. Often called 'salad' or 'Japanese' turnips, these small, white roots are crisp, juicy and sweet when cooked. They are great grated into salads, roasted with a glaze or stir-fried with butter and salt. In addition to the roots, the greens are also fully edible and delicious. They can be sauteed, steamed or eaten raw as salad greens!

White Lady Turnip Fritters

- 1 bunch washed spring turnips, grated
- 3 green onions, minced
- 2 garlic scapes, minced
- 2 eggs, beaten
- 1/2 cup flour
- 2 Tbsp olive oil
- 2 Tsp salt plus herbs to taste

Mix all ingredients together into a wet batter. Heat a skillet on medium with generous oil. When the pan is hot, drop spoonfuls of batter into the oil and fry until golden brown and crispy (2 minutes per side). Serve immediately with sour cream and a side of turnip greens salad!



Contact Us:

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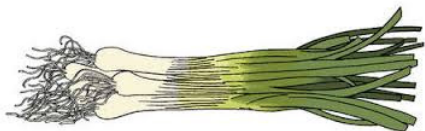
Korean Green Onion Pancakes (Pajeon)

8-10 pancakes

- 1 cup flour
- 1 cup water
- 1 tsp salt
- 1 egg
- 5-7 green onions, chopped

Mix all ingredients together well. The batter should be similar to a thin pancake batter. Heat an oiled skillet, and pour 1/4 c portions of batter into the pan. The batter should spread quite a bit, into nice, thin round. Fry 2 minute on each side, or until slightly browned.

These are great as a snack dipped in a mixture of soy sauce and sesame oil. They can be used as a side for a stir-fry, or filled with seasoned ground beef (like a taco!).



Stir-frying 101:

Stir frying is a great way to make a fast, healthy meal using a lot of in-season vegetables. Nearly all veggies can be cooked in this way, following a few simple steps.

Firstly, it is important to prepare your vegetables in a similar fashion. Cutting them in relatively the same size and shape will ensure even cooking, easier eating and a better look on the plate.

When you are ready to get cooking, heat a wok or large skillet on medium for about 1 minute (until it is visibly hot), and add oil. Let the oil heat up before adding any vegetables. Once the pan and oil are well heated, start by adding the slowest cooking veggies; anything with a hard stem or very firm texture. Add the remaining veggies according to their cooking times. Typically, leafy greens and tender herbs should be added with only about 1 minute of cooking time left, in order to preserve their texture and colour.

Midway through cooking, you can add any variety of sauces and seasonings. Minced garlic, ginger and green onions are a traditional combination in many Asian cuisines. The salad dressing recipe offered this week also doubles as a great stir-fry sauce. Make sure to frequently stir as you cook, lower the temperature if needed and check vegetables for doneness. Cooking times vary but tend to be between 7-12 minutes.

Enjoy your stir-fry over rice or noodles, with added strips of steak or chicken or as a topping for a meal-sized salad.

Early Summer Asian Salad with Sesame dressing

Dressing:

- 1/4 cup rice vinegar
- 1/2 cup olive oil
- 3 Tbsp sesame oil
- 3 Tbsp soy sauce
- 2 Tbsp honey
- 2 green onions, rough chopped
- dash salt

Using a food processor or hand blender, combine all ingredients until emulsified (approx. 3 minutes).

Salad:

- 1/2 lb fresh spring greens
- 1 kohlrabi- peeled and julienned
- 2-3 spring turnips- halved and thinly sliced
- 1 large bok choy- finely sliced (stem and greens)
- 3 green onions- finely sliced
- 1 small bunch cilantro- minced

Prepare all salad ingredients as directed, and assemble as desired on top of greens. Right before eating, mix in dressing and garnish with cilantro and sesame seeds.

Farm Open House and Potluck!

Please join us for our annual open house and potluck.

Come see where your food is grown, tour the garden and eat some delicious food!

Saturday, August 15 2-5pm

**Farm tours to start then bring a dish to share
for an early evening potluck!**

