



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 4, July 6, 2015

This week's share:

Lettuce or spinach, chard, broccoli, cabbage, spring onions, beets, turnip, snow peas, herbs

Next week's guess:

Lettuce, lettuce mix, arugula, bok choy, kale, spring onions, carrots, fresh garlic, zucchini, herbs

On the farm...

Each Monday morning on the farm, we start the day with a field walk of the garden. We look at each section and each crop planting and assess what needs to be done that week and what can be harvested for your shares. It's an important part of our weekly routine because it allows us to take stock of what's happening in the fields and to make a plan for the tasks that need to be done. This way, we keep on top of weeding and irrigation, cover cropping and field work and are never surprised by what is happening in the fields. After each field walk we come into the shed and make a list of what needs hoeing or hand weeding, what we are planting that week, what needs cultivating and other jobs that need to be done like removing row cover, trellising greenhouse tomatoes or supplies that we need to pick up.

Often the field walk is full of excitement for new crops that are ready to be harvested - "look how big the carrots are already!" or "wow, massive cabbage!" But sometimes, like this morning, the field walk can be a bit of a downer when what you are noticing are problems - inevitable on a farm where you are dealing with weather and wildlife, insects and other uncontrollable phenomena. This morning's walk was that way. We noticed a whole bed of lettuce eaten by deer (well they only eat the delicious middle!), spinach that was going to seed instead of growing back nice harvestable leaves, bean plants that are diseased and a strange growing habit in our peppers and eggplants. A lot for one morning's walk!

It's definitely all a part of farming - the diversity of factors that influence whether you will have a successful or failed crops. But it can be disheartening nonetheless. However, the benefit of growing as many crops as we do for CSA is that we are guaranteed both failure and success with the balance almost always shifted towards success. The lettuce may have gotten eaten this week but the cabbage is gorgeous. The beans look a little worse for wear but the onions are flourishing! It's why we farm the way that we do - we have the diversity to guarantee us a harvestable crop and the community support to ensure that we can bear the ups and downs that define farming. And you as CSA members have the same guarantee - you will always have delicious food on the table because we grow the diversity to ensure it and you can rely on the farm to provide for you because you have committed to our financial viability. A pretty amazing partnership.

In that same vein, I want to thank all of our members who donated money towards our Community Shares program. Thanks to your generosity we were able to make 6 subsidized shares available to members of our community and donate a full share to a community organization - broadening the availability of our fresh vegetables to more people. It's things like this that really make the CSA concept shine. Thank you!



Peanut Slaw

Spring cabbage is super sweet, crispy and flavourful and lends itself beautifully to salads as well as cooked dishes. You will notice how different it is from fall cabbage when you bite into the crunchy, sweet leaves and when you see how tender and delicate it is when cooked.

- 1/2 head of green cabbage, cored and shredded
- 2/3 cup cilantro
- 2/3 cup roasted peanuts
- 1 14-ounce can of black eyed peas, unseasoned, drained and rinsed
- 2 cups roughly chopped fresh bean sprouts or other sprouts

Dressing:

- 1 teaspoon toasted sesame oil
- 2 pickled jalapenos/green chiles finely minced (optional)
- 2 Tablespoons fresh ginger, grated
- 2-3 garlic scapes, minced (or 1 clove of garlic, minced)
- 1 Tbsp brown sugar
- 3 Tablespoons rice wine vinegar
- 1 Tablespoon soy sauce
- 1/4 cup vegetable oil or other light unflavored oil such as grapeseed or canola

Combine all slaw ingredients in a large bowl.

Combine all dressing ingredients except vegetable oil in a small bowl with a whisk. Slowly drizzle in oil, continuing to whisk the mixture, until slightly thickened as you would do with a vinaigrette. Add salt and pepper to taste

Pour dressing over slaw mixture and toss



to combine. Let chill in the fridge at least 2 hours prior to serving for flavors to combine and cabbage to just slightly soften. Enjoy!

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Raw Beet and Herb Salad

From "Plenty More" by Yotam Ottolenghi

1/4 cup sliced almonds
2 tbsp sesame seeds
1/3 cup pumpkin seeds
5 small beets, peeled and cut into thin strips
1 1/3 cups basil leaves, torn (or leave out until basil season!)
2/3 cup parsley chopped
1 cup dill, chopped
1 1/4 cups cilantro, chopped
1/3 cup tarragon
1 tsp chile flakes
2 tsp grated lemon zest
3 tbsp lemon juice
5 tbsp olive oil
salt and black pepper



Preheat the oven to 400°C. Mix together the almonds and sesame and pumpkins seeds and spread out on a baking sheet. Place in the oven and roast for 6 minutes. Remove from the oven and set aside to cool.

Place the beets, herbs, chile flakes and lemon zest in a large bowl. Add the seeds and nuts, lemon juice, olive oil and 1/4 tsp salt and a grind of black pepper. Toss together and serve at once.

Gujarati Cabbage

From www.saveur.com

1 green cabbage, cored and shredded
Kosher salt, to taste
2 tbsp. peanut oil
2 tsp. black mustard seeds
2 tsp. asafetida
2 tsp. cumin seeds
10 curry leaves
2 tsp. ground turmeric
3 plum tomatoes, chopped (canned is fine)
1 serrano chile, thinly sliced
5 tbsp. roughly chopped cilantro
1/4 cup fresh lime juice
2 tbsp. sugar

Toss cabbage and salt in a bowl. Let wilt for 1 hour. Squeeze excess liquid from cabbage; set aside.

Heat oil in a 12" skillet over medium-high heat. Add mustard seeds, asafetida, cumin, and curry leaves; cook, stirring, until fragrant, about 2 minutes. Add reserved cabbage, turmeric, tomatoes, and serrano; cook, stirring, until cabbage is crisp-tender, 6-7 minutes. Stir in cilantro, lime juice, and sugar. Season with salt; cook until flavors meld, 3-5 minutes.

Roasted Broccoli or Cabbage

Both broccoli and cabbage are delicious when roasted and make a quick easy side or main dish. You can do it super simply with just oil and salt or you can mix it up a bit by adding garlic or cheese, herbs or chile peppers. When these veggies are in season, roasting is a great way to bring out their sweetness.

1 head of broccoli, separated into florets OR
1 cabbage (or half), cut into chunks OR
A mixture of both!

Place broccoli or cabbage in a large bowl. Sprinkle with salt and pepper to taste and grapeseed or olive oil to coat but not to excess. Toss broccoli so it is thoroughly coated in oil and the salt is well distributed. Spread on a baking sheet so that all the pieces touch the pan. Put in a preheated 400°C oven. Bake for about 15-20 minutes or until tender and nicely browned, stirring once halfway through the cooking period.

Variations:

- Add 2 minced cloves or garlic with the salt and oil.
- Add 2-3 tbsp of grated Parmigiano cheese.
- Add 1 tsp of chile flakes

Beets with their Greens with Aioli

From www.saveur.com

1 bunch beets with greens attached
Coarse salt
1 tbsp. extra-virgin olive oil
Freshly ground black pepper
2 cloves garlic, peeled and minced
1 tsp. dijon mustard
1 egg yolk, at room temperature
3 tbsp. fresh lemon juice
1/2 cup vegetable oil
1/2 cup mild olive oil



Preheat oven to 350°. Cut greens off beets, leaving 2" of the stalks attached to beets. Wash greens and beets and set aside separately.

Roast beets with olive oil and salt, wrapped in tinfoil until soft, about 1 hour. Unwrap beets and set aside to cool, then peel. Meanwhile, cook beet greens in a medium pot of boiling salted water over high heat until tender, about 5 minutes. Drain, squeezing out excess water, and put into a bowl. Toss with extra-virgin olive oil and salt and pepper to taste. Set aside to cool.

To make the aioli, put garlic, mustard, and 1 tsp. salt into a medium bowl and use the back of a wooden spoon to crush them into a paste. Add egg yolk and whisk until pale. Add lemon juice and whisk until frothy. Gradually add vegetable oil, and olive oil, in slow steady streams, whisking constantly, until oils are incorporated and mixture is emulsified. Adjust seasonings.

To serve, spoon some of the aioli onto 4 small plates, then divide greens and beets between plates, putting greens on top of aioli and beets on top of greens. Season to taste with salt and pepper.