



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 5, July 16, 2012

This week's share:

Lettuce, carrots, sweet onions, beans or fava beans, greens, fennel, zucchini, herbs

Next week's guess:

Lettuce, snap beans, carrots, beets, zucchini, cucumber, tomatoes, cipollini onions, garlic, chard, herbs

On the farm...

This week, I'll let the farm speak for itself. Here's what our fields are looking like right about now...



Our tomato, eggplant, pepper section to the left. We grow eggplants and peppers under biodegradable black plastic mulch - it keeps the soil at an even heat, something these crops really like.

Watermelons on the right - growing between buckwheat cover crop swaths.



We have two 90' greenhouses full of tomatoes (see above). There will be lots of tomatoes coming from these and in the fall we'll fill them with winter greens.

On the right are onions flowering - we're growing these to collect the seed. Their greens grow up and form a flower cluster at the top from which the seed develops.



Easy Glazed Carrots

5-6 medium (on the smaller side) carrots, chopped

1 tbsp extra virgin olive oil

1 tbsp salted butter

1/2 tsp kosher salt

A little fresh black pepper

A handful of fresh parsley, chopped

Preheat oven to 425 degrees. Lay a sheet pan with aluminum foil. In a small bowl, microwave the butter and oil for 20 seconds. Lay the carrots on the foil, pour the butter and oil over, the salt, and half of the parsley. Mix well with your hands. Sprinkle some black pepper on top and put in the oven for 15 minutes. Put on a plate and sprinkle what's left of the parsley over the beautiful carrots.

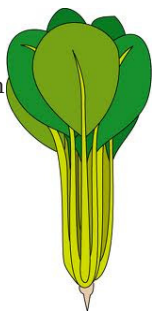


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Komatsuna

A relative of the turnip, this large leafy green is grown almost exclusively in Japan, Taiwan and Korea. Also called spinach mustard, Komatsuna has dark green leaves that are rich in calcium. It can be harvested at any stage and prepared like spinach in the early stages and more like cabbage as they mature. Like other Asian greens that we grow, komatsuna can be stir-fried, pickled, boiled and added to soups or used fresh in salads.



Komatsuna Greens in Ginger Almond Miso Sauce

- 1 bunch Komatsuna Greens, stems and leaves separated
- 1 onion, diced
- 3 cloves garlic, diced
- 1 lb firm tofu
- 2 tablespoons soy sauce/Bragg's Amino Acids
- 1 tablespoon miso
- 1 teaspoon rice vinegar
- 2 tablespoons sliced almonds
- 1 tablespoon sesame oil
- 1/2 teaspoon ground ginger
- 1 cup cooked red quinoa (or rice or other grain)

Dry fry the tofu. After it is crisped the way you prefer it, set it aside on a plate to add to the stir-fry later.

Chop the komatsuna stems into 1/2 inch pieces. Julienne the leaves.

Heat up a wok (without oil) and add the almonds. Stir-fry quickly until fragrant and toasted, about 45 seconds. Remove.

Then in the wok, heat up 1-2 tbsp of sesame oil on medium heat. Add the onion, cook for 6-7 minutes or until the onion turns clear and soft. Add the garlic and cook for one minute. Add the komatsuna stems and cook for 5 minutes. Add the leaves and cook for another 5 minutes.

While the komatsunas are cooking, combine the soy sauce, miso, and vinegar until smooth and set it aside.

When the greens are tender, add the tofu and then drizzle with miso sauce and sprinkle with almonds.

Serve immediately.

Fava Bean Puree

Adapted from Alice Waters' In the Green Kitchen

- 1/2 lb fava beans in their pods
- 2 tbs olive oil
- 2 tbs water
- salt

1 garlic clove

1 tsp fresh thyme, minced

1. Remove the beans from their outer pods 2. Parboil the beans for 30 seconds to loosen the shell, and then use your thumbnail to tear the skin at one end, then squeeze to pop out the bean.

3. Heat olive oil in saucepan and add beans, water, and a pinch of salt. Cook gently for 15 minutes or so, until beans are very soft. Add the garlic and thyme and cook a couple minutes longer.

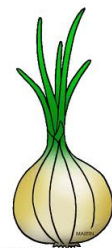
4. Mash the beans with a mortar and pestle. Taste and add more salt or olive oil as needed. Makes only about 1/3 cup or so; recipe doubles easily.

Spread on toasted crusty bread or toss with pasta or as a topping for rice or risotto.

Pasta with Browned Butter, Grilled Zucchini and Sweet Onions

Serves 4-6

- 2 medium zucchini, sliced into rounds 1/4 inch thick
- 2-3 sweet onions, sliced crosswise, 1/4 inch thick
- 3 garlic cloves, minced
- 1/4 cup basil, chopped
- 3 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp butter
- salt and pepper to taste
- 1 lb dry spaghetti



Place zucchini, onions, garlic, chopped basil, olive oil, salt and pepper in a large bowl. Toss to coat vegetables with herbs and oil. Place veggies on your grill or grill pan and grill about 3-5 minutes per side or until each side is nicely browned and the vegetables are tender.

As the vegetables come off the grill, add them to a large serving bowl. While they are cooking, place butter in a small saucepan. Cook over medium high heat until butter becomes fragrant and turns a caramel-brown colour. Remove from heat.

Cook pasta until al dente (tender-firm). Add pasta to the veggies in your serving bowl. Add butter and lemon juice to bowl. Toss to evenly coat. Season with salt, freshly ground black pepper and some grated Parmigiano cheese.

Fava Beans

Fava beans, also known as broad beans, are common to many cuisines around the world. Plump, green beans growing in large, downy pods, they are one of the oldest cultivated crops. In Italy, they are used to make a fresh puree while in China, Columbia and Peru (among others) they are fried and eaten as a crunchy snack. In the Netherlands they are eaten with fresh savory and melted butter and various Middle Eastern cultures cook the dried favas, mash them and serve with olive oil, chopped parsley, onion, garlic, and lemon juice called *ful medames*.

The fresh, green favas you have in your share are simple to use - just pod them, steam or boil until tender and pop each bean out of its translucent skin. Top with a little butter and salt and they are a simple side dish. Add to pastas or try the delicious puree on the left!



Basil

I'm sure that most of you are quite familiar with the wonderful, aromatic herb basil. Basil is perhaps most familiar in Italian cooking but is also readily used in the cuisines of Southeast Asia such as Thailand, Cambodia and Laos. A wonderful, sweet-smelling herb with a mild anise undertone, basil is a great addition to many dishes. A classic in Italian tomato sauces and pasta dishes, you can add basil to noodle dishes, fresh spring rolls, to salad dressings and marinades. It is a wonderful addition to grilled vegetables and meat.



The basil in your CSA share has its roots still on and is best kept on your counter in a glass of water - like a flower bouquet. Basil will quickly spoil from having moisture on its leaves so never wrap and put it your fridge.