



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.



Contact Us:

Cedar Down Farm

519-665-2008

info@cedardownfarm.ca

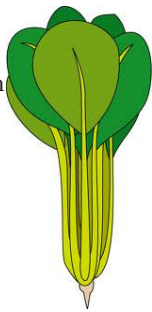
22145 Conc. 14 RR#1

Neustadt, ON N0G 2N0

www.cedardownfarm.ca

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.

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 South-east 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.



Sweet Basil

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 in your fridge.

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 a large pot of water to boil.

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.

When water is boiling, add pasta. Cook until al dente (tender but 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.



Southern Sweet Onions and Zucchini

- 2 sweet onions
- 2 zucchini
- 4 tbsp butter
- Tarragon, a tablespoon snipped or equivalent dry
- Crushed Red Pepper, a dash
- Cream, 1/4 cup
- salt and pepper

Slice the onions into rings.

In a large skillet, heat the butter over medium to medium-high heat until it's just about to brown. Add the onions and cook over medium heat, stirring occasionally.

While the onions are cooking, slice the zucchini into rounds. Snip the tarragon.

Once the onions are nicely soft and brown, add the squash, tarragon and a dash of crushed red pepper.

Continue cooking, stirring every now and then, until the squash is tender and beginning to brown around the edges.

Reduce the heat to low and add just enough cream to deglaze the pan and stir up all that browned yumminess. Stir in cream until the squash and onions are well-coated, season with salt and pepper then place it into a serving dish.

Serve and enjoy!