

This week's share:

Lettuce mix, spinach, arugula, carrots, eggplant, watermelon, hot and sweet peppers, fennel, tomatoes, beans, garlic, herbs



Next week's guess...

Lettuce, arugula, beets, carrots, potatoes, onions, sweet and hot peppers, melons, fennel, green onions, garlic, herbs

Watermelon, Feta, and Arugula Salad

Adapted from Barefoot Contessa's Arugula, Watermelon, and Feta Salad recipe.

Ingredients:

4 cups watermelon, cut into one inch cubes
3 cups loosely packed arugula, roughly chopped
6 ounces crumbled or cubed feta cheese
About 20 peppermint (cilantro or basil) leaves, chiffonaded (wash them, dry them, roll them up, then thinly slice into strips)
2 tablespoons fresh orange juice
2 tablespoons fresh lemon juice
2 tablespoons minced onion
1 1/2 teaspoons honey
1/4 cup olive oil
1/2 teaspoon kosher salt
Fresh ground pepper, to taste

Directions:

1. Make the vinaigrette: In a small bowl or container, whisk together the orange juice, lemon juice, onion, honey, salt and pepper.
 2. Pour the olive oil into the vinaigrette mixture in one thin stream, whisking briskly as you pour to blend.
 3. In a large bowl, gently toss the watermelon, arugula, feta, and peppermint.
 4. Drizzle the vinaigrette over the salad and toss until evenly distributed.
- Enjoy!



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 12, Aug 31, 2010

On the farm...

Here's a look at what the farm is looking like these days. It's beautiful!

Kale and cabbage growing for the fall.



A red kuri squash peeking out from under its leaves!

A loaded black bean pod - protein for the winter CSA!



Onions curing.



Garlic - cured and stored in mesh bags.

Baigan Choka

2 eggplants
1 large or 2 medium tomatoes
4-5 cloves garlic, or to taste
1 small onion, thinly sliced
4 tablespoons extra virgin olive oil
vegetable oil, for roasting eggplant
fresh hot pepper, optional



Instructions:

Rub the eggplant and tomatoes with a little vegetable oil. Roast the vegetables over open flame (either on a grill or directly on a gas stovetop) until the skins are charred and the vegetables are cooked. Let cool and peel the vegetables. Discard any extra liquid released.

Trim the stems off the eggplant. Chop the eggplant into pieces and put in a bowl. Add the tomatoes and mash with a fork until there are no more chunks. Take the peeled garlic, mash it with a fork, and add it to the mixture along with the slices of onion. Season with salt and some fresh hot pepper, to taste.

Right before serving, heat up 3-4 tablespoons of extra virgin olive oil with 2-3 smashed cloves of garlic. When garlic starts sizzling, take off heat and pour over the eggplant mixture. Give it one more stir, and serve with flatbread (roti, naan, pita) or rice.

Spinach and Feta Fritters

(makes 2 servings)

Ingredients:

10 ounces spinach (roughly chopped, cooked and squeezed to drain)
1 handful fresh herbs (such as dill, basil or mint)
1/2 cup diced onion or green onion
1/4 cup feta (crumbled)
1 egg
salt and pepper to taste
1/2+ cup flour (whole wheat flour is also good)
2 tablespoons oil



Directions:

1. Mix the spinach, herbs, onions, feta, egg, salt and pepper in a bowl.
 2. Mix in the flour. (Note: You want to mix in enough flour that the mixture will hold its form when fried.)
 3. Heat the oil in a pan.
 4. Spoon the spinach mixture into the pan and cook until golden brown on both sides, about 2-4 minutes per side.
- Hint: Make a quick tomato salsa with hot peppers for a topping

Storage!!!

While scoping out recipes on the internet for this week's newsletter, I found a great bunch of veggie storage tips from a food blog. I realized I haven't discussed proper storage for your CSA veggies yet this season (gasp!). So here are a few tips which are probably the most important...

Select the best storage temperature and humidity

Different vegetables have different preferences for climate. Mostly it comes down to the prevailing temperature where they grow. Root veggies store better at cooler temperatures and high humidity but warmer climate veg like tomatoes, eggplant, squash, cucumbers and peppers can actually loose and have their texture effected if you pop them in the refrigerator. We have found tomatoes, winter squash and garlic do best out at room temperature while in the summer, things like cucumber, summer squash, peppers and eggplant like it a bit cooler - 10 degrees is ideal but the crisper in your fridge will do fine. Herbs such as dill and cilantro like it in your fridge but basil is special - it likes is dry dry dry and warmer - we keep it out, especially if it has its roots.

Lower temperatures, like in the fridge, slow down microbial growth and decrease enzymic activity. So if a veggie isn't sensitive to the cold, generally the lower the storage temperature, the longer they'll last.

Protect from exposure to light

Sunlight can promote sprouting in things like potatoes so unless you're trying to encourage ripening in your veg, best to store them in the dark.

Minimise dehydration

One of the biggest contributors to aging in veg is loss of moisture. The air in your refrigerator tends to be very dry. So higher moisture things like greens are best stored in plastic bags or containers to minimise moisture loss and wilting.

Avoid condensation & sweating

Of course too much moisture can also be a bad thing and can encourage things to go slimy. Paper towel can be useful to absorb excess moisture without allowing things to get too dry.

Fall Farm Tour!

Saturday, September 25
10-3pm

Come join us for our fall open house!!

We will tour the farm, harvest winter squash, enjoy refreshments and have a garden treasure hunt (for the kids!!)

