

This week's share:

Lettuce mix, spinach, kale, leeks, beets, sweet and hot peppers, eggplant or tomatoes, tatsoi, garlic, herbs



Next week's guess...

Lettuce, potatoes, onions, carrots, squash, cabbage or broccoli, greens, radishes, garlic, herbs

Leek and Swiss Soufflé

2 Tbsp unsalted butter, softened
5 Tbsp cold unsalted butter
2 cups grated swiss cheese such as Gruyere
2 Tbsp olive oil
3 leeks, trimmed and chopped
1 tsp thyme
5 Tbsp flour
2 and 1/2 cups half and half, warmed
Salt and freshly ground pepper, to taste
6 eggs, separated

Preheat the oven to 400 degrees. Coat a large soufflé dish with the softened butter and sprinkle the bottom and sides with 1/2 cup of the grated cheese. In a large pan, heat the olive oil. Chop up the leeks and throw them in. Sprinkle with the thyme and cook until tender, about 10 minutes. Remove from the heat and let cool.

In another saucepan, melt the 5 Tbsp cold butter. Add the flour and whisk until combined. Whisk in the half and half and cook until the sauce thickens, about 4 minutes. Transfer to a bowl – make sure you do this step, or the egg yolks you are about to add will cook over the heat, and you don't want that!

Stir in the egg yolks, one at a time. Stir in the remaining 1 and 1/2 cups cheese. Stir in the leeks and season with salt and pepper. In a large bowl, beat the egg whites until stiff peaks form. Using a rubber spatula, fold 1/4 of the whites into the leek mixture. Quickly fold in the remaining egg whites. Pour into the prepared dish. Using parchment paper, create a collar around the soufflé dish so that the soufflé will rise evenly. It doesn't have to be perfect, just good enough to get the job done. Bake until golden brown, about 25 minutes. Serve immediately!



Contact Us:

Cedar Down Farm
519-665-2008
info@cedardownfarm.ca
22145 Conc. 14 RR#1
Neustadt, ON N0G 2N0



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 14, September 14, 2010

On the farm...

Well, I think it is pretty much official - fall is here. As we work in the field and drive to our CSA pickups, we are seeing colours in the trees, geese flying over and we can feel the chill in the air. Fall is a great time on the farm and a great time for eating - the weather is cooler and it's so lovely to sit down to warm, hardy meals made with flavourful (and colourful) fall veggies. You will definitely notice the change in your CSA shares as the summer crops come to an end in their production and the fall crops come to their peak! The brassica family which defined a lot of your spring shares is back - cabbage and broccoli, kale and greens - these crops love a frost to sweeten them up. Leeks and squash come out and you may meet a few new veggies that we are sure you will love (chinese cabbage anyone?!)

Here on the farm, as we begin to harvest this new wave of vegetables, we are also starting to think about storage for the winter. We grow large amounts of our different storage crops (roots and squash, onions, garlic, cabbage) and then harvest them all at once to be put in proper storage for the winter. The root crops like it humid and very cold (hence root cellars), squash likes it dry and warmer and onions, garlic and cabbage like it dry and cold. This year, being the first on this farm, we are figuring out where to put these different crops so that they all are stored in the best possible environment. We are really lucky to be able to use the great root cellar (made from a converted swimming pool!) at Green Being Farm and the rest of our storage veggies will be stored in different places on the farm, nestled in to be enjoyed all winter long.

We have always found that these seasonal transitions really make us appreciate our food and keep us excited about eating as we anticipate new and different crops as they come in. A tomato or winter squash tastes that much better when you've been waiting for its arrival and meals become great events when you really notice what you are eating. As we harvest your shares, we are really glad to be able to share this excitement with you!



We'll harvest all of our winter squash soon - hopefully with your help - at our open house September 25!

Kale

This hardy and beautiful green is a vegetable which many people tell us they never knew before CSA but have grown to love. Kale is delicious and very nutritious. It is a versatile green that you can throw in anything from stir-fry to lasagna to add colour and flavour. Like other crops in the cabbage family, kale is very high in Vitamin A, C and beta-carotene and is rich in minerals such as iron, calcium and potassium. Kale can be used in any recipe where you might add another cooked leafy green such as spinach. Because it is rather hardy, it takes a bit more cooking to become tender than spinach or mustard greens. You can cut the leaf from the stem and use just that, or better yet, just give the stem a little more cooking time and use the whole thing - the stems are sweet! Our favourite thing to do with kale is to simply stir-fry it with garlic and onion or leek and a little soy sauce. But we also add it to hardy soups, gratins or stews!

Leeks

Ahh leeks! Elegant and aromatic, the leek is a lovely and sophisticated cousin to the familiar onion. Leeks have a sweet and subtle onion flavour that add complexity and depth to many dishes. Commonly associated with potatoes in the famous leek and potato soup, leeks are fabulous added to many warm fall dishes. We often sauté them with greens such as kale or broccoli, add them to mashed potatoes or squash or throw them in a rich risotto. Cut the leeks in half before chopping and rinse out any dirt that might be caught between the layers. Just cut off the toughest portion of green top and use as much of the white and green shaft as is tender. Leeks store very well in the fridge and will keep for several weeks in a plastic bag or in the crisper.

And a quick note on tatsoi...

Use this mild mustard green raw or cooked. Add it to salad or simply steam or sauté with garlic - yum!

Kale Crisps

This popular recipe has turned quite a few people into kale-lovers I am sure!

Ingredients:

1 bunch (about 5 leaves) kale, strip out the center core or stalk, tear kale into small pieces, washed and dried
2 Tbsp Olive Oil
1 Tbsp Lemon Juice
Sea Salt

Method:

Preheat the oven to 350°F.

Whisk together the olive oil, lemon juice, and season lightly with sea salt.

Toss in the dry kale and coat them evenly. Arrange the kale in a single layer of the baking tray.

Roast the kale for about 12 to 15 minutes, or until they are crispy. (You may need to turn the kale once or twice for even baking.)



Greens and Lentils

This recipe can be made vegetarian by omitting the bacon and using veggie rather than chicken stock.

2 tablespoons olive oil
1 onion or leek, diced
1 clove of garlic, minced
1/4 pound bacon, cut in thin strips
1 bunch kale, ribs removed, chopped
1 bunch tatsoi or other mustard green, leaves separated
2 cups chicken stock
3/4 cup green Le Puy lentils or other lentils
Salt and pepper
1 tsp balsamic vinegar



Heat the oven to 250°. Heat the olive oil in a large Dutch oven or ovenproof pot and sauté the onion over medium heat until it becomes translucent and begins to soften, about 3 minutes. Add the bacon and cook until it softens, about 5 minutes. Remove the pot from the heat and remove any excess oil by patting the bacon with a paper towel.

Return the pot to the heat and add the kale. This will fill the pot, but as you cook, stirring frequently, the leaves will wilt and shrink. Add the chicken stock. Stir to mix evenly.

Cover the pot and place it in the oven to cook until the greens are well stewed and deeply fragrant, about 1 and 1/2 hours.

Add the tatsoi and the lentils, stir, cover and return the pot to the oven until the lentils are tender but not mushy, about 40 to 45 minutes. Season to taste with salt and pepper and stir in balsamic vinegar. Taste and add a little more vinegar if necessary. Serve immediately.

Citrus-Roasted Beets

Orange juice may not be local but what the heck!?!? I suspect it may be found in some of our fridges!

1 lb beets
Zest of 1 orange
Salt and Freshly ground pepper
2 Tbsp olive oil
2 Tbsp orange juice
3 Tbsp chopped fresh cilantro, parsley or mint

Preheat the oven to 350°. Place the whole beets in a small baking dish with water to a depth of 1/4 inch. Scatter half of the orange zest, 1 tsp salt and 1/2 tsp pepper over the top. Cover the pan tightly with aluminum foil and bake until the beets are tender enough to pierce easily with the tip of a paring knife, about 1 hour.

When the beets are cool enough to handle, trim the ends and slip off the skins. Quarter each beets lengthwise and cut each quarter into 1/2 inch slices.

Whisk together the olive oil, remaining orange zest, orange juice and herbs in a serving bowl. Add the roasted beets and toss well. Season with salt and pepper. Serve warm.

