

## This week's share:

Lettuce, spinach, cabbage, potatoes, carrots, onions, Acorn squash, peppers, greens, garlic, herbs



## Next week's guess...

Lettuce, spinach, broccoli, kale, beets, chinese cabbage, carrots, radishes, greens, garlic, herbs

## Maple Glazed Acorn Squash

1 acorn squash, cut in half and seeded

1 tablespoon apple cider  
sprinkle of salt

1 1/2 teaspoons brown sugar  
1 tablespoon unsalted butter  
1 tablespoon maple syrup (the real stuff please)  
itty-bitty pinch of cayenne pepper

Preheat oven to 400°F. Score halved squash and brush with apple cider and sprinkle lightly with salt. Bake uncovered for 30 minutes.

Make glaze by combining the maple syrup, brown sugar, butter, and cayenne; boil for a minute and brush on squash halves. Return to oven for another 40 minutes. Sprinkle with salt and pepper. Serve.



## 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 15, September 21, 2010

## On the farm...

Last week, Jeff and I got to do what is probably our favourite fall task - harvest winter squash! Squash is a wonderful, honourable food, so much so that I am dedicating this whole section of the newsletter to talking about it.

We were really hoping that we would be able to share the squash harvest with you at our open house next week, but with cold nights predicted over the weekend, we decided to pull it out of the field last week as frost will reduce squash's storageability. Jeff and I hooked up an old hay wagon to the back of the tractor and went about collecting the lovely little numbers from the field. Deep oranges, creamy beige and striking greens and blues peeked out from under aging vines as we clipped the squash handles and loaded them onto the wagon. It didn't take long before we realized that the hay wagon wasn't nearly big enough and so we began to fill green bins and truck the squash to the greenhouse as well. Now there are hundreds of them, all different colours, packed into our tomato greenhouse and piled on that hay wagon, sitting peacefully in the sun to cure. Squash is left out in the sun for several weeks after harvest to "cure" - this hardens the skin for storage, heals any nicks or cuts and sweetens the flesh. It's a lovely sight!



Native to the Americas, squash is colourful, richly nutritious and absolutely delicious! It is always hard to believe that these huge fruits can grow on the spindly, hollow vines of the squash plant but indeed squash can be anywhere from 2 to 20lbs or more! Jeff and I are humbled each fall to this crop for the amazing amount of nourishment that it brings us in the cold fall and winter months.

I'm sure many of you are familiar with the well-known butternut squash, that pear-shaped beauty, famous in soup. But this year, we will introduce you to many varieties that we are sure you will love just as well. Blue hubbard, red kuri, delicata, sweet dumpling - these are just a few of the varieties that we grow, not to mention the pie pumpkins! They are wonderful cooked in so many ways! Roast them, mash them, make them into soup. Add them to pasta, rice dishes or casseroles, even throw them in pies and bread - the rich flavour of squash adds so much to any dish. Squash will store for long periods of time and does not want to be in the refrigerator (unless it has been cut up). Put them in a cool place in your house and they will keep well and look beautiful!

## Roasted Cabbage with Lemon

From <http://kalynskitchen.blogspot.com>

1 medium-sized head of green cabbage  
2 T olive oil  
2-3 T fresh squeezed lemon juice  
generous amount of sea salt and fresh ground black pepper  
lemon slices, for serving cabbage (optional)



Preheat oven to 450°F. Grease a baking sheet or roasting pan with olive oil.

Cut the head of cabbage into 8 same-size wedges, cutting through the core and stem end. Then carefully trim the core strip and stem from each wedge and arrange wedges in a single layer on the roasting pan (leave some space around them as much as you can.)

Whisk together the olive oil and lemon juice (use the larger amount of lemon juice if you like a lot of lemon like I do.) Then use a pastry brush to brush the top sides of each cabbage wedge with the mixture and season generously with salt and fresh ground black pepper. Turn cabbage wedges carefully, then brush the second side with the olive oil/lemon juice mixture and season with salt and pepper.

Roast cabbage for about 15 minutes, or until the side touching the pan is nicely browned. Then turn each wedge carefully and roast 10-15 minutes more, until the cabbage is nicely browned and cooked through with a bit of chewiness remaining. Serve hot, with additional lemon slices to squeeze lemon juice on at the table if desired.

## Kenyan Curried Cabbage

### Ingredients:

1 small to medium cabbage head  
1 large onion  
2 medium carrots  
2 tbsp butter  
2 tbsp flour  
1/2 cup milk or heavy cream  
1 tsp curry powder  
2 tsp salt  
pepper



Slice cabbage in thick strips. Peel and slice onion and peel and grate the carrots. Heat 2 tbsp butter and sauté the onion for 3 minutes before adding the shredded carrot and cabbage. Cook everything, over low heat, until the cabbage softens. This should take about 10 minutes. Stir now and then. Combine 2 tbsp flour with 1 tsp curry powder and 3 tbsp milk or cream. Stir until it's a lump-free paste. Once the cabbage has softened, make room in the center and pour in the paste. Cook for a minute before pouring in 1/2 cup of milk, 1 1/2 to 2 tsp salt and lots of pepper. Stir well, pop the lid on and simmer for another 10 minutes. Serve hot with rice!

## Autumn Squash Pasta

From "Recipes from America's Small Farms" by Joanne Lamb Hayes and Lori Stein

1 acorn (or other) squash  
1 lb penne (or other) pasta  
1/2 cup olive oil  
2 Tbsp unsalted butter  
2 medium onions or small leeks, or a mixture, coarsely chopped  
1 garlic clove, coarsely chopped  
1/2 to 1 tsp sea salt  
Freshly milled black pepper  
1/2 cup dry white wine or water  
1/2 cup grated Parmesan cheese  
1 Tbsp fresh parsley

Preheat oven to 350°. Cut squash in half; scoop out and discard seeds (or bake and eat!). Place squash, cut side down, in 1 inch of water in a 13 x 9 inch glass baking dish. Bake for 40 to 45 minutes, until tender. Set aside just until cool enough to handle then scoop out flesh from rind and set aside. Meanwhile cook the pasta in boiling salted water for 2 to 3 minutes less than the cooking time on the package; drain and set aside.

Heat the oil and butter in a large pot over low heat. Add the onions, garlic, salt and pepper. Sauté until onion is translucent, making sure garlic does not burn. Add the squash and wine, stirring until a thick sauce forms. Fold in the cooked pasta, taste and adjust the seasonings. Spoon into the same glass baking dish; sprinkle with cheese. Bake for 20 to 30 minutes, until the cheese browns; sprinkle with parsley and serve!

## Farm Open House!

Come celebrate fall with us! Take a walk around the fall garden and have some fun!

Saturday, Sept 25 1-4pm (note change in time)

1:30pm - kid's treasure hunt and garden walk  
2:45pm - garden walk

Fresh air and refreshments will be served!  
Please RSVP if you plan to attend.

