

## This week's share:

Lettuce mix, spinach, cabbage and/or broccoli, kale, beets, carrots, celeriac, garlic, herbs



## Next week's guess...

Potatoes, carrots, broccoli, kohlrabi, Spaghetti squash, collards, onions, garlic

## Roasted Carrot and Celeriac Soup

1 large celeriac, peeled and cut into 1 inch cubes  
1.5 lbs carrots cut in 1 inch lengths  
1lb potatoes, peeled and cubed  
6 large cloves garlic, unpeeled  
3 tbsp olive oil  
salt and pepper to season

Toss all of the above together and roast in a single layer on a cookie sheet in a 350° degree oven until the vegetables are fork tender, about 45 minutes. You may need to take the garlic cloves out before this time if they have completely softened.

Transfer the roasted vegetables to a large pot and add

1 tsp cinnamon  
1 tsp ground thyme  
1/2 tsp sea salt  
1/2 tsp freshly ground pepper  
1 to 1 1/2 litres of vegetable stock

Simmer over medium low heat for about a half hour before puréeing the soup in a standard blender or using an immersion blender. Taste the soup and do a final seasoning with salt and pepper before finishing the soup by adding:

Juice of half a lemon  
2 tablespoons clover honey

Stir well and serve.

**NOTE:** The amount of vegetable stock you add to recipe varies, depending on the size of the vegetables and how thick you prefer your finished soup to be. Add more at the end if it is too thick when puréed.



## 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 18, October 12, 2010

## On the farm...

After a weekend of frenzied cooking, eating and socializing (that is, celebrating a great farming season and wonderful food!), my brain seems to need a break. I thought I would let someone else do the talking for me and who better than Michael Pollan, writer and author of many great books on food and farming. Pollan's latest book "Food Rules" addresses a really important issue that I think about a lot - what to eat? In the face of science and media that constantly change their tune about what is "healthy," how do we know what's good for us after all? I totally agree with how Michael Pollan answers this question, here are my favourites of his food rules:

➤ **Eat food...** in our current state of confusion, this is much easier said than done. So try this: Don't eat anything your great-great-grandmother wouldn't recognize as food. ... There are a great many foodlike items in the supermarket your ancestors wouldn't recognize as food (Go-Gurt? Breakfast-cereal bars? Nondairy creamer?); stay away from these.

➤ **Avoid even those food products that come bearing health claims.** They're apt to be heavily processed, and the claims are often dubious at best. Don't forget that margarine, one of the first industrial foods to claim that it was more healthful than the traditional food it replaced, turned out to give people heart attacks.

➤ **Especially avoid food products containing ingredients that are a) unfamiliar, b) unpronounceable c) more than five in number — or that contain high-fructose corn syrup.** None of these characteristics are necessarily harmful in and of themselves, but all of them are reliable markers for foods that have been highly processed.

➤ **Get out of the supermarket whenever possible.** You won't find any high-fructose corn syrup at the farmer's market; you also won't find food harvested long ago and far away. What you will find are fresh whole foods picked at the peak of nutritional quality. Precisely the kind of food your great-great-grandmother would have recognized as food.

➤ **Pay more, eat less...** Paying more for food well grown in good soils — whether certified organic or not — will contribute not only to your health (by reducing exposure to pesticides) but also to the health of others who might not themselves be able to afford that sort of food: the people who grow it and the people who live downstream, and downwind, of the farms where it is grown.

➤ **Cook. And if you can, plant a garden.** To take part in the intricate and endlessly interesting processes of providing for our sustenance is the surest way to escape the culture of fast food and the values implicit in it: that food should be cheap and easy; that food is fuel and not communion. The culture of the kitchen, as embodied in those enduring traditions we call cuisines, contains more wisdom about diet and health than you are apt to find in any nutrition journal or journalism. Plus, the food you grow yourself contributes to your health long before you sit down to eat it.

## Céleri Rémoulade

This is a classic French use of celeriac - sure to become a winter staple! Recipe by David Lebovitz - [www.davidlebovitz.com](http://www.davidlebovitz.com)

Celeriac is pretty easy to prepare, but does discolor a bit once sliced open and grated. So make the dressing before slicing and grating the celery root, for best results. I like mine really mustardy, so I use a fairly large amount. If you're unsure, start with less; you can add more, to taste, when the salad is finished.

To peel celeriac, lop off the root and opposite end with a large knife. Stand the round root on a flat end then take the knife and cut downward, working around the outside, to slice off the tough skin. Celeriac often have complicated roots which need a deeper cut remove.

1 cup mayonnaise, homemade or store-bought  
2 1/2 tablespoons Dijon mustard  
1 teaspoon of sea salt, plus more, to taste  
2 tablespoons freshly squeezed lemon juice  
freshly ground black pepper  
2 1/4 pounds celeriac

1. Mix together the mayonnaise, mustard, 1 teaspoon of salt, lemon juice, and a few grinds of black pepper.
2. Peel the celery root and grate it coarsely.
3. Mix the dressing with the celery root and taste, adding additional salt, pepper, mustard, and lemon juice, to taste.

Note: If the salad is too thick, you can add a few spoonfuls of milk to thin it out.  
Storage: The salad will keep for one to two days in the refrigerator.

## Tuscan Kale With Chickpeas and Chili Pepper

1 large bunch of kale  
1 cup cooked chickpeas  
1 small chili pepper, fresh or dried  
2 cloves of garlic, crushed and minced  
1 tsp salt  
2 Tbsp extra-virgin olive oil



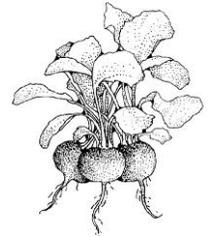
Cut the kale into pieces.  
Heat up olive oil in a skillet or pan with the garlic and chili pepper and cook on low heat for a minute.  
Add the kale and cover it half way with water, add salt and let it simmer under a lid for 5 minutes on medium heat. Stir once or twice.  
Take off the lid and continue to braise the kale until the liquid is gone and the kale is soft.  
Add the chickpeas and go on cooking for another 4-5 minutes before serving it either warm or cold.

## Celeriac

Celeriac, or celery root is the root relative of the familiar celery. It has a mild celery flavour and is crunchy and fresh-tasting. We use tons of celeriac in the winter when root vegetables dominate our menu. It has a fresh taste that makes for wonderful winter salads, purées, soups or gratins. Cut off the knobbly, rough exterior and use the white flesh of the root. Celeriac stores very well in the refrigerator if kept at a high humidity or wrapped.

## Beet and Apple Slaw with Cabbage

1lb beets, peeled and grated  
1 lb tart apples, peeled and grated  
1/2 lb cabbage, very thinly sliced  
Salt and freshly milled black pepper  
3/4 cup sugar or honey  
3/4 cup cider vinegar  
3/5 cup prepared mayonnaise



Combine the beets, apples and cabbage in a large bowl. Season with salt and pepper to taste and set aside.

Combine the sugar and vinegar in a small saucepan. Warm over very low heat, stirring, until the sugar is dissolved. Set aside until completely cool. Very gradually whisk the mixture into the mayonnaise in a small bowl. Add more salt and pepper to taste.

Fold the dressing into the slaw mixture; cover and refrigerate for about 3 hours. Stir again before serving.

## Easy Sautéed Kale

From "Friday Night Dinners" by Bonnie Stern

8 cups of kale, chopped  
2 tbsp olive or vegetable oil  
3 cloves garlic, finely chopped  
1 tsp salt

Wash kale well and leave a little water clinging to the leaves. Heat oil in a large skillet over medium-high heat. Add garlic and cook for a few minutes, or until tender but not brown. Add kale and cook, stirring, for about 10 minutes, or until wilted and tender. Season with salt.