

This week's share:

Potatoes, carrots, beets, winter squash, rutabaga, kale, leeks, onions, garlic



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 20, October 26, 2010

Warm Butternut and Chickpea Salad with Tahini Dressing

Yield: 4 servings

For salad:

1 medium squash (about 2 to 2 1/2 pounds), peeled, seeded, and cut into 1 1/2-inch pieces
1 medium garlic clove, minced or pressed
2 tablespoons olive oil
Salt
One 15-ounce can chickpeas, drained and rinsed (1 1/2 cups)
1/4 of a medium red onion, finely chopped
1/4 cup coarsely chopped fresh cilantro or parsley

For tahini dressing:

1 medium garlic clove, finely minced with a pinch of salt
1/4 cup lemon juice
3 tablespoons well-stirred tahini
2 tablespoons water
2 tablespoons olive oil, plus more to taste

Preheat the oven to 425°F.

In a large bowl, combine the squash, garlic, olive oil, and a few pinches of salt. Toss the squash pieces until evenly coated. Roast on a baking sheet for 25 minutes, or until soft. Remove from the oven and cool.

Whisk together the garlic and lemon juice. Add the tahini and whisk to blend. Add the water and olive oil, whisk well, and taste for seasoning. You will probably need to add more water to thin it out.

Combine the squash, chickpeas, onion, and cilantro or parsley in a mixing bowl. Either add the tahini dressing to taste, and toss carefully, or you could serve the salad with the dressing on the side.



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On the farm...

I can barely believe it but we have come to Week 20 - the last week of the summer CSA. What a great summer it has been! I'm sure you can all imagine but I still have to tell you how amazing it was for Jeff and I to watch this farm produce so much wonderful, beautiful food over the season. We moved to this farm in the fall of last year. But before we did, we analyzed its potential as a vegetable farm closely. We dug holes to check the soil and were both happy and nervous about how sandy it was. We discussed the merits of its flat fields, great outbuildings and lack of rocks. We were pretty sure it had what it takes to grow great food. But until we actually started cropping it, we couldn't know whether our hunch about its potential was correct. And boy, was it ever!

We've said it before, but we are incredibly thankful for this amazing farm and its ability to produce such good food. We foresee great things for it in the future, especially after getting off to such a good start. Thank you all for your enthusiasm over the last five months - it's been great getting to know you all, to talk about and eat good food! We look forward to seeing those of you in the winter CSA throughout the winter and to seeing everyone again in the spring!



Kale and Potato Soup with Red Chili

From "The Greens Cookbook" by Deborah Madison

The Stock

The ingredients of this soup supply plenty of flavour, so use water to prepare a simple stock using the stems of the kale

The Soup

- 1 bunch kale
- 3 tbsp virgin olive oil
- 1 medium red or yellow onion, diced in 1/2 inch squares
- 6 cloves garlic, peeled and sliced
- 1 small dried red chili, seeded and chopped, or 1/2 tsp chili flakes
- 1 bay leaf
- 1 tsp salt
- 4 medium potatoes, (about 1 lb), scrubbed and diced into 1/2 inch cubes
- 7 cups water or stock
- Pepper
- Sour cream (optional)



Using a sharp knife, cut the kale leaves off their stems. Cut the pieces roughly 2 inches square, wash them well and set aside. Heat the olive oil in a soup pot, add the onion, garlic, chili, bay leaf, and salt and cook over medium-high heat for 3 or 4 minutes, stirring frequently. Add the potatoes plus a cup of water or stock. Stir together, cover and cook slowly, 5 minutes.

Add the kale, cover, and steam until it is wilted, stirring occasionally. Pour in the rest of the water or stock, bring to a boil, then simmer slowly, covered, until the potatoes are quite soft, 30 to 40 minutes.

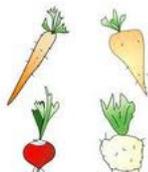
Use the back of a wooden spoon to break up the potatoes by pressing them against the sides of the pot, or purée a cup or two of the soup in a blender and return it to the pot. This will make a unifying background for the other elements.

Taste the soup for salt and add a generous grinding of black pepper. If possible, let the soup sit for an hour or so before serving to allow the flavours to further develop. Serve the soup hot without any garnish or with a spoonful of sour cream, if desired.

Attention Winter CSA Members!

The winter pickups begin next week -
Nov. 3 in Hanover from 4:30 to 6pm at the Mennonite Church, 172 5th St.

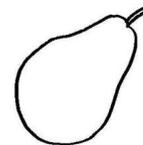
and Nov. 4 in Guelph from 5-6:30pm at the Guelph Youth Music Centre, inside!



Smashed Rutabagas with Ginger-Roasted Pears

4 pounds rutabagas, peeled, cut into 3/4- to 1-inch cubes
oil

- 1 1/2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced peeled fresh ginger
- 1 1/2 teaspoons sugar
- 3 firm pears (about 1 3/4 pounds), peeled, cored, cut into 3/4-inch cubes
- 1/3 cup heavy whipping cream
- 5 tablespoons butter
- 1 tablespoon chopped fresh thyme
- Coarse kosher salt



Cook rutabagas in pot of boiling salted water until tender, about 35 minutes.

Meanwhile, preheat oven to 400°F. Grease a large rimmed baking sheet with oil. Combine oil, lemon juice, ginger, and sugar in large bowl. Add pears; toss to coat. Spread on prepared sheet. Roast until tender, turning pears every 10 minutes, about 35 minutes total.

Drain rutabagas; return to same pot. Mash to coarse puree. Stir over medium heat until excess moisture evaporates, 5 minutes. Add cream, butter, and thyme. Mix in pears and any juices from baking sheet. Season with salt and pepper.

Potato and Blue Cheese Tart

- 1 savory tart shell, recipe of your choice, in a 9-inch tart pan and ready to fill
- 1 pound potatoes, scrubbed and cut into 1/4-inch slices
- 1 cup heavy cream
- 1 large egg yolk
- 1/4 pound blue cheese, crumbled (about 3/4 cup)
- 1 tablespoons finely chopped herb or herbs of your choice, such as a mixture of thyme and rosemary
- Fine sea salt for sprinkling



Preheat oven to 350°F. In a medium saucepan, cover potato slices with water by two inches. Simmer, uncovered, until tender, about 10 minutes. Drain. If the potatoes don't seem very dry, pat them dry with towels.

Arrange potato slices, overlapping slightly, in concentric circles around the tart pan. Sprinkle blue cheese over potatoes. Whisk cream and egg yolk together and pour into tart shell, then sprinkle tart with herbs of your choice and salt.

Bake tart on a baking sheet until bubbling and golden brown, about 45 to 50 minutes. Cool in pan on rack and serve warm or cold.