

This week's share:

Lettuce Mix, Spinach, Lettuce, Peas, Green Onions, Kohlrabi, Herbs



Next week's guess:

Lettuce, Spinach, Broccoli or Cabbage, Green Onions, Peas, Mustard Greens, Herbs

Spinach with Peas and Green Onions

From www.bellaeats.com

Serves 4

Ingredients

2 tbsp olive oil
2 tbsp butter, divided
1 bunch of green onions, dark and light green parts diced (about 1/4 cup)
1/4 cup of garlic scapes, diced
1 1/2-2 cups of snow, snap or shell peas
1 cup white wine
4 large handfuls of spinach, tough stems removed
sea salt and pepper

Method

1. Heat olive oil and 1 tbsp butter in deep skillet over medium heat. Add the green onions and scapes, stirring to coat with oil and butter. Let saute for 2-3 minutes,
2. Add the peas, and saute for another 2-3 minutes, until the scapes begin to brown. Add the wine, and bring to a boil. Reduce to a simmer and allow to cook for another 2-3 minutes.
3. Add the spinach, stirring to coat with liquid. Allow spinach to heat through and wilt, 2-3 more minutes. Add last tbsp of butter and salt and pepper to taste.



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 3, June 28, 2010

On the farm...

Into the third week of the CSA and it never ceases to amaze us how tiny seeds and baby seedlings turn into bin-fulls of food. A few people have mentioned to us how clean the veggies are and wondered how we get them that way so we thought we should let you in on how it is we get those bin-fulls of food from our field to you. ...



First, the veggies have to be harvested from the field - some are pulled, some cut, snipped or plucked!



Then, away they go to the shed where we pretty them up - pluck off less-than perfect leaves, spray off some dirt...

And the greens are plunged into icy-cold water - the sooner they get cooled in the water, the longer they will last in your fridge.



Cool, clean and sparkly, they are packed into clean, green bins, tucked into the cooler and brought to your CSA pickup!

Peas, Peas, Peas

These much-anticipated emblems of spring truly sweeten our lives. Most people have memories of picking peas - be it from their own or their grandparents' gardens, at a pick-your-own farm or perhaps from a CSA farm. Peas evoke sweet memories and are definitely the candies of vegetables. While the traditional shelling pea is what many people are familiar with, there are a couple other varieties that we grow...here's the low-down on the peas:

Shell Peas

These are the mainstay of peas. Dark green with a tough outer shell, they are snapped open along their seam to reveal their lovely, round treasures all in a row. Shell peas are wonderful raw - they rarely make it out of the garden before being munched! But they add sweetness and texture to many cooked dishes as well. We add them to creamy pasta dishes, curries and stir-fries and (if we have enough) just steam them with some butter and salt.

Snap Peas

Every kid's favourite, snap peas are the plump, bright green pods that are eaten whole. Much like shell peas, they are most often consumed while standing in the garden, but if they make it to the kitchen, you won't be sorry! A classic addition to spinach and strawberry salad, we have recently discovered how delicious they are cooked. Thrown into a stir-fry with some kohlrabi or bok choy and mushrooms, these little guys get super sweet when lightly sauteed so they maintain their crunch. Throw them in a pan with some butter and salt, sautee until bright green and eat em' up!



Snow Peas

Very common in Chinese cooking, the snow pea is another great one that can be eaten whole. Sweet and crunchy, they turn a lovely shade of green when cooked. Again, both raw or cooked, they are delicious but I love to sautee them with mushrooms and green onions and a splash of soy sauce. Snow peas are a stir-fry mainstay and add a great texture to these dishes. Just pop off the stem, rinse and quickly sautee in butter or oil for an easy side dish. Snap and Snow peas are a great partner to garlic scapes in a quick stir-fry. Sautee the scapes in oil or butter until tender, add the peas and quickly stir-fry then add a splash of sesame oil and soy sauce and eat - yum!

Spinach, Strawberry Salad

1/2 lb of spinach
1/2 cup snap or snow peas, stems remove, halved
2-3 green onions, diced
2 cups of sweet strawberries, diced
1/4 cup slivered almonds, toasted

Poppy Seed Vinaigrette

2 tbsp olive oil
2 tbsp apple cider vinegar
1 tbsp lemon juice
1-2 tsp sugar or honey
1/2 tbsp poppy seeds

Place the spinach in a bowl and top with the peas, green onions, strawberries and almonds.

Combine the olive oil, apple cider vinegar, lemon juice, sugar, and poppy seeds in a small bowl and mix until well combined.

Pour the dressing on top of the salad and toss well until evenly coated. Serve immediately. Enjoy.



Announcements!

Farm Open House

Come see where your food is grown!

Saturday, July 17

10am-3pm

Come have a tour of the farm, enjoy some refreshments and meet your fellow CSA members.

We look forward to seeing you at the farm!