

This week's share:

Spinach or chard, lettuce mix, lettuce, peas, broccoli or cabbage, green onions, kohlrabi, herbs



Next week's guess...

Lettuce, chard, spring onions, broccoli, cabbage, beets, fresh garlic, herbs

Easy and Delicious Slaw with Any Vegetable!

We have been making this slaw at almost every meal for week! It's delicious and can be made from a variety of your CSA veggies...

1 cup each thinly julienned cabbage, kohlrabi and turnips (or bok choy, kohlrabi and turnip or cabbage, radish and kohlrabi or a little spinach... you get the point!)
1/4 cup chopped parsley (or dill)
Juice of 1/2 of a lemon
2 Tbsp mayonnaise (or plain yogurt, or half mayo, half yogurt)
2 Tbsp any kind of pesto (cilantro, basil, arugula, scape)
Salt and Pepper to taste

Throw sliced veggies and chopped parsley in a medium-sized bowl. In a small bowl, mix mayonnaise, pesto and lemon juice and stir until combined. Dress veggies with mayonnaise mixture and toss to coat. Taste and add salt and pepper as desired

Makes a great side dish!



Contact Us:

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 4, July 6, 2010

On the farm...

At the beginning of each week, Jeff and I take a field walk in the garden to take stock of the week's priorities - what needs to be weeded, harvested, and how things look in general. A few things have made me think a lot about soil life this past week (more than usual, that is - soil life is an organic farmer's primary concern). Being on a new piece of land means we are just now getting to know the particularities of it's soil, climate, microclimate and other qualities. So, as we stroll through the garden, we are constantly noticing the way things are growing. This year, we are noticing quite a bit of variability in the growth rates of our crops. For example, one half of a spinach bed will be big and beautiful and ready to harvest while 50 feet away in the same bed, the spinach has barely matured. Another thing we are monitoring is the potential of a potassium deficiency which we are noticing in the yellowing of leaves on our zucchini crop.

As we get to know the soil on this farm, through noticing things such as these, we will better understand what it needs in terms of compost, cover crops and perhaps the addition of mineral-based amendments.

The thing is, healthy soil is really one of the most important things, well, in the world! As organic farmers, everything that we do is designed to increase the health of our soil. We use compost and cover crops to increase organic matter, fertility and to feed the wonderful micro-organisms who do all the work in there. We make sure that soil is almost always covered by some crop so that it is not lost to erosion and we work to promote biodiversity in the life of our soil to ensure it's vitality and resilience. Soil that is robust and alive can be farmed for centuries and never lose it's vitality - it also means extremely nutritious food to nourish the people that rely on it!

Creamy Baked Cabbage with Fresh Thyme

(serves 2-4)

1 head green cabbage
1 tablespoon butter
1/2 cup thinly sliced white onion
2 cloves garlic
1 tablespoon fresh thyme leaves
salt and freshly ground black pepper
1/4 cup white wine
1/3 cup heavy cream



Bring a large pot of water to a boil and add a tablespoon salt. Cut cabbage in half and remove core. Slice cabbage into 1/4-1/2" slices. Drop into the boiling water and boil for 2-3 minutes or until it starts to soften. Immediately drain and immerse in cold water, changing the water until the cabbage is room temperature. Set aside. (You can prepare it up to this step in advance.)

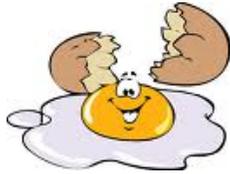
Preheat oven to 375F. In a large oven proof skillet melt butter on medium low. Add onion and stir for 5 minutes. Meanwhile crush garlic and add to onion along with fresh thyme and lots of freshly ground pepper. Continue cooking for another 5 minutes stirring occasionally. Add cabbage and turn heat to medium. Stir to toss well with onion and cook until heated through and most of the excess liquid has been absorbed — about 5 minutes.

Add white wine and simmer until reduced. Add cream, and a big pinch of salt, stir and put the pan in the oven. Bake for 30 minutes. Taste for seasoning and serve hot.

Eggs!

As I'm sure you have noticed, we have started to bring eggs to the CSA pickups and I thought I should give a little shout out to these guys because though they may seem like just eggs, they are actually the most nutritious, most delicious eggs you can buy. In fact, you may not know this, but acquiring eggs from truly free-range hens is harder than it seems. And truly free-range hens (hens that have unlimited access to the outdoors) lay the very best eggs.

The eggs we are selling are truly free-range. Laid by hens raised at Green Being Farm (our friends and neighbours just down the road), these hens get as much sun, grass and bugs they desire and in turn create eggs that are more nutritious and taste so much better than store-bought eggs. Plus, in buying Green Being eggs, you are supporting another great beginning farmer. Check out Green Being farm at www.greenbeingfarm.ca.



Warm Spinach and White Bean Dip

From Martha Stewart Living December 2009

5 ounces spinach (or chard, stems removed) (3 cups)
1 cup part-skim ricotta cheese
1 can (15 ounces) cannellini beans, drained and rinsed
1 tablespoon finely chopped fresh green onions
1 1/2 tsp lemon zest
1 1/4 tsp coarse salt
Freshly ground pepper

Preheat oven to 350 degrees. Make the dip: Wash spinach (chard), leaving some water clinging to the leaves. Transfer to a large saucepan. Cover, and steam over medium heat, stirring once, until wilted, 4 to 6 minutes. Remove spinach using a slotted spoon, and let cool. Squeeze out excess liquid using a kitchen towel; coarsely chop.

Pulse ricotta and cannellini beans in a food processor until smooth. Transfer mixture to a medium bowl. Add green onions, lemon zest, and salt. Season with pepper. Stir in spinach. Transfer to a 1-quart baking dish.

Bake about 30 minutes until heated through. Season with pepper. Serve warm with fresh vegetables for dipping (such as kohlrabi or cabbage chunks!)

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!

