

This week's share:

Chard, Beets, Spinach, Lettuce, Spring Onions, Cabbage or Broccoli, Herbs



Next week's guess...

Beets, Carrots, Lettuce, Summer Squash, Fava Beans, Spring Onions, Fennel, Fresh Garlic, Herbs

Beet and Greens Salad with Goat Cheese and Balsamic Vinaigrette

2 bunches beets: beets trimmed, greens stemmed, both thoroughly washed and dried

1 large garlic clove
1/3 cup balsamic vinegar
2 tablespoons Dijon mustard
1/4 teaspoon each salt and pepper
1/2 cup extra-virgin olive oil
1/4 medium red onion, thinly sliced
1 log (3 1/2 ounces) goat cheese, crumbled

Preheat oven to 400 degrees. Wrap each beet in foil and place on a small baking pan. Roast until tender 40 minutes to 1 hour, depending on beet size. When cool enough to handle, remove foil, peel (beet skins should slip right off), slice, and set aside.

Meanwhile, thinly shred washed and dried beet greens with a chef's knife. (You should have about 4-6 heaping cups of greens.) Place in a large bowl.

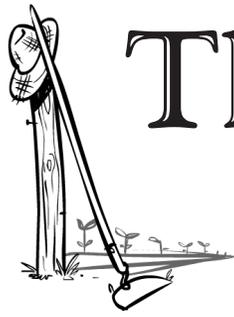
Make vinaigrette by whisking garlic, vinegar, mustard, and salt and pepper in a 2-cup Pyrex measuring cup. Slowly whisk in oil until you reach the 1-cup mark.

When ready to serve salad, add beets, onions, and goat cheese to greens. Add 6 tablespoons of the vinaigrette; toss to coat. Adjust seasonings including additional salt, pepper, or dressing if necessary. Serve immediately.



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 5, July 12, 2010

On the farm...

Well, the weather has been good, and the crops are doing well out in the field. We have been pretty busy lately, so we thought we could elaborate on what we've already told you about what makes up our days here at the farm.

We have three harvest days per week (for our three drop off locations). So, on Tuesday, Wednesday and Thursday we are up by 5:30 and in the field cutting, picking, bunching, counting and hauling all the veggies to the wash area. It helps to get as early a start as possible so that the vegetables are still cool from the night. Then, while one of us loads the van and heads to the drop-off the other stays back to get some field work done.



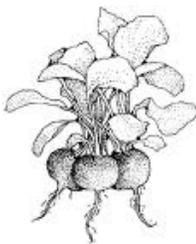
There is always tons of weeding to do, and this is a pretty time sensitive job. The soil has to be dry (so the weeds won't re-root) and you have to get the weeds while they are small. We use two main weeding tools at this point: a wheel hoe, which is just a hoe mounted on a frame with a wheel, good for quick weeding between rows; and a plain old hoe, for getting in between the plants in the row. ...And sometimes, if they've gotten away from us, we have to get down and pull 'em by hand.

There is planting to do every week, so when the weather is right, we go for it and try to get the week's planting done in one shot. One of us will prepare the ground with our tractor and modified discs, while the other gets the seeds and transplants organized and looks over the plans we made over winter for how much to plant of what varieties and where. We use a one row push seeder or trowels to do all of our planting. The last step is usually to move the irrigation onto the newly planted crops and water them in.

So, these are three of our main jobs here, they tend to keep us busy, happy and sometimes a little stiff!

Beets!

Ahh, beets. The most elegant vegetable in the garden, beets, with their deep purple colour and rich, earthy flavour lend substance, flavour and colour to any meal. Beets are an incredibly nutritious food. Rich in vitamins and minerals (the greens have a higher iron content than spinach), beets are known to have wonderful detoxifying properties which is why juicing devotees add them to their healthful juices.



Beets can be simple and quick to prepare and can be added to many dishes - cold and warm salads, soups and borschts, roasted vegetable dishes. Here are some tips on how to use them:

- Trim greens (and save to cook like spinach or chard) to about an inch from root. Boil or roast (wrapped in foil at 350 degrees) beets whole until tender. To peel - cool beets with cold water and simply pull skin from root. After cooking, the skin will be loose and easy to remove and you will lose much less juice than if cooked without the skin. Toss with oil and vinegar for a quick side dish!

- Wash and peel beets, trim stalks and slice root into 1/2 inch slices. Place in a large skillet and cover with water and about 3 Tbsp of balsamic or red wine vinegar. Cover and simmer until water has been absorbed and beets are tender (check during cooking to see if more water is necessary). Season with salt and pepper.

- Beets are yummy raw - grate or slice thinly and add to a green salad. Slice beets thinly and toss with almonds, pecans or pine nuts and some crumbled feta or goat cheese and dress with oil and balsamic vinegar....

Let us know how you use beets!

Baked Eggs with Spring Onions and Bacon

1 tablespoon butter
1 tablespoon oil
1 spring onion (about 1/4 cup), chopped
1 slice bacon, chopped
4 extra-large eggs
1 teaspoon dill, thyme or other herb, finely chopped
Salt, pepper to taste
Grated Parmesan cheese (optional)



Directions:

Pre-heat the oven to 350°F. Butter two individual ramekins lightly.

Heat oil in a skillet. Add bacon and fry for about two minutes, then add spring onions and fry for another few minutes or until bacon starts to brown. Remove from heat and cool.

Add two eggs into each ramekin. Then fold in the bacon and onion mixture gently and sprinkle with herbs, salt and pepper. Bake for about 15 minutes. Sprinkle with Parmesan cheese if desired. Serve with fresh crusty bread.

Remember!!

Farm Open House

This Weekend!!!

July 17 10-3pm

Come see where your food is grown!

Cannellini & Chard Risotto

From www.greenkitchenstories.com

Serves 3-4

1 1/2 cup vegetable broth

2 tbsp olive oil

2-3 spring onions (white and greens finely chopped)

2 cloves garlic (finely chopped)

1 chard bunch (slice the leaves into thin strips, cut the smaller stems into 1/4-inch dice)

2 cans (2 cups) cannellini beans (rinsed well)

4 tbsp mascarpone cheese

1/2 lemon (juice and peel)

fresh thyme

salt and pepper



Bring vegetable broth to a bare simmer in a saucepan over medium heat and set aside. Heat olive oil in a large saucepan over medium heat, add onion, garlic and the stems of the chard. Cook for about 5 minutes, stirring occasionally, until softened. Add one cup of the broth, cook and stir, until almost absorbed. Now add chard leaves, cannellini beans and the rest of the broth. Cook and stir for a couple of minutes, then add mascarpone cheese, lemon juice and thyme. Season with salt, pepper and more thyme if needed. Top it with some grated lemon peel before serving.