

This week's share:

Lettuce, carrots, beets, beans, onions, cucumbers, summer squash, potatoes, corn, garlic, herbs, flowers



Next week's guess...

Lettuce, beans, onions, peppers, eggplant, cucumber, summer squash, tomatoes, garlic, hot peppers, herbs, flowers

Roasted Corn & Zucchini Salad

2 ½ – 3 cups fresh corn kernels, about 3 medium ears
1 ½ cup fresh zucchini, medium diced
1/3 cup red onion, small diced
2 Tbl. olive oil
2 Tbl. balsamic vinegar
3 Tbsp basil, oregano, cilantro or other herb of your choice
salt and pepper

Preheat the oven to 400 degrees. Toss the corn, zucchini, red onion and olive oil in a medium mixing bowl. Pour the mixture onto a large sheet pan and distribute evenly. Season with salt and pepper.

Roast at 400 degrees for 10-15 minutes until the corn and zucchini are tender. Some of the corn should be lightly golden but not brown. Add the roasted mixture back to the mixing bowl. Toss evening with the balsamic vinegar, herbs and season with more salt and pepper. This dish can be served warm or cold. Serves 4 people as a 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 9, Aug 10, 2010

On the farm...

This week we get a treat. Corn! We decided not to grow corn this year at the farm for a few reasons: corn takes a lot of fertility and space to grow and tends to get eaten by raccoons if not fenced in by an electric fence. Also, though not organic, there tends to be a glut of sweet corn at this time of year that makes growing small plots even less economical when people just go down the road and buy a dozen for a couple bucks. So, we were really excited when our neighbours Deb and Gary told us that they would have organic sweet corn available with the proceeds going towards the Canadian Foodgrains Bank. Here is a little info from Gary about that project, enjoy the corn!

For 2010, Gary Kenny and Deborah McKellar of Koliswa farm near Neustadt, are donating 25 of their acres for a Canadian Foodgrains Bank (CFGB) organic growing project. The project, which is run by a community-based team of volunteers, involves the growing of organic field corn as well as some sweet corn for local sale. Funds raised will be donated to the CFGB for its food security work in developing countries, particularly countries in sub-Saharan Africa.

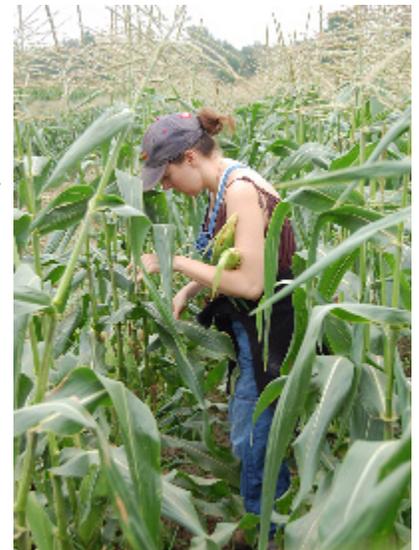
The CFGB is a charitable and social justice oriented organization consisting of member Canadian churches, church relief and development agencies. It undertakes food aid and food security initiatives in many developing countries.

In recent years the CFGB has helped rural communities become self-sufficient in food through the introduction of agro-ecological farming techniques. Communities, in drought prone areas no less, have seen their crop yields increase up to 300 percent using this environmentally friendly and inexpensive approach to cultivation. By selling their surplus food, farm families are able to improve their socio-economic wellbeing by sending their children to school, improving their houses, and buying bicycles or donkey carts to transport their produce to market. People are truly empowered to take charge of their own destinies through community centered food production to help achieve economic sustainability, rather than having to rely on foreign aid.

The CFGB's work receives the support of the Canadian International Development Agency (CIDA). A large portion of funds donated to the CFGB by the Canadian public is matched 4:1 by CIDA. This gives the CFGB far greater leverage to address situations of global hunger and food insecurity.

To learn more about the CFGB -- its mandate, programs and policy work on food issues -- visit: <http://www.foodgrainsbank.ca>.

Our friend Karen helping with the corn harvest!



Fork-Crushed Potatoes with Herbs and Roasted Garlic

(adapted from Good Mood Food)

- 1 1/2 pounds potatoes
- 2 tablespoon extra virgin olive oil
- 1 cup of freshly chopped herbs (parsley, chives, dill, rosemary, thyme)
- 1 bulb of garlic, roasted
- Red pepper flakes, to taste
- Salt & pepper, to taste



Preheat oven to 400 F. Slice off the top of the garlic bulb, drizzle with a little bit of olive oil. Wrap the bulb in aluminum foil. When the oven is heated, roast the garlic for 40 minutes.

Meanwhile, fill a large pot with water and bring to a boil. Peel the potatoes and chop into 6 to 8 pieces. Place the potatoes in the pot and cook for 15-20 minutes, or until the potatoes are tender. While the potatoes are boiling, chop the herbs.

Drain the potatoes in a colander and transfer back to the pot. Crush the potatoes with a fork, season with salt, pepper, red pepper flakes, and toss in olive oil. Fold in most of the herbs. Be careful to not break up the potatoes too much. By now, the garlic should be ready. When the garlic is cool enough to handle, remove the cloves from their skins and mash with a fork into a paste. Add the garlic to the pot and carefully mix into the potatoes. Transfer the potatoes to a serving dish and sprinkle the remaining herbs over the potatoes, along with a drizzle of olive oil. Add more salt and pepper, if needed.

Cucumber Salad with Sour Cream

From The Book of Jewish Food by Claudia Roden

- 1 cucumber, peeled and thinly sliced,
- Salt
- 2 Tablespoons vinegar (apple cide, white wine or white)
- 1 Tablespoon sugar
- 5 Tablespoons sour cream

Sprinkle the cucumber with plenty of salt and leave to drain in a colander for at least 1/2 hour until it softens and loses its juices. Then rinse in cold water and drain. Mix the vinegar with the sugar and sour cream and pour over the cucumber slices. Mix well and Serve!

Summer Squash and Cheese Gratin

- 1 lb summer squash
- 12 oz feta cheese
- 2 eggs, lightly beaten
- Pepper
- A generous pinch of nutmeg
- 2 teaspons dried mint or 3-4 sprigs fresh mint



Wash and trim the squash. Cut in half or in thick slices if large. Boil in salted water for a few minutes until only slightly tender. They must be still crisp. Drain and arrange tightly in a shallow baking dish.

Crush the feta with a fork and add the eggs, pepper, nutmeg and mint. Mix well and pour over the squash. Bake in a preheated 350 degree oven for at least 20 minutes or until the top is browned. Serve hot or cold with yogurt.

Variation: Add 1 large onion, chopped and fried until golden to the squash and replace feta with 6 oz of grated cheddar cheese.,



Winter CSA!

It may seem a little early, but lots of members have been asking about our winter share program so we are opening up registration. The winter share consists of 10 bi-weekly pickups of farm grown storage crops and hardy greens. It begins the week of Nov 2 (one week after the summer program ends) and runs until the week of March 8. Some of the yummy things in your winter share will be: potatoes, beets, carrots, cabbage, squash, kale, collards and maybe spinach, onions, garlic, rutabaga, parsnip, celeriac, leeks pumpkins and more. The sizes are intended to hold you over for the two week period and we are offering a regular and large size comparable to our summer sizes. The pickups will be held in Hanover and Guelph and we hope that our Paisley members will join forces and take turns picking up in Hanover so they can continue to eat from the farm throughout the winter. As the farm grows, we will have more shares available, so not to worry! We have 40 shares available for this first season so sign up fast. Payment is due by Sept. 15 after which we will be making any shares left available to those who are not currently CSA members. Phew! Lots of words, here's the important details:

Share Size	Hanover	Guelph
Regular	\$270	\$280
Large	\$395	\$405