

## This week's share:

Spinach, broccoli, Chinese cabbage, collards, carrots, potatoes, onions, winter squash, garlic



## What's in the next share...?

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

## Quick Sautéed Collard Ribbons

From [www.thebittenword.com](http://www.thebittenword.com)

1 Tbs. malt vinegar

2 tsp. maple syrup

5-8 collard green leaves

2 Tbs. extra-virgin olive oil

4 small cloves garlic, lightly smashed and peeled

Pinch crushed red pepper flakes

Kosher salt

### Directions

In a small bowl, whisk the malt vinegar and maple syrup.

Trim the stem from each collard leaf with a sharp knife, dividing the leaf completely in half lengthwise as you cut away the stem. Discard the stems; wash and dry the leaves.

Stack the leaves and roll them up tightly crosswise into a cigar shape. Using a very sharp knife, cut the collard "cigar" crosswise into 1/4-inch-thick slices. Use your fingers to unfurl the slices, which will be tightly curled together.

In a large skillet, heat the olive oil and the garlic over medium-high heat. Cook, stirring garlic, until it's fragrant and just lightly browned, about 3 minutes. Remove and discard the garlic. Add the pepper flakes, and immediately add the collards and 1/2 tsp. salt. Stir and toss the collards until they're coated with the oil, and continue tossing until they are wilted, about 3-5 minutes. Take the pan off the heat, drizzle on the maple-vinegar mixture, stir well, and transfer to a shallow serving platter. Serve immediately.



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# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Winter CSA, Week 1, November 3, 2010

## On the farm...

Welcome to the winter CSA! Just when you thought you had to wave goodbye to sweet and delicious local veggies. Indeed, our colourful winter vegetables are as remarkably tasty and sweet as those we harvested all summer long for our summer members. There are many wonderful vegetables that store incredibly well throughout the long Canadian winter and quite a few that you can coax out of the garden in the colder months at the beginning and end of winter. Many of these vegetables actually taste sweeter once they have had some hard frosts - you will notice the kale and collards, cabbage, carrots and rutabaga have all developed a wonderful sweetness since the cold weather began. We you will enjoy all the veggies selections that we will bring you this winter season.

This winter, we are pleased to continue our ongoing collaboration with Green Being Farm. Green Being is an organic farm just down the road from us here and is run by our friends Tarrah Young and Nathan Carey, who we have known since our days as farm apprentices. Green Being is also running a winter CSA and so our two farms are sharing storage space for our winter crops. We've got our root veggies in the moist, cold environment of Green Being's root cellar and they, in turn, are keeping their onions and garlic in our cold and dry storage room (formerly our summer cooler space!). Storing vegetables for a winter CSA is a bit more complicated than it seems. A few different storage environments are required (cold and wet for the roots, cold and dry for the onions and garlic, warm and dry for the squash!) so it is really great that we can work together with another farm to make it happen.



Jeff and friends harvest potatoes for winter storage.



Tarrah and Nathan of Green Being Farm, in front of their root cellar, built underground from a converted concrete swimming pool. Our veggies will live in here this winter!

## White Bean Soup with Collards and Spicy Sausage

1/2 pound dried white beans (canellini, navy, great northern, etc.)  
or four 15-ounce cans of the same white beans  
2 teaspoons olive oil  
3 cups chopped yellow onions  
1 tablespoon peeled and finely minced garlic  
1/4 pound smoked ham, diced  
1/4 pound spicy sausages (such as chorizo), sliced  
1 teaspoon sweet paprika  
1/2 teaspoon smoked paprika  
1/2 teaspoon crushed red pepper  
1 large potato, peeled and cut into large cubes  
2 cups chicken broth  
1 bunch collard (or kale) greens (between 5-10 leaves), tough stems removed and very coarsely chopped  
2 teaspoons white vinegar  
1/4 teaspoon sugar  
Salt (if needed) and black pepper, to taste

If using dried beans for this soup, soak them overnight in one quart water, drain them, and rinse them well. Boil the soaked beans in one quart of water for approximately 50 minutes (or 4-5 minutes in a pressure cooker) until just tender.

In a large Dutch oven or stock pot set on a medium-heat burner, sauté the onions in olive oil for two minutes until wilted. Stir in the garlic and sauté for an additional two minutes. Stir in and sauté for an additional minute the ham, sausage, sweet paprika, smoked paprika, and crushed red pepper.

Add the cooked dried (or canned) white beans, their broth, the chicken broth, potato, collard (or kale) greens, vinegar, sugar, and (if needed) additional water to cover. Simmer for 30-60 minutes. Taste, correct the seasoning (if needed), and serve. Serves 6 as a main course soup. As with many bean soups, this one tastes even better on the second day.

## Squash Rings with Thyme Browned Butter

1 squash serves about 1-2

Sweet dumpling, delicata or acorn squash, sliced into 1/2" thick rounds  
Olive oil  
Salt and pepper  
1 1/2 Tbsp butter (per squash)  
Fresh thyme from 3 large sprigs (per squash)  
Fresh lemon juice  
Grated parmesan cheese



Preheat oven to 375 degrees. Rub each side of the squash rings with olive oil and salt. Roast for 20-25 minutes, flipping half way through, until squash is cooked through and nicely browned on each side.

In the meantime, place butter in a small saucepan over medium heat. When melted, add thyme. Brown the butter, making sure not to burn it, while crisping the thyme.

Pour thyme brown butter over roasted squash and finish with a squirt of lemon and some grated parmesan.

## Easy Stir-Fried Chinese Cabbage

Add other veggies (such as broccoli, carrots, onion, squash....) to this recipe for a lovely mixed winter vegetable stir-fry.



1/2 head of Chinese cabbage, cut into 1/2 inch strips  
1 medium onion, diced  
1 Tbsp fresh ginger, minced  
2-3 cloves garlic, minced  
1 Tbsp soy sauce  
1 Tbsp lemon juice  
1 Tbsp olive or vegetable oil  
1 Tbsp sesame oil  
1/2 tsp crushed chili pepper (optional)  
Salt and pepper to taste

Heat olive oil in a large skillet until shimmering. Add onion, ginger, garlic and chili pepper and sauté 1 minute. Add Chinese Cabbage. Sauté 1 minute then add remaining ingredients. Sauté until the cabbage is tender and juices are evaporated. Serve over rice or rice noodles.

## Spinach Gnocchi

From "Recipes from America's Small Farms" by Joanne Lamb Hayes and Lori Stein

1 lb potatoes  
Salt  
1/2 lb spinach  
4 egg yolks  
2 Tbsp olive oil  
3-5 cups all-purpose flour



Peel or scub potatoes, cut into pieces and boil in salted water until tender (15-20 minutes). Drain, allow to cool (so that egg yolk doesn't cook when added), then mash well (don't use food processor).

Wash spinach, remove tough stems, and steam over boiling water a minute to two, just until wilted. Drain, and when cool enough to handle, squeeze as much water from the spinach as you can. Place the spinach on a cutting board and chop well. Mix the spinach into the mashed potatoes. Add egg yolks and salt and mix well.

Work in about 1 to 1 1/2 cups of the flour, kneading into a dough. Add additional flour to make a firm, smooth dough that doesn't stick to your fingers.

Divide dough into tennis ball sized pieces. On a floured surface, roll each piece into a rope about 1/2 inch diameter. Cut into 1 inch segments. With flour hands, round up segments into little egg shapes, then roll them under the tines of a fork (dipped in flour) to create ridges.

Too cook, drop the gnocchi into a large pot of boiling salted water (do not crowd them). Gnocchi are ready when they rise to the surface. Remove with a slotted spoon. Serve with your favourite sauce or with melted butter, minced parsley and Parmesan cheese.