

### **This week's share:**

lettuce mix, spinach, bok choy, spring turnips, radishes, arugula, asian greens, cilantro



### **Next week's guess...**

lettuce mix, spinach, shell peas, kohlrabi, turnips, radishes, bok choy, garlic scapes, herbs

### **Simple and Delicious Pasta with Spinach and Arugula**

2 cups spinach, roughly chopped  
2 cups arugula, roughly chopped  
1 cup feta cheese, crumbled  
1/3 cup diced red onion  
2 Tbsp butter  
2 cups dry pasta, any shape  
salt and pepper to taste

Bring a large pot of salted water to boil.

Place spinach, arugula and butter in a large skillet. Cover and steam over medium heat until greens are wilted but not mushy and butter is melted.

Add pasta to boiling water and cook 10-12 minutes until tender but not mushy. Drain and throw in a large bowl.

Add spinach and arugula, feta cheese, onion and salt and pepper to taste. If desired, add a dash of olive oil or butter for extra flavour. Toss and enjoy!



### **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 1, June 15, 2010

### **On the farm...**

The CSA begins! We, here at Cedar Down Farm, are so excited as this CSA season begins. It is a pretty big deal for us, the outcome of many hours of thinking and dreaming and good, hard work. Before we jump into what's cooking at the farm (and what will be cooking in your kitchens..), let us introduce ourselves so you know just whose hands are growing your food. We are Leslie Moskovits and Jeff Boesch. The two of us (with the help of our once a week helper, Ali English) are growing your vegetables here at Cedar Down Farm after six years of farming in the Guelph area. Jeff and I farmed at Whole Circle Farm near Acton where we ran a large CSA with a bunch of other great farmers and mentors. After some great seasons there, we were craving a piece of land to call our own and moved up to Grey County where we found a beautiful farm on which to grow the yummy vegetables that we're bringing to you.

As the CSA begins, you will find lots of crisp greens and tasty brassica (cabbage family) crops. These vegetables love the cool weather of spring and make quick, satisfying meals - easy stir-fries, lovely salads, maybe a quiche!

We look forward to getting to know our new CSA members and sharing tons of delicious food, good stories and an abundant season!



## Simple Balsamic Vinaigrette

- 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

Combine first 4 ingredients. Whisk in olive oil slowly until smooth. Keep extra dressing in the fridge for a quick salad fix!

## MAPLE-GINGER-MISO SALAD DRESSING

A light dressing for any green salad or grilled vegetables.

- 1 heaping Tbsp mild miso
- 2 Tbsp rice vinegar
- 1 Tbsp maple syrup
- 1/2 tsp grated ginger root
- 1/2 tsp sesame oil
- 1 Tbsp olive oil
- Water



Combine all ingredients except water in a small bowl or glass measuring cup, and whisk until smooth. Add water, whisking in a tablespoon or two at a time, until you reach the consistency of salad dressing you like (approximately 1/4 cup).

Salad dressing will keep for a week in the refrigerator in a tightly sealed jar. Shake the jar vigorously, or whisk the dressing, before using.

## Spring Turnips

These little white globes are not what most people imagine when they think “turnip.” Indeed these turnips (the variety is called “Hakurai”) differ from their hardier, perhaps more familiar cousins. Meant for fresh eating, they are sweet and juicy and are absolutely great in a salad or just cut up as a snack. Any number of salad combinations can be made from these guys in combination with some of your other CSA goodies. Try chopping them with radishes and cilantro and tossing them with chick-peas in oil and vinegar. Slice and marinate them in a little rice vinegar, sugar, salt and pepper and sprinkle them over a green salad. The possibilities are, well maybe not endless, but certainly abundant!

## Bok Choy

Bok Choy - the lovely, vase-shaped green that you'll find in your shares this week - is a tasty, easy to cook green that has been a favourite in Asian cuisine for, well, centuries! First cultivated some 6000 years ago, it is extremely nutritious and delicious in a quick stir-fry, soup or lightly sauteed over rice. Bok choy is rich in Vitamin C and A, beta carotene and is a good source of both calcium and potassium. I usually just stir-fry bok choy quickly with garlic and soy sauce, wilting the green tops but leaving the stems crisp and delicious!

### Stir-Fried Bok Choy

From “Friday Night Dinners” by Bonnie Stern

- 1 Tbsp olive oil
- 1 -2 cloves garlic, finely chopped
- 11/2 lb bok choy, rinsed and separated
- 2 Tbsp soy sauce
- 1/4 cup water

1. Heat oil in a wok or a large deep skillet over medium-high heat. Add garlic and cook for about 10 seconds. Do not brown.
2. Add bok choy and stir-fry for 1 minute.
3. Add soy sauce and water and bring to a boil. Cook for about 5 minutes, stirring often, until bok choy wilts and becomes tender.

### Announcements!

#### Farm Open House

Come see where your good 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!

Looking for some recipes ideas? Here are two of my favourite foodie websites. They never let me down....



[www.epicurious.com](http://www.epicurious.com)  
[www.foodgawker.com](http://www.foodgawker.com)