

This week's share:

Lettuce, lettuce mix, beans, sweet and hot peppers, watermelon, tomatoes, cukes, summer squash, garlic, herbs, flowers



Next week's guess...

Lettuce, potatoes, carrots, beets, peppers, onions, watermelon, beans, summer squash, garlic, herbs, flowers

Watermelon Gazpacho

6 cups watermelon, seeded and diced in 1-inch dices
2 stalks celery, chopped
3 medium size tomatoes, roughly chopped
1/2 cucumber, roughly chopped
2 bell peppers, roughly chopped
Fresh ginger, about 1 inch, peeled and minced
1/2 chili pepper
juice from 2 limes
handfull of fresh basil
salt & black pepper

Put 5-6 dices of the watermelon and a couple celery pieces in each of the 8 glasses. Pour the rest of it in a blender or a food processor together with all the other ingredients. Pulse it until it's got soup consistency, taste it and add more salt & pepper if needed. Divide it in the glasses and set them in the freezer or fridge (depending on how soon you serve it), it should be cold but not frozen. Serve with a thin slice of watermelon attached to the glass.



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

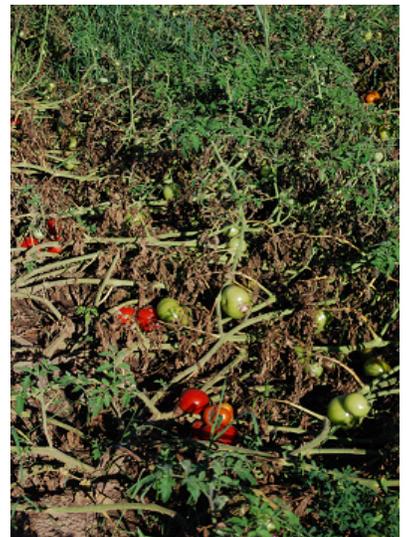
Summer CSA, Week 10, Aug 17, 2010

On the farm...

Well, this morning's field walk really created one of those moments (though there are many) when we are so glad to be CSA farmers. After a nice day off away from the farm, we came back to find our tomatoes, loaded with fruit and looking ready to harvest when we left, blackened and sickly - badly stricken with the dreaded blight. It was amazing really. Plants that were green and thick with shiny green fruit just two days ago are now spindly brown with fruit that is splotchy and beginning to rot. A bit graphic, I apologize, but true. Blight is truly a disease that lives up to its name - it is a blight on farms, taking healthy vigorous plants and reducing them to nothing in a matter of days. You may have heard of the Irish Potato Famine - that was caused by blight.

Blight is a fungal disease that I am actually not at all surprised to find in this year's garden. Our farm has seen rain or heavy fog and (what seems like) 100% humidity for most of the weeks of summer - perfect conditions for blight to develop. Plants in the tomato and cucumber families are extremely susceptible to fungal diseases in wet weather and indeed we are seeing disease symptoms in most of these crops - our tomatoes and potatoes have blight to varying degrees and our cucumbers, squash and summer squash all have one symptom or another of mildew. We have been trying to control the spread of mildew (and now blight in the potatoes) by spraying compost tea and have been successful in slowing the progress in our cukes and squash. Compost tea is just what it sounds like - a tea made from soaking composted manure in aerated water. The beneficial microorganisms in the tea colonize the leaves of our plants and make it difficult for disease pathogens to get started or thrive. The compost microorganisms also help induce resistance in the plants.

However, for all this, it is nearly impossible to fight something as virulent as blight (without chemical fungicides). So, we will probably be pretty short on tomatoes this season (pray for the one's in the greenhouse!) but thankfully our crops are so diverse that we will all still be eating abundantly. Once again, it is another opportunity to marvel at the success of CSA and crop diversity. We will not go hungry and the farm has the financial support to go on....thanks to you!



Blighty tomatoes, a sad sight indeed! Check out our website, www.cedardownfarm.ca to see the photo in colour!

Orzo with Feta, Green Beans and Tomatoes

- 3/4 lbs green (or other snap) beans
- 1 cup orzo (rice-shaped pasta)
- 1 medium onion
- 2 garlic cloves
- 3 medium vine-ripened tomatoes
- 2 tablespoons olive oil
- 1 tablespoon white-wine vinegar
- 1 tablespoon chopped fresh flat-leafed parsley leaves
- 1 cup crumbled feta



Fill a 4-quart kettle three fourths full with salted water and bring to a boil for beans and orzo.

Chop onion and mince garlic. Quarter and seed tomatoes. Cut quarters lengthwise into 1/4-inch-thick slices. Trim beans and cut into 1-inch pieces. In a large skillet cook onion and garlic in oil over moderate heat until onion is softened. Add tomatoes and cook, stirring, until tomatoes are softened, about 2 minutes. Remove skillet from heat.

Have ready a bowl of ice and cold water. In boiling salted water blanch beans 1 minute. With a slotted spoon transfer beans to ice water to stop cooking. Drain beans well in a colander and pat dry. Add beans to tomato mixture and return water in kettle to a boil. Boil orzo until al dente and drain in colander. Add orzo to bean mixture with vinegar, parsley, feta, and salt and pepper to taste, tossing to combine well.

Summer Squash with Tomatoes and Sausage

- 1 large summer squash
- 1 Tbsp olive oil
- 1/2 cup crumbled smoked sausage
- 1/2 cup julienned bell pepper
- 2 Tbsp minced onion
- 2 cloves garlic, finely minced
- 2 tomatoes, peeled, seeded and chopped, juices reserved
- 2 Tbsp fresh basil or parsley
- 2 tsp lemon juice
- grated zest of 1/2 lemon
- Salt and freshly ground pepper

Trim the ends of the squash and quarter lengthwise. Cut crosswise into 1/2 inch thick slices and set aside.

Heat oil in a skillet over medium heat. Add the sausage and cook, stirring occasionally, until starting to brown and crisp, 2-3 minutes. Add the pepper, onion and garlic and cook, stirring occasionally, until softened, 2-3 minutes.

Add the squash with the tomatoes and their juices. (Add about 2 Tbsp water if the tomatoes are not juicy). Cover and pan-steam over high heat until squash is very tender, about 5 minutes.

Add the basil or parsley and lemon juice and zest and toss to blend evenly. Taste and season with salt and pepper. Serve at once.

Chocolate Zucchini Cake

This is the time of year when you have to be creative with your zucchini. This is an incredibly delicious way to do this! Any summer squash will work.

Cake

- 1/2 cup (1 stick, 4 ounces) butter
- 1/2 cup (3 1/2 ounces) vegetable oil
- 1 3/4 cups (12 1/4 ounces) granulated sugar
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup (4 ounces) sour cream or yogurt
- 2 1/2 cups (10 1/2 ounces) Unbleached All-Purpose Flour or soft whole wheat flour
- 3/4 cup (2 1/4 ounce) Dutch-process cocoa
- 2 teaspoons espresso powder, optional but tasty
- 2 cups shredded zucchini
- 1/2 cup (3 ounces) chocolate chips

Icing

- 6 oz heavy cream
- 9 oz chocolate chips
- 1 Tbsp butter

Directions

Preheat the oven to 325°F. Lightly coat a 9" x 13" pan with baking spray

In a large mixing bowl, cream together the butter, oil, sugar, vanilla, baking soda, baking powder, and salt. Beat in the eggs.

Stir in the sour cream or yogurt alternately with the flour. Then add the cocoa and espresso powder, mixing till smooth. Finally, fold in the zucchini and 1/2 cup chocolate chips.

Spoon the batter into the prepared pan. Bake the cake for 35 – 40 minutes or until a cake tester inserted in the center comes out clean. Remove the cake from the oven and cool on a rack.

To prepare the frosting, heat the heavy cream in a saucepan over medium heat until simmering. Remove from heat and pour over the chocolate chips and butter. Wait 3-5 minutes then stir to combine. It may take a few minutes of stirring for the ganache to come together... but it will :) It will thicken as it cools... when warm (but not hot) pour over cake and smooth with offset spatula. Allow frosting to set for about 30 minutes before serving... or not!

