

This week's share:

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



Next week's guess...

Lettuce, spinach, carrots, peppers, beans, summer squash, melons, fennel, garlic, herbs

Moroccan Raw Carrot Salad

1 pound carrots, coarsely grated (about 4 cups)
1/4 cup vegetable oil or extra-virgin olive oil
3 to 4 tablespoons fresh lemon juice
1/4 cup chopped fresh cilantro or parsley
2 to 4 cloves garlic, mashed or minced
1 teaspoon ground cumin or 1/2 teaspoon ground cumin and 1/4 teaspoon ground cinnamon
1 teaspoon sweet paprika
Pinch of salt
About 1/2 teaspoon harissa (Northwest African chili paste), 1 tablespoon minced green chilies, or 1/4 to 1/2 teaspoon cayenne (optional)

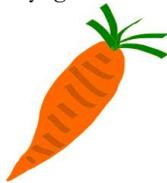
In a large bowl, mix together all the ingredients. Cover and let marinate in the refrigerator for at least 2 hours or up to 2 days to allow the flavors to meld and permeate the carrots. Served chilled or at room temperature.

VARIATIONS:

Moroccan Cooked Carrot Salad (Shlata Chizo Metbucha): Do not grate the carrots, but cut them on a diagonal into 1/4-inch-thick slices. Cook in gently boiling water until crisp-tender, about 10 minutes. Drain, rinse under cold water, and drain again. Toss with the dressing as above.

Moroccan Carrot-Orange Salad (Shlata Chizo): Omit the cumin and add 1 1/2 teaspoons orange blossom water or 1/2 cup fresh orange juice, 1/4 cup chopped fresh spearmint, and, if desired, 1 tablespoon sugar or honey.

Turkish Carrot Salad with Yogurt (Havuc Salatasi): Substitute 1 cup plain yogurt for the lemon juice.



Contact Us:

Cedar Down Farm
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 21, August 24, 2010

On the farm...

Last week marked the halfway point for this season's CSA. Seems a little early to start planning for next year but it's at this point in the summer that you can really start seeing the seasonal cycle of the garden as the early stage ends and the later one begins. There are big spaces in the field where our first crops came and went and newer sections (like our fall brassicas) are taking shape. For us, this means that we get to start planning and planting some of the most interesting and important crops on the farm - cover crops!

Cover crops are an essential part of any crop farm, but especially a vegetable farm. They are usually grasses or legumes (oats, rye, peas, clover etc) that we sow in the garden to make sure that our ground is seldom bare and that add fertility and organic matter to our soil. Vegetables take a lot out of soil and therefore cover crops are extremely important to ensure that we are putting more back into the soil than we are taking out. On our farm, adding organic matter to the soil is especially important because we have a light, sandy soil which needs a lot of help to hang on to water and nutrients. So when we plant cover crops, most of the mass of the crop is worked back into the soil. It's a beautiful thing!

Our cover crop planning is more intensive this year because of how much the farm will change and grow over the next few years - our 75 member CSA will turn into a 120 member and then a 200 member CSA over the coming years. This makes planning our crop rotation and knowing where to put which cover crops more tricky. So, on the weekend, we sat down with a big map of the garden and figured out what next year's garden will probably look like and decided where to put rye (a cover that will live over winter and so is better for late planted crops), where to put oats (which die over winter and is a better cover crop for land which will be cropped earlier) and what about some buckwheat?!

It may sound cheesy, but giving back to our soil feels really good after all that it gives to us. Planting crops that are there solely for the sake of feeding our soil is part of a routine that will hopefully ensure that this farm will keep feeding us for years to come!



Buckwheat and oats cover crops in what will be part of our garden next year.

Roasted Garbanzo Beans with Garlic and Swiss Chard

Adapted from a recipe recommended by CSA member Alex Verge.

Garbanzo Beans:

1 15.5-ounce can garbanzo beans (chickpeas), drained
4 garlic cloves, peeled
1 medium onion, chopped
2 small bay leaves, preferably fresh
1/2 teaspoon fennel seeds
3/4 cup extra-virgin olive oil

Chard:

1 tablespoon extra-virgin olive oil
3 garlic cloves, peeled, crushed
1 small bay leaf, preferably fresh
1 medium onion, sliced
1 bunch Swiss chard, center stems cut out, leaves coarsely torn
1 cup low-salt chicken broth

Preheat oven to 350°F. Combine first 5 ingredients in 8x8x2-inch glass baking dish. Sprinkle with salt and pepper. Pour oil over; cover dish with foil. Roast until garlic is tender, about 45 minutes. **DO AHEAD:** Can be made 1 day ahead. Cool slightly, cover, and chill.

Chard:

Heat oil in large pot over medium-high heat. Add garlic, bay leaf, and onion. Cover; cook until onion is tender, about 2 minutes. Uncover; add half of chard. Toss until chard wilts and volume is reduced by half, about 2 minutes. Add remaining chard. Toss until chard wilts, about 2 minutes. Add broth. Cover and cook until chard is tender, stirring occasionally, about 10 minutes. Season chard with salt and pepper. Transfer chard mixture to large sieve set over bowl and drain. **DO AHEAD:** Can be prepared 2 hours ahead. Let stand at room temperature.

Drain garbanzos and reserve oil; discard bay leaves. Combine garbanzos and chard in large skillet. Add 2 tablespoons oil reserved from garbanzos. Toss over medium heat until warmed through, moistening with more oil by tablespoonfuls if needed, about 5 minutes. Season with salt and pepper and serve.

Crusty Potato Cake

From www.epicurious.com

2 1/2 tablespoons goose or duck fat (or use equal amount butter)
2 tablespoons unsalted butter
1 teaspoons salt
1/4 teaspoon black pepper
1 1/2 lb potatoes
1 tablespoon finely chopped fresh flat-leaf parsley
1 teaspoon minced garlic



Put oven rack in middle position and preheat oven to 400°F.

Melt fat and butter in cast-iron skillet over low heat. Remove from heat and pour into a large bowl. Do not wipe skillet.

Mix salt and pepper in a small bowl. Peel potatoes and, working over bowl of fat, cut crosswise into 1/16-inch-thick slices, letting them fall into fat, then toss to coat. Arrange one third of potatoes in 1 layer in skillet in overlapping concentric circles. Sprinkle with one third of salt mixture, then make 2 more layers of potatoes in same manner, seasoning each layer with one third of salt mixture. If there is any fat remaining in bowl, scrape onto potatoes.

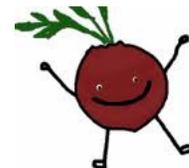
Cook potatoes over moderate heat 15 minutes. Press down on potatoes with a wide metal spatula, then cover surface with parchment paper and cover skillet with foil.

Bake until outside edge is golden brown and potatoes in center are tender when pierced with a fork, about 25 minutes. Let stand, covered, at room temperature 5 minutes, then carefully loosen edge with a heatproof flexible spatula. Invert a plate with a rim over skillet. Using pot holders and holding plate and skillet together firmly, invert skillet. Remove skillet and sprinkle potato cake with parsley and garlic.

Baked Beet Chips

Ingredients

3-4 mediums beets
1 tablespoon olive oil
Sea Salt and Pepper to taste



Directions:

Pre-heat oven to 325°.

Peel the beets with a vegetable peeler and with either a mandolin or a sharp knife, slice the beets as thin as you can (the thinner- the better.) Lay beet slices in a single layer on a baking tray covered with parchment paper. Brush olive oil over slices and sprinkle with salt/pepper.

Bake for 30-40 minutes (time will vary based on how thin you sliced- start checking after 25 minutes and go from there.) The chips should be reduced in size and crispy. Remove from oven and let sit on the tray for 10 minutes to let cool. (Toss with potato and carrot chips for a colourful home-made chip mix!).