

This week's share:

Lettuce, spinach, carrots, onions, potatoes, fennel, green onions, arugula, melon, tomatoes, garlic, herbs



Next week's guess...

Lettuce mix, spinach kale, leeks, carrots, beets, sweet and hot peppers, green onions, garlic, herbs

Hasselback Potatoes

Adapted slightly from Falling Cloudberries

6-7 large potatoes
4 tbsp butter, cut into tiny cubes
2 tbsp olive oil
3-4 cloves of garlic, thinly sliced
salt

Preheat the oven to 425F. Scrub the potatoes clean, leaving on the skin. Now, slice a thin layer lengthwise off the bottom of the potatoes. Place the potatoes on the flat cut side and slice round-widthwise at 3mm intervals, making sure that you don't cut all the way through, but leave 1/3rd (about 1 cm) of an inch of potato at the bottom. (The potatoes will stay whole but have a fan of slices going across the length)

Lay the potatoes on a baking sheet. Place the sliced garlic in between the layers of potatoes, and push the cubes of butter in at equal intervals.

Give it a good sprinkle of coarse salt and then drizzle the olive oil over it and put it in the oven for about an hour or until crispy on top and soft in the middle!

While the potatoes are in the oven, baste the top of the potatoes with the olive oil from the pan to make the outside extra crispy.

Remove from oven and eat warm with some basil pesto spooned on top!



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 13, September 7, 2010

On the farm...

This year the path that we left down the middle of the garden was lined on one side by 4 rows of sunflowers - they formed a lovely wall and we could see and smell them many times a day as we walked to and from the rows of vegetables. Now, as fall approaches and the sunflowers go to seed, we get to see dozens of finches and other little birds darting in and out as they eat the seeds and perch on the nodding heads. These birds and those sunflowers made me think about seeds, those most wondrous things and how important, how amazing and how interesting they are. Seeds are, of course, the very things that we depend upon for almost all of the food we eat - be they vegetable seeds, grass seeds, grains or otherwise we need them to survive. And they are truly incredible things - seemingly inanimate, hard little bits, they are actually living pods containing the germ of a new life and all of the nutrition that that new life needs to start living.

Farmers and seeds have had a longstanding alliance with each other. For generations farmers have saved seed from the best, tastiest, and most nutritious of their crops (and originally from wild plants) to bring us the vegetables that we know today. People all over the world, in an effort to feed themselves and their communities, have created innumerable varieties of vegetables, grains and grasses just by selecting for the traits that they have wanted from these plants.

But the way that people think about seeds is being changed by the work of big companies like Monsanto who would like to take the control over this public resource (much like water and soil) away from farmers and eaters and put it in their own hands. The very fact that Monsanto would create a Terminator Seed (a seed that is sterile and cannot be saved and replanted) and sure farmers who save crops contaminated with GM seed shows that their interest is purely in profit and not in creating crops that are better for people, farmers and the environment, which is their claim. By taking the end result of the work of generations of farmers, tweaking a gene and then patenting the seed, Monsanto is, in essence, stealing those seeds from all of us.

Regardless of Monsanto's goals, however, it is extremely important that seeds are always a public resource. Privatizing the rights to seeds is much like privatizing the rights to water (hmm...) or soil. We are all able to eat the delicious and beautiful vegetables from our farm because of the work over centuries of farmers, gardeners and regular folks. Shouldn't it always be this way?



Roasted Fennel

Now that the weather is getting a bit cooler, roasting veggies is great! Roasted fennel is delicious as the roasting caramelizes the fennel and brings out the lovely flavour.

Serves 4

Ingredients:

2-3 fennel bulbs
2 tablespoons of olive oil
Kosher Salt
Freshly ground black pepper



Preparation:

Preheat the oven to 375 degrees and position one of the racks in the lower third of the oven.

Wash and trim the fennel bulbs, and slice the bulbs in half and then again into slices. Line a baking sheet with aluminum foil. Place the fennel slices on the baking sheet and drizzle with the olive oil. Turn the slices to lightly coat them with the oil. Sprinkle the slices with the salt and the pepper. Place on the lower rack in the oven and cook for 15 minutes or until they are beginning to lightly caramelize on the bottom. Turn the slices and cook for another 15 minutes to caramelize the other side. Serve immediately or it can stand for 10 minutes or so while you get the rest of dinner ready.

Warm Roasted Potato Salad

From Bonnie Stern's Friday Night Dinners

1.5 lbs potatoes, cut into 1 inch chunks
1 tbsp extra-virgin olive oil
1 tsp salt

Dressing

1 tbsp red wine or balsamic vinegar
2 cloves garlic, minced
1/2 tsp kosher salt
1 tbsp grainy mustard
1/4 cup extra-virgin olive oil
2 tbsp chopped fresh parsley or basil
1 bunch arugula

In a large bowl, toss potatoes with oil and salt. Spread in a single layer on a baking sheet and roast in a preheated 425 degree oven for 40 to 45 minutes until browned, crisp and tender.

Meanwhile, to prepare dressing, in a large bowl combine vinegar, garlic, salt and mustard, whisk in oil and add herbs. Add hot potatoes to dressing and toss. Serve warm or at room temperature on a bed of arugula.

Carrot Cake with Cream Cheese Frosting

2 cups sugar
1 1/3 cups vegetable oil
3 eggs, at room temperature
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour
2 teaspoons ground cinnamon
2 teaspoons baking soda
1 1/2 teaspoons salt
1 cup chopped nuts (pecans or walnuts are my favorites)
1 pound carrots, grated 1/2 cup crushed pineapple

Frosting:

12 ounces cream cheese, room temperature
2 sticks of butter, at room temperature
1 teaspoon vanilla extract
1 box (1 pound) confectioner's sugar

Preparation:

Preheat the oven to 350 degrees. Butter 2 8-inch round cake pans. Line the bottoms with rounds of parchment paper and then butter and flour the pans.

Combine the sugar, oil, vanilla and eggs in a large bowl and beat with a mixer until well combined. In another bowl, sift together the flour, cinnamon, baking soda and salt.

Add the flour mixture to the wet ingredients and combine well. Stir in the nuts, grated carrots and crushed pineapple and then divide the batter between the two pans. Bake for 45 to 50 minutes or until a toothpick comes out clean. Place the pans on wire racks to cool completely before icing.

To make the icing, combine the cream cheese, butter and vanilla in a large bowl and blend thoroughly with an electric mixer. Add the sugar and beat until smooth.

Put one layer of the cake on a serving plate and spread the top with a layer of frosting. Put the second layer on top, and spread the remaining frosting on the top and the sides of the cake, swirling attractively as you go. Keep this cake refrigerated, and take it out about 30 minutes before you want to serve it. It is good the day you make it and for days thereafter, but it won't last that long.

Fall Farm Tour!

Saturday, September 25

10-3pm

Come join us for our fall open house!!

We will tour the farm, harvest winter squash, enjoy refreshments and have a garden treasure hunt (for the kids!!)

