

This week's share:

Lettuce, spinach, kale, broccoli, beets, carrots, Chinese cabbage, watermelon radishes, greens, tomatoes, garlic, herbs



Next week's guess...

Lettuce mix, carrots, potatoes, rutabaga, winter squash, pie pumpkins, onions, parsnips, leeks, broccoli, parsley

Easy Chinese Cabbage Slaw

5-6 leaves Chinese cabbage, cut in half lengthwise and sliced very thinly
1 large or 2 medium carrots, sliced into very thin 2 inch long sticks
1 watermelon radish, sliced into very thin sticks
1 small red onion, minced

Optional: 1 cup thinly sliced or finely chopped tatsoi or spinach, 1/4 cup chopped green onions, 1 bell pepper, thinly sliced

Sesame Dressing:

1/4 cup rice wine vinegar
2 Tbsp sugar or honey
1 Tbsp finely chopped fresh ginger
2 Tsp roasted sesame seeds
1 tsp soy sauce

Whisk all dressing ingredients together. In a large bowl, toss vegetables together until well mixed. Toss in dressing and serve!

Variation:

Cumin-lime dressing:

Whisk together: 1/4 cup lime juice, 2 Tbsp olive oil, 1/4 tsp ground cumin, 1 garlic clove, minced and 1/4 tsp hot pepper sauce. Add 1/4 cup fresh chopped cilantro to the slaw.



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

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On the farm...

This weekend Jeff and I went to a great event at a great place that I thought it would be nice to tell you about. This was a fundraising event for the organization FarmStart. FarmStart is a Guelph-based organization dedicated to helping new farmers get into farming. Both Jeff and I have worked for FarmStart in one way or another in the past and think that the work that the organization is doing is extremely important. This weekend's event was a delicious local dinner and tour of McVean Farm, FarmStart's incubator farm in Brampton where beginning farmers and those thinking of getting into farming can test out their skills with some financial support and mentoring. The farm hosts many different beginning farm businesses and trial plots, many of which are run by new Canadians who are growing crops that are staples in their communities but hard to come by locally grown.

The Incubator farm in Brampton is pretty neat. It's 50 acres of land right in the middle of one of the fastest growing suburbs in the country. Surrounded by growing housing developments and big box store plazas, it is a hopeful oasis where (mostly urban) folks are getting a taste of farming, and often getting hooked! Participating farmers get three to five years to try out their farming ideas, and hopefully after learning what works and what doesn't, they are ready to take more risk and go out on their own. One of the greatest things about this project is that many of the new farmers are not new to farming at all but new to farming here in Canada. There are farmers from all over the world trying their hand at growing and marketing food in this new climate and environment. It was very exciting to see about 20 different small farm ideas come into fruition, and to see farmers from all over the world sharing tools, experience and knowledge.

Besides being a vibrant and interesting project and organization, FarmStart is tackling a very real problem on which our government is falling terribly behind. According to the Farmstart website:

"The loss of farmers and the lack of young people taking their place will soon become a very real problem for the Canadian domestic food supply. With an average age of farm operators at 52, and some 80% of current farmers looking to sell or transfer their farms in the next ten years, agriculture faces difficult succession/intergeneration transfer issues. The difficulties, risks and disincentives facing those who wish to start a farm enterprise are often overwhelming and discouraging."

Innovative farming ideas from a new generation of farmers is truly needed to combat an agricultural crisis in full swing. We're glad to see innovation growing in Ontario with new, ecological farmers coming all the time and organizations like Farmstart springing up to help them. Check out FarmStart at www.farmstart.ca.

Chinese Cabbage

This barrel-shaped, leafy green is crunchy, sweet and very versatile. Originating in the Beijing region of China, Chinese (or Napa) cabbage is used extensively in East Asian cooking. Kimchi, a spicy fermented dish using Chinese cabbage is a staple of the Korean diet and probably the most famous usage of this veggie. It is a great addition to all kinds of dishes - sliced fine and used raw in coleslaws with tangy dressings, wilted in brothly soups or chopped into a delicious stir-fry. Much like European cabbage, the leaves of this vegetable form tight heads that will last a long time in your fridge as long as they are protected from the air. Just remove leaves from the outside as you need them and you can make use of this yummy green for many weeks.

“Dinosaur” kale

Just a quick note about this most delicious of kales. Coveted by chefs for its rich, sweet flavour and beautiful colour, this kale (called dinosaur for its dinosaur skin-like puckering but also referred to as black or cavallo nero) can be used just like the curly stuff you had a few weeks ago. Our favourite way to eat it is simply stir-fried with onion or leek but you can throw it into any number of dishes (soups, stews, lasagna) for extra colour and flavour!

Watermelon radishes

These large, fall radishes are so named for their bright pink interior flesh and green outer skin. They are extremely sweet with almost no spice to them and are great in salad, added to a coleslaw with your Chinese cabbage, thrown into a stir-fry or (better yet) just eaten in chunks with some salt and pepper! They really add colour to any fall dish.



Beef and Broccoli Stir Fry

- 1/2 cup soy sauce
- 2 Tbs lemon juice
- 1 Tbs Cornstarch
- 1 Tbs firmly packed brown sugar
- 1 clove garlic, minced
- 1 tsp black pepper
- 2 Tbs vegetable oil, divided
- 2 pounds flank steak or top sirloin, sliced 1/4 inch thick
- 1 medium onion, thinly sliced
- 1 medium broccoli, cut into florets (approx 4 cups)
- 5-6 leaves Chinese Cabbage, chopped into 1 inch pieces
- 2 tsp grated fresh gingerroot

In a small bowl, combine soy sauce, lemon juice, cornstarch, brown sugar, garlic and pepper. Set aside. Heat 1 Tbs vegetable oil in a large skillet over medium-high heat. Add beef and stir-fry until almost cooked through (about 2 minutes). Transfer beef to a plate and cover to keep warm.

Heat remaining oil in the skillet. Add onion and stir-fry for 5 minutes. Add Chinese cabbage, stir fry for 4 minutes. Add broccoli to the skillet with 1/2 cup of water. Bring to a boil, cover, reduce heat and simmer for 3 minutes.

Return beef to skillet with soy sauce mixture; add ginger. Bring to a boil and cook, stirring constantly, until sauce thickens, about 2 minutes. Serve hot over rice.

** Make this dish vegetarian by replacing beef with stir-fried tofu

Chilled Asian Noodle Salad

From: www.canadianliving.com

Ingredients

- 6 dried shiitake mushrooms
- 1/4 cup tahini
- 1/4 cup cup soy sauce
- 1/4 cup sesame oil
- 1/4 cup cup vegetable oil
- 3tbsp rice vinegar
- 2tsp grated gingerroot
- 1tsp granulated sugar
- Dash of Asian hot chili sauce or hot pepper sauce, such as sriracha
- 8oz rice noodles or ramen noodles
- 2 cups shredded Chinese cabbage
- 1 cup grated carrots
- 2 green onions, thinly sliced
- 1 cup roughly chopped tatsoi or spinach
- 1/4cup chopped fresh cilantro
- 1/4 cup roasted peanuts, chopped



Preparation:

In small bowl, soak mushrooms in 1/2 cup boiling water for 15 minutes. Reserving liquid, squeeze mushrooms dry; chop and place in large bowl.

In separate bowl, whisk together 1/4 cup of the reserved soaking liquid, tahini, soy sauce, sesame oil, vegetable oil, vinegar, ginger, sugar and hot sauce.

Meanwhile, cook noodles until tender but firm - not mushy (for rice noodles, just cover with boiling water and let sit for 5-7 minutes) Drain and rinse in cold water; drain well and add to mushrooms in large bowl.

Add soy mixture, cabbage, carrot, tatsoi, green onion, cilantro and peanuts; toss to combine. (Make-ahead: Cover and refrigerate for up to 4 hours.)

Beetroot and Pear Soup

- 2 tbsps of olive oil
- 1 small carrot finely diced
- 1 small red onion finely diced
- 1 celery stalk, finely diced
- 3 cloves of minced garlic
- 3 bulbs of raw beetroot, peeled and cubed
- 2 Bosc Pears, peeled, cored and cubed
- 1 litre of hot chicken stock

Optional:

- crumbled goats cheese
- sprigs of dill

Heat the olive oil in a heavy sauce pan and sauté the carrot, celery, onion and garlic until softened-approx 5 minutes.

Add the beetroot and pears and give everything a good stir for a few minutes

Add the chicken stock, bring to the boil and then allow the mixture to simmer for a good 50 minutes – 1 hour on a medium heat, ensuring the beetroot is tender and cooked through

Once cooked and slightly cooled, whizz the mixture through a blender, food processor or stick blender ensuring everything is smooth. Serve with crumbled goats cheese and sprigs of dill and crusty bread.

