

This week's share:

Butternut squash, pie pumpkins, leeks, potatoes, carrots, parsnip, rutabaga, onions, broccoli, lettuce, garlic, parsley



The Cedar Post

Cedar Down Farm's Weekly Newsletter

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Next week's guess...

Lettuce mix, spinach, carrots, broccoli, celeriac, cabbage, kale or collards, onions, garlic, herbs

Butternut and Cider Bisque

4 Tbsp unsalted butter
2 cups onions, diced
4 tsp curry powder
1 large butternut squash
2 apples
3 cups vegetable or chicken stock
1 cup apple cider
Salt and fresh black pepper

Melt the butter in a large pot and sauté the onions and curry powder over very low heat for about 25 minutes.

Meanwhile, peel the squash and remove seeds and pulp, peel the apples and cut both into chunks. Add the squash, apples and stock to the pot and simmer for 25 minutes.

Use a hand blender or transfer to a blender and puree until smooth (or leave it chunky if you like!).

Return puréed bisque to the pot; add cider and season to taste with salt and pepper.

Note: If you find the squash too hard to cut, bake in a 400°F oven for about 20 minutes before peeling and cubing.

A note on making pumpkin purée...

It's simple! To make a delicious purée that can be used in pie, the cake recipe on the right or any other pumpkin recipe Cut pumpkin in half from stem side to bottom. Place cut side down in a baking dish in about 1 inch of water. Bake at 400°F for about 40 minutes until very tender. Scoop out seeds then scoop flesh out of the skin and purée with a blender or hand blender.

On the farm...

In this week's share you will find the makings of a yummy Thanksgiving dinner! We hope that you will all be enjoying delicious food, family and friends. We are thankful for the abundance of the farm and for your support over the season!

Happy Thanksgiving!



Pumpkin Cake

We served this yummy cake at the last farm tour and many people asked for the recipe! It's a great alternative to pumpkin pie.

Ingredients:

For the cake:
4 eggs
1 2/3 cups granulated sugar
1 cup vegetable oil
1/12 cups puréed pumpkin
2 cups sifted all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon salt
1 teaspoon baking soda

Frosting:

8-ounce package cream cheese, softened
1/2 cup butter, softened
3 Tbsp honey
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon

Preheat the oven to 350°F. Grease a 13 by 9-inch baking pan. In the bowl of a stand mixer fitted with the paddle attachment combine the eggs, sugar, oil and pumpkin on medium speed until light and fluffy.

In a large bowl whisk together the flour, baking powder, cinnamon, salt and baking soda.

Hand mix the dry ingredients into the pumpkin mixture until just combined. Do not overmix. Spread the batter into the prepared 13 by 9-inch baking pan. Bake for 25-30 minutes or until toothpick inserted into the middle comes out clean. Transfer to a wire rack and allow to cool completely.

In the bowl of a stand mixer fitted with the paddle attachment combine the cream cheese and butter until smooth. Add the honey and mix at low speed until combined. Stir in the vanilla and cinnamon and mix again. Spread on cooled pumpkin cake.

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Roasted Root Veggie Tzimmes

This is delicious version of a traditional Jewish dish. It makes a wonderful Thanksgiving side dish with its sweet, autumn flavours.

4 cups butternut squash, cut in 2 inch chunks
1 1/2 cups carrot, cut in 2 inch diagonal chunks
1/12 cups parsnip, cut in 2 inch diagonal chunks
2 medium onions, peeled and cut in wedges
1/2 cup prunes
1/4 cup extra-virgin olive oil
1/4 cup honey
1/4 cup orange juice
2 tsp salt
1/2 tsp pepper
1/2 tsp ground cinnamon
2 Tbsp chopped fresh parsley

In a large bowl, combine squash, carrots, parsnips, onions and prunes. In a small bowl, combine oil, honey, orange juice, salt, pepper and cinnamon. Add to vegetables and toss. Spread veggies in a single layer on two parchment-lined baking sheets. Cover with foil. Roast vegetables in a preheated 400°F oven for 25 minutes. Uncover and continue to roast for 20 to 25 minutes, or until browned. Serve vegetables sprinkled with parsley.

Rutabaga with Caramelized Onions and Apples

4 tablespoons butter, divided
2 yellow onions
2 tart cooking/baking apples (such as Empire)
1 tablespoon brown sugar
1 1/2 tablespoons cider vinegar
1 medium rutabaga
Kosher salt and coarsely ground black pepper to taste



Peel onions and cut in half. Slice thinly. Peel and core apples; slice, then julienne into matchsticks about 1/4 inch thick. Toss apples and onions together to combine. Melt 3 tablespoons butter in a large heavy-bottomed skillet over medium-low heat. When butter is melted, add onion and apple mixture and allow to cook over medium-low heat, stirring occasionally, for 45 minutes to 1 hour. About 30 minutes into the cooking time, sprinkle 1 tablespoon of brown sugar over the onion mixture and gently stir in. When onions are deep golden brown and caramelized, add 1 1/2 tablespoons cider vinegar to pan to deglaze it, and stir, scraping up browned bits from bottom of pan. Cook for 1 to 2 minutes longer until vinegar is absorbed, then turn off heat and set aside.

While the onion mixture is cooking, wash and peel the rutabaga. Cut into 1/2-inch to 3/4-inch dice. Bring a pot of salted water to a boil and cook diced rutabaga until tender ~ about 20 minutes. Cooking time will vary according to the size of your dice, so test at 5-minute intervals. The rutabaga is done when it is fork-tender. Drain well. Remove onion mixture from pan and melt remaining 1 tablespoon butter in the same pan. When melted, add rutabaga cubes. Season with kosher salt and freshly ground black pepper and cook over medium-low heat until heated through, about 10 minutes.

Add onion mixture back to pan and gently stir into rutabaga cubes. Let cook for a minute or two to heat through. Serve immediately.

Parsnip

Parsnip is a sweet, aromatic root vegetable resembling a white carrot. As a kid, the only way I ever consumed it was in soup, as my mother always used to it to flavour broth. However, parsnip, with its sweet earthiness is great roasted, puréed or sautéed in butter! Add it to turkey stuffing or other autumn-y Thanksgiving dishes.



Rutabaga

These giant, funny looking roots are basically big yellow turnips. They are incredibly sweet, especially now, after they've had a frost out in the garden. Use them like you would any turnip. Like parsnip, they are absolutely wonderful roasted or steamed and tossed with butter; add them to mashed potatoes for a touch of sweetness or turn them into a creamy soup!



Creamy Mashed Parsnips & Potatoes

Yields 4-5 cups, depending on the size of your veggies.

5 medium white potatoes
4 parsnips
1 large white onion
2 cloves garlic
kosher salt
4 Tbsp butter (that's 1/2 a stick)
1/4 cup-1/2 cup heavy cream
1/4 tsp. pepper



Set a large pot of water on the stove to boil. Cut the potatoes, parsnips, onion, and garlic up into small-ish pieces. Make them all about the same size/thickness so that they cook evenly. Collect your chopped veggies in a bowl. By the time your veggies are peeled and chopped, your water should be boiling. Toss in some kosher salt to taste. Add the chopped veggies to the boiling water. Keep the heat on high and let the water come up to a boil again. Boil the veggies until they're fork tender. Depending on how small you chopped them, start testing for doneness after 10 or 15 minutes. When your veggies are done, drain them well.

Set your empty, hot pot on a board. Add the butter to the pot to get it melting. Toss the veggies back in the pot with the butter. Mash them up with a masher. (For a finer texture, you could put them through a ricer.)

The potatoes and parsnip should be fairly smooth, and shot through with bits of onion. Add the cream to the pot. Add a little at a time, and mash to combine.

When you're happy with the consistency, stir in the white pepper. Taste and add a little kosher salt if you think it needs it.