

This week's share:

Spinach, kohlrabi, carrots, potatoes, onions, collard greens, spaghetti squash, garlic



Next week's guess...

Potatoes, carrots, beets, squash, onions, kale, broccoli, garlic

Spaghetti Squash and Collard Gratin

(makes 8+ servings)

Ingredients:

- 1 spaghetti squash (cut in half lengthwise and seeds scooped out)
- 1 tablespoon olive oil
- 1 onion (diced)
- 2 cloves garlic (chopped)
- 5 collards leaves, spine removed, cut in thin strips
- 1 egg (lightly beaten)
- 1/2 cup sour cream
- 1/2 cup cottage cheese
- 1/2 cup parmigiano reggiano (grated)
- salt and pepper to taste
- 1/4 cup parmigiano reggiano (grated)

Directions:

1. Roast the spaghetti squash halves in a preheated 400F oven until tender, about 1 hour.
2. Scoop the strands out of the skin.
3. While the squash is cooking heat the oil in a pan.
4. Add the onion and saute until tender, about 3-5 minutes.
5. Add the garlic and saute until fragrant, about a minute.
6. Add the collards and saute until wilted, about 5 minutes
7. Mix the squash, collards, egg, sour cream, cottage cheese, parmigiano reggiano, salt and pepper and pour it into a baking dish.
8. Top with the parmigiano reggiano.
9. Bake in a preheated 400F oven until it is bubbling on the sides and golden brown on top, about 30-40 minutes.



Contact Us:

Cedar Down Farm
519-665-2008
info@cedardownfarm.ca
222145 Conc. 14 RR#1
Neustadt, ON N0G 2N0



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 19, October 19, 2010

On the farm...

I have to give credit for this week's newsletter topic to Guelph CSA member, John Kudelka. He and I had a discussion at last week's pickup about the meaning of the word "organic" in organic agriculture. It's definitely a discussion-worthy topic, especially these days as the interest in organic food has grown and the word can be seen on more and more products in the supermarket.

Up until last year, organic agriculture was regulated by various independent certifying bodies who inspected and accredited organic farms according to their own, very similar standards. Now, we have a federal standard and these certification bodies enforce the standards laid out by the federal government. The word "organic" however is not really regulated at this point except for the export (cross provincial borders) industry. So, it is still possible that you will see the word organic at local farm stands and markets but these farms are not actually inspected or certified organic.

But what does "organic" mean in the way we here at Cedar Down and our peers understand it to mean? Organic agriculture is a system of growing food and raising livestock that considers first and foremost soil health and the health of ecosystems and the organisms that live in them. It does mean that we do not use any chemical fertilizers, pesticides or fungicides but that is just one part of it. The most important thing to us, as farmers, is that we protect and improve the health and vitality of our soil, plants and animals and that we try, as much as possible, to align our farm systems with natural systems and cycles. We do this, certainly, by avoiding all chemicals and harmful substances, but mostly by using methods and strategies that build soil and allow plants and animals to live full, healthy lives.

This means not over-working our soil, using crop rotations and cover crops, adding good compost, allowing animals to be themselves on good pasture and always keeping in mind the major ecosystem (earth!?!) to which we, as a farm, belong.



Jeff seeding a winter rye cover crop.

Spaghetti Squash

What a cool vegetable - you gotta give spaghetti squash credit for being unique and wonderful with a character all its own. Named for its flesh of perfect spaghetti-like strands, this squash is rich and sweet and has a light, almost citrus flavour. Like other squash, spaghetti squash stores well and can sit on your counter for many weeks waiting to be cut open and enjoyed. Many people like to use it instead of real spaghetti and scoop out the cooked flesh to be eaten with a sauce or added to another dish. But our favourite way to enjoy this yummy squash is simply baked with butter and salt. If there's any leftovers, it's wonderful the next day, scooped out of the rind and sauteed with garlic in olive oil or butter. Enjoy!

Winter Kohlrabi

I know I don't have to write much about this crispy character. Many of you have asked for its return and told us how much you loved the kohlrabi in the spring. Just to make sure though, this giant version of your spring favourite can be used in exactly the same way as the smaller guys. Just cut off hunks and return to the refrigerator where it will keep for weeks!

Collard Greens

Collard greens are highly nutritious and yummy relative of cabbage and broccoli. A staple ingredient of the diet in the American South, they are typically prepared with other greens like turnip leaves and smoky, salt meat like ham or pork hocks. A very hardy green (much like kale), they require more cooking time than spinach or other leafy greens but are quite worth the wait! After the frost, collard greens get incredibly sweet and rich and our favourite thing to do is simply sauté them with onion, garlic and a dash of apple cider. But they are truly delicious with smoky bacon or thrown into creamy gratins or soups. They store well if wrapped and kept very cold and humid but we often cook them down and refrigerate or freeze then to throw into dishes last minute.

A wee bit of politics....

I encourage everyone to check out information from the National Farmers Union (as well as the Council of Canadians, a citizens rights group) about the new free trade agreement being negotiated by the Canadian government and the European Union. The Comprehensive Economic and Trade Agreement (CETA) will have very negative consequences for farmers (as well as First Nations, public water and services and more). It increases corporate power over farmers' rights to save seed, reduces Canada's ability to favour Canadian farm products over exports and even threatens food safety by allowing products into the Canadian market with no regular inspections or audits of the exporting party.

The Canadian government is seeking to ratify the deal in 2011 so now is the time for those who oppose the deal to raise their voices.

Check out the website - www.tradejustice.ca - for more info about CETA and how to let the government know you oppose. Also check out www.nfu.ca and www.canadians.org for various perspectives.

Kohlrabi and Apple Salad with Creamy Mustard Dressing

- 1/2 cup heavy cream
- 2 tablespoons fresh lemon juice
- 1 tablespoon coarse-grained mustard
- 3 tablespoons finely chopped fresh parsley leaves
- 1/2 teaspoon sugar
- 4 cups kohlrabi (about 2 pounds), peeled and cut into julienne strips
- 1 tart apple



In a bowl whisk the cream until it holds soft peaks then whisk in the lemon juice, the mustard, the parsley, the sugar, and salt and pepper to taste. Stir in the kohlrabi strips and the apple, peeled, cored, and diced, and combine the salad well.

Chicken Soup with Collards and Coconut Milk

- 1 Tb. butter
- 1 Tb. olive oil
- 1 whole chicken, approx. 3-4 pounds, preferably free-range
- 1 onion, peeled and chopped
- 4 carrots, peeled and chopped
- 1 cup chopped celery or celeriac
- 1 bunch collard greens, cleaned and chopped
- 1/2 bunch fresh parsley or cilantro, minced
- whole coconut milk (about 2 Tb. per bowl, or more to taste) for serving
- sriracha or sambal oelek (garlic chili sauce) for serving-optional
- course sea salt (white, black, pink or grey) to taste

Heat olive oil and butter in a large soup pot. Place chicken in the pot and allow to sear for a minute or so on each side. Add a little water if necessary to prevent the chicken from burning. Add chopped onion and cook for a minute or two, moving the chicken around, again adding a little water to prevent burning. Add the rest of the chopped carrot and celery, and then add enough water to cover the chicken (about 10 cups). Bring to a boil, skim any foam that rises to the top, and then reduce heat to lowest setting. Simmer for 50 minutes-1 hour, until the chicken is cooked through. Add the collards and parsley to the soup about 5 minutes before it has finished cooking.

Turn off heat. Carefully remove the chicken and allow to cool in a separate bowl.

If you are going to be serving all of the soup right away, you'll want to remove the meat from the chicken bones and add it back into the soup (make sure you don't burn yourself).

If you are eating just some of the soup right away, I suggest taking the meat off the chicken and then storing it in the refrigerator to add back into individual servings of soup. You can also

reserve some of the chicken for another use. Just before serving, mix 2 or more tablespoons of coconut milk into each bowl of soup. Add sriracha or garlic chili sauce to taste, if desired.

