

This week's share:

lettuce mix, spinach, bok choy,
arugula, asian greens, cilantro,
garlic scapes



Next week's guess...

lettuce mix, spinach, shell peas,
kohlrabi, turnips, bok choy,
garlic scapes, herbs

Simple and Delicious Pasta with Spinach and Arugula

2 cups spinach, roughly chopped
2 cups arugula, roughly chopped
1 cup feta cheese, crumbled
1/3 cup diced red onion
2 Tbsp butter
2 cups dry pasta, any shape
salt and pepper to taste

Bring a large pot of salted water to
boil.

Place spinach, arugula and butter
in a large skillet. Cover and steam
over medium heat until greens are
wilted but not mushy and butter is
melted.

Add pasta to boiling water and
cook 10-12 minutes until tender
but not mushy. Drain and throw in
a large bowl.

Add spinach and arugula, feta
cheese, onion and salt and pepper
to taste. If desired, add a dash of
olive oil or butter for extra flavour.
Toss and enjoy!



Contact Us:

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 1, June 15, 2010

On the farm...

The CSA begins! We, here at Cedar Down Farm, are so excited as this CSA season begins. It is a pretty big deal for us, the outcome of many hours of thinking and dreaming and good, hard work. Before we jump into what's cooking at the farm (and what will be cooking in your kitchens..), let us introduce ourselves so you know just whose hands are growing your food. We are Leslie Moskovits and Jeff Boesch. The two of us (with the help of our once a week helper, Ali English) are growing your vegetables here at Cedar Down Farm after six years of farming in the Guelph area. Jeff and I farmed at Whole Circle Farm near Acton where we ran a large CSA with a bunch of other great farmers and mentors. After some great seasons there, we were craving a piece of land to call our own and moved up to Grey County where we found a beautiful farm on which to grow the yummy vegetables that we're bringing to you.

As the CSA begins, you will find lots of crisp greens and tasty brassica (cabbage family) crops. These vegetables love the cool weather of spring and make quick, satisfying meals - easy stir-fries, lovely salads, maybe a quiche!

We look forward to getting to know our new CSA members and sharing tons of delicious food, good stories and an abundant season!



Simple Balsamic Vinaigrette

- 1 large garlic clove
- 1/3 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 1/4 teaspoon each salt and pepper
- 1/2 cup extra-virgin olive oil

Combine first 4 ingredients. Whisk in olive oil slowly until smooth. Keep extra dressing in the fridge for a quick salad fix!

MAPLE-GINGER-MISO SALAD DRESSING

A light dressing for any green salad or grilled vegetables.

- 1 heaping Tbsp mild miso
- 2 Tbsp rice vinegar
- 1 Tbsp maple syrup
- 1/2 tsp grated ginger root
- 1/2 tsp sesame oil
- 1 Tbsp olive oil
- Water



Combine all ingredients except water in a small bowl or glass measuring cup, and whisk until smooth. Add water, whisking in a tablespoon or two at a time, until you reach the consistency of salad dressing you like (approximately 1/4 cup).

Salad dressing will keep for a week in the refrigerator in a tightly sealed jar. Shake the jar vigorously, or whisk the dressing, before using.

Garlic Scapes

Garlic scapes have always been a favourite crop of ours and many market gardeners we know. Actually, they are the bonus crop that comes along with the garlic that we all know and love. Garlic scapes are the flower stalk of the garlic plant and are beautiful, flavourful and aromatic. We harvest them for this reason and also because by removing them from the garlic, you help the plant put energy into growing a big, juicy bulb (rather than developing a flower). They can be used just like garlic, or as a wonderful vegetable in a stir-fry (they lose their bite when cooked). Just remove the top and use the smooth, rounded length of the scape.

Bok Choy

Bok Choy - the lovely, vase-shaped green that you'll find in your shares this week - is a tasty, easy to cook green that has been a favourite in Asian cuisine for, well, centuries! First cultivated some 6000 years ago, it is extremely nutritious and delicious in a quick stir-fry, soup or lightly sauteed over rice. Bok choy is rich in Vitamin C and A, beta carotene and is a good source of both calcium and potassium. I usually just stir-fry bok choy quickly with garlic and soy sauce, wilting the green tops but leaving the stems crisp and delicious!

Stir-Fried Bok Choy

From "Friday Night Dinners" by Bonnie Stern

- 1 Tbsp olive oil
- 1 -2 cloves garlic, finely chopped
- 11/2 lb bok choy, rinsed and separated
- 2 Tbsp soy sauce
- 1/4 cup water

1. Heat oil in a wok or a large deep skillet over medium-high heat. Add garlic and cook for about 10 seconds. Do not brown.
2. Add bok choy and stir-fry for 1 minute.
3. Add soy sauce and water and bring to a boil. Cook for about 5 minutes, stirring often, until bok choy wilts and becomes tender.

Announcements!

Farm Open House

Come see where your food is grown!
Saturday, July 17
10am-3pm

Come have a tour of the farm, enjoy some refreshments and meet your fellow CSA members.

We look forward to seeing you at the farm!

Looking for some recipes ideas? Here are two of my favourite foodie websites. They never let me down....



www.epicurious.com
www.foodgawker.com