

This week's share:

Spinach, lettuce mix, kohlrabi, radishes, turnips, bok choy, garlic scapes, dill



And for next week...

Spinach, lettuce, kohlrabi, peas, chinese broccoli, green onions, cilantro

Crunchy Kohlrabi Salad with Dilly Dressing

3 kohlrabi bulbs, peeled and diced
3-4 spring turnips, washed and diced
5 or six radishes, diced
Juice of half a lemon
1/3 cup plain yogurt
2-3 Tbsp chopped fresh dill
Salt and Pepper to taste
Optional: 1 small avocado, cubed

Place diced kohlrabi, turnip and radish in a medium sized bowl.

Add lemon juice, dill, yogurt and salt and pepper. Toss to coat veggies evenly with yogurt. Serve immediately.

** Lemon juice may be increased or decreased as desired.



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 2, June 21, 2010

On the farm...

Now that the CSA has started and you have had a taste of what the garden has to offer, we thought we would share a little bit about how the farm works and what it takes to grow vegetables for CSA. CSA farming is wonderful and rewarding and serves up a great



challenge for the farmer who must ensure an abundant and diverse share each week. This weekly abundance is achieved with the help of many planning spreadsheets and the wonderful array of vegetables available at different times in the season.

You will notice that in the spring, tender greens and crops in the cabbage family are plentiful. These crops help us get a head start on the season because they like cool spring weather and grow quickly. As the summer rolls on, main season crops like carrots, beets and onions come on followed by the heat-lovers - tomatoes and peppers, beans, eggplants and melons. The season rounds out in the fall with things like hardy potatoes, leeks, squash, and other cold-loving fall veggies.

We also plant many crops successively - the same crop planted multiple times a season at regular intervals - to ensure those favourites like lettuce, carrots and beans are always available. This is how we make the most out of our (relatively) short growing season - takes a bit of forward thinking but is certainly delicious!

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.



Garlic Scape Pesto

This pesto is flavourful and delicious and adds a great zing to pasta, pizza or just spread on toast!

1 cup grated Parmesan Cheese
3 Tbsp fresh lime or lemon juice
8-10 scapes (chopped into 1 inch pieces)
1/2 cup olive oil
Salt to taste

Puree scapes and olive oil in a blender or food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste.

Try adding spinach, cilantro or a green of your choice for a bit of character!

Kohlrabi

What is that green space ship hovering in your CSA share? It's not a UFO, we assure you, rather it's the wonderful, lovable kohlrabi! Kohlrabi, another great vegetable from the brassica (cabbage) family tastes something like the crunchy, sweet middle of a broccoli stem. A CSA farmer's dream, it is quick and easy to grow and is truly delicious either raw or cooked. Just peel the outer skin from the bulb and the crunchy flesh can eaten whole like an apple or cut up in salad, cole slaw or cooked in so many ways. You can also eat the leaves!

Roasted Kohlrabi

1 1/2 pounds fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, diced
1 tablespoon olive oil
1 tablespoon garlic
Salt
Balsamic vinegar

Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. Spread evenly on a rimmed baking sheet and put into oven and roast for 30 - 35 minutes, stirring every five minutes after about 15 minutes. Sprinkle with a balsamic or other favourite vinegar (probably at the table so the kohlrabi doesn't get squishy).

A Vegetable Family Tree

Sounds funny but knowing the family history of each of our crops is very important to the way that we farm. Every vegetable that you receive in your CSA share belongs in a particular "family" with other plants that share a common ancestor. Crops that belong to the same family have common traits such as nutrient and moisture requirements, climate preferences and are susceptible to the same pests and possible diseases. For example, tomatoes, peppers and eggplants are all in the Solanaceae family and all like hot, dry weather and can be attacked by Colorado Potato Beetle or succumb to blight. The Brassica (cabbage) family of crops likes cool, wetter conditions and are eaten by the flea beetle if they aren't covered with fabric row cover in the garden.

In an organic system, we use knowledge of crops families to plan a crop rotation where we never plant the same family two years in a row in the same spot. This helps us break pest cycle, avoid disease and maintain the health of our soil.

