

**This week's share:**

Spinach or chard, lettuce mix, lettuce, peas, broccoli or cabbage, green onions, kohlrabi, herbs

**Next week's guess...**

Lettuce, chard, spring onions, broccoli, cabbage, beets, fresh garlic, herbs

**Creamy Broccoli Pasta**

1/2 lb of papardelle pasta  
 1 head of broccoli, broken into florets  
 1 tablespoon of olive oil  
 4 garlic cloves, sliced finely  
 1/2 cup of heavy cream  
 Juice of 1 lemon  
 A generous pinch of sea salt and ground black pepper

Cook the pasta according to the packet.

Steam or boil the broccoli until tender when pierced with a fork, drain and place in a bowl filled with cold water.

Fry the garlic in a large frying pan over a medium heat, for about 1 minute, then add in the cream and bring to a steady simmer. Add in the lemon juice and season with sea salt and black pepper.

When the pasta is cooked, drain the water and place back into the pot. Pour in the garlic crème fraiche and broccoli and stir through gently until everything is combined. Serve straight away with an extra sprinkle of black pepper.

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# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 4, July 6, 2010

**On the farm...**

At the beginning of each week, Jeff and I take a field walk in the garden to take stock of the week's priorities - what needs to be weeded, harvested, and how things look in general. A few things have made me think a lot about soil life this past week (more than usual, that is - soil life is an organic farmer's primary concern). Being on a new piece of land means we are just now getting to know the particularities of it's soil, climate, microclimate and other qualities. So, as we stroll through the garden, we are constantly noticing the way things are growing. This year, we are noticing quite a bit of variability in the growth rates of our crops. For example, one half of a spinach bed will be big and beautiful and ready to harvest while 50 feet away in the same bed, the spinach has barely matured. Another thing we are monitoring is the potential of a potassium deficiency which we are noticing in the yellowing of leaves on our zucchini crop.

As we get to know the soil on this farm, through noticing things such as these, we will better understand what it needs in terms of compost, cover crops and perhaps the addition of mineral-based amendments.

The thing is, healthy soil is really one of the most important things, well, in the world! As organic farmers, everything that we do is designed to increase the health of our soil. We use compost and cover crops to increase organic matter, fertility and to feed the wonderful micro-organisms who do all the work in there. We make sure that soil is almost always covered by some crop so that it is not lost to erosion and we work to promote biodiversity in the life of our soil to ensure it's vitality and resilience. Soil that is robust and alive can be farmed for centuries and never lose it's vitality - it also means extremely nutritious food to nourish the people that rely on it!

## Snow Peas with Toasted Almonds

From [www.epicurious.com](http://www.epicurious.com)

1 tablespoon unsalted butter  
1/4 cup sliced almonds  
1/2 pound snow peas, stems removed  
2 Tbsp chopped green onions  
1 teaspoon fresh lemon juice

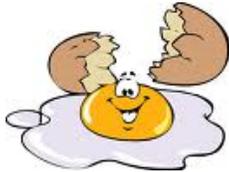


Melt butter in medium skillet over medium heat. Add almonds and cook until golden and fragrant and butter begins to brown, stirring frequently, about 1 1/2 minutes. Add snow peas and green onions; sauté until snow peas are crisp-tender, 1 1/2 to 2 minutes. Remove skillet from heat; add lemon juice. Season to taste with salt and serve.

Hint: Serve over brown or white rice - toss your favourite herb (dill, cilantro or parsley) and 3 Tbsp of chopped green onions into the rice for a dash of flavour!

### Eggs!

As I'm sure you have noticed, we have started to bring eggs to the CSA pickups and I thought I should give a little shout out to these guys because though they may seem like just eggs, they are actually the most nutritious, most delicious eggs you can buy. In fact, you may not know this, but acquiring eggs from truly free-range hens is harder than it seems. And truly free-range hens (hens that have unlimited access to the outdoors) lay the very best eggs.



The eggs we are selling are truly free-range. Laid by hens raised at Green Being Farm (our friends and neighbours just down the road), these hens get as much sun, grass and bugs they desire and in turn create eggs that are more nutritious and taste so much better than store-bought eggs. Plus, in buying Green Being eggs, you are supporting another great beginning farmer. Check out Green Being farm at [www.greenbeingfarm.ca](http://www.greenbeingfarm.ca).

## Warm Spinach and White Bean Dip

From *Martha Stewart Living* December 2009

5 ounces spinach (or chard, stems removed) (3 cups)  
1 cup part-skim ricotta cheese  
1 can (15 ounces) cannellini beans, drained and rinsed  
1 tablespoon finely chopped fresh green onions  
1 1/2 tsp lemon zest  
1 1/4 tsp coarse salt  
Freshly ground pepper

Preheat oven to 350 degrees. Make the dip: Wash spinach (chard), leaving some water clinging to the leaves. Transfer to a large saucepan. Cover, and steam over medium heat, stirring once, until wilted, 4 to 6 minutes. Remove spinach using a slotted spoon, and let cool. Squeeze out excess liquid using a kitchen towel; coarsely chop.

Pulse ricotta and cannellini beans in a food processor until smooth. Transfer mixture to a medium bowl. Add green onions, lemon zest, and salt. Season with pepper. Stir in spinach. Transfer to a 1-quart baking dish.

Bake about 30 minutes until heated through. Season with pepper. Serve warm with fresh vegetables for dipping (such as kohlrabi or cabbage chunks!)

### 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!

