

## This week's share:

Lettuce, carrots, fava beans, new potatoes, fennel, summer squash, spring onions, fresh garlic, herbs



## Next week's guess...

Lettuce, chard, beets, snap beans, summer squash, onions, fresh garlic, Savoy cabbage, herbs

## Roasted New Potatoes with Spring Onions and Mustard

Adapted from "Friday Night Dinners"  
by Bonnie Stern

3 tbsp olive oil  
1 tbsp grainy mustard  
1 tsp salt  
1/2 tsp pepper  
1 cloved garlic, minced  
1 tbsp chopped fresh rosemary, basil, thyme or herb of your choice  
1 1/2 lbs new potatoes, larger ones cut in half  
2 spring onions, thinly sliced  
2 tbsp chopped fresh parsley

In a large bowl combine oil, mustard, salt, pepper, garlic and rosemary. Add potatoes and onions and toss together.

Spread potatoes and onions on a parchment-lined baking sheet. Bake in a preheated 425 degree oven for 45 to 60 minutes until lightly browned and tender.

Sprinkle with parsley before serving.



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# The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 6, July 20, 2010

## On the farm...

Well, the past week has seen lots of fun things happening in the garden. The first fun thing was mowing the swaths of buckwheat that were growing between our squash rows. Squash, cucumbers, melons and zucchini need about 10 feet of space for vining out between the rows so we plant a buckwheat cover crop to keep that empty space covered and to smother weeds while the squash gets big. When the buckwheat flowers, we mow it down, leaving a bit of a mulched area between the rows for the squash to vine out into. It's a beautiful process to watch and after mowing we could really see the lush, green squash plants (and beautiful squash flowers) that already have little squash growing!

On Monday we harvested all of our garlic and it looks beautiful! Garlic is harvested all at once when the leaves start to die back and the garlic has grown it's protective skin. Then, we put it in a drafty, shady spot to "cure" which is the process of drying the outer skin on the garlic bulb so that it will store for many months. The garlic you will receive first in your CSA shares is "fresh" - meaning the skin has yet to cure. It can be used just like cured garlic but you will notice that the skin is juicy and thick where it is usually dry and papery.

Other fun happenings: the CSA open house day - it was great to have some of you out and to show you around. In our walks around the garden we noticed cucumbers sizing up, tiny baby watermelons starting, little snap beans growing and carrots ready to pull! Thanks for coming out to the farm!



Squash row with buckwheat



Mowing the buckwheat down!



Squash rows, buckwheat free!

## Fabulous Favas and Fantastic Fennel!

These delightful things are two of our absolute favourite veggies from the garden. Perhaps less familiar than some of your other CSA offerings, they are nonetheless two of the best, in our opinion!

**Fava beans** are common in many world cuisines and are prepared in dozens of different ways from a light bean puree to a crunchy fried snack. The beans that you are receiving in your CSA share are fresh, green favas and are absolutely delicious sauteed simply with butter and salt or added to any number of dishes. Last week, we lightly sauteed them and added them to a salad of new potatoes and roasted summer squash. Check out the recipe on the right for tips on how to shell and skin the beans (the beans come in a pod that can be removed just like the shells of peas but also have a skin that should be removed from the individual beans - a bit of work, but well worth it!).

**Fennel** is an absolutely lovely vegetable that can be eaten raw (in a light and refreshing salad) or cooked (roasted, poached or sauteed!). The bulb of fennel (you can remove the small core from the centre) has a crunchy texture similar to celery but with a light anise flavour. When Jeff and I were in Italy, we would cut chunks of fennel and eat them after dinner dipped in good olive oil and salt (fennel is known to aid digestion). Our favourite way to eat fennel is in salad where we combine it with any number of things - fresh onion and herbs and later on with tomatoes, cucumbers and feta cheese!

### Fava Fennel Salad

Adapted from Simply Recipes



#### Ingredients

2-3 lbs fresh fava beans, (1 1/2 to 2 cups shelled)

Salt

1 small bulb fennel, thinly sliced

2 ounces Parmesan cheese, shaved

10 fresh basil leaves (or cilantro!), chopped

2 spring onions, sliced

Extra virgin olive oil

Lemon or lime juice

Freshly ground black pepper

Prepare fava beans as described in recipe on right. Toss together fava beans, fennel, and spring onions. Drizzle with extra virgin olive oil, add salt and pepper, and mix. Squeeze in lemon juice to taste. Mix in Parmesan cheese and mint leaves and toss to combine.

Serve and Enjoy!

## Rigatoni with Fava Beans, Summer Squash and Pecorino

Adapted from Andrew Carmellini's Urban Italian  
serves 4-6

1 to 1 1/2 cups fresh fava beans, pods removed

1 pound rigatoni

2 medium summer squash, cubed

3 Tbsp extra virgin olive oil

2 Tbsp butter

2 spring onions, sliced

2 cloves garlic

1/4 cup pine nuts

1/4 teaspoons red pepper flakes

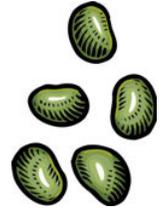
1 teaspoon dried oregano

1/2 teaspoon salt

1/2 teaspoon coarse ground black pepper

1/2 cup grated pecorino cheese, plus more for sprinkling

1/4 cup fresh basil (about 12 leaves), roughly chopped



Put a medium pot of salted water on to boil for the pasta. Put another large pot of salted water on to boil to blanch the fava beans.

Place a large bowl of ice water next to your stovetop.

When the blanching water boils, throw the shelled fava beans into the pot and blanch them for about one minute. Remove them with a strainer to a bowl of ice water to stop the cooking process. Remove the translucent skin from the beans. They should slip right out, easily. Add the rigatoni to the pasta water to cook and start preparing your sauce.

In a large skillet, add 1 tablespoon of butter, the onion and 1 tablespoon of the olive oil and cook until the onion starts to soften, about 2 minutes.

Add the squash and sautee until soft. Add garlic and pine nuts and cook until both have begun to toast, about 2 minutes, stirring often to keep the garlic from burning.

Add the red pepper flakes, oregano and 3/4 cup of the pasta water and mix to combine. Add the fava beans.

When the rigatoni is just al dente, remove with a strainer and add right to the skillet with the onion and fava bean mixture. Stir until the pasta is coated with the sauce, about 1 minute.

Remove the skillet from the heat. Add the salt and pepper, the rest of the butter and the remaining tablespoon of olive oil, the grated pecorino cheese and the basil and mix everything together well. Serve with pasta in individual serving bowls, sprinkled liberally with more pecorino and black pepper.