

This week's share:

Lettuce, carrots, fennel, beans, cucumbers, summer squash, onions, peppers, garlic, herbs



Next week's guess...

Lettuce, chard, beets, carrots, onions, cucumbers, summer squash, potatoes, peppers, garlic, herbs



The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 8, August 3, 2010

Roasted Fennel Over Couscous

2 fresh fennel bulbs plus some of their greens
1 tsp kosher salt
3 tbsp olive oil
1 tsp fresh orange zest
1 cup vegetable broth
1 cup dry couscous

Preheat your oven to 400F.
Wash fennel thoroughly. Chop off the tops and set them aside.

Cut the bulbs into 10-12 pieces, so they are all roughly the same size and not too big. Put them in a large bowl and toss with the olive oil and kosher salt. Finely chop up some the fennel greens, removing any thick stems, and toss 3 tablespoons of it in with the fennel bulbs.

Lay them out on a large baking sheet lined with parchment paper. Bake for about 45 minutes, mixing and flipping with a spatula every 10 minutes or so.

While that's cooking, you can grate the orange zest and prepare the couscous: Bring the cup of vegetable broth to a boil and cut the heat, pour in the couscous, give a quick stir, and cover for at least 5 minutes. when you open it up, fluff it with a fork, add seasonings if you'd like, and it's ready to serve!

Serve roasted fennel over couscous or try mixing them up together!

yields 2-3 servings

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On the farm...

This section of the newsletter is generally dedicated to news about what's happening here at the farm. But, since our farm is situated within a larger farming community and since, you as farm members and people who eat, are also affected by agricultural issues, we thought we should briefly touch on some current agricultural issues. Cedar Down Farm belongs to the National Farmers Union (NFU), a farm organization that advocates for farmers in Canada. We recently received our latest newsletter and I was really struck by the trend in research, government and corporate action towards reducing farmers' control over their crops and farms. We have seen this increasingly with the proliferation of GMO crops, the seeds of which are illegal for farmers to save and re-plant. GMOs, regardless of their possible health and environmental consequences, truly exemplify an agriculture where corporations, not farmers, are reaping the profit and gaining power. Some related issues from our recent NFU newsletter are:

- Negotiations between Canada and the EU over a new "free trade" agreement called the Comprehensive Economic and Trade Agreement (CETA). According to the NFU, this agreement gives even more power to corporations to prosecute farmers who they assert have infringed the company's intellectual property rights (i.e. have saved seed, even by accident). This agreement will require Canada to implement a version of Plant Breeder's Right that will "virtually eliminate farmers' rights to save, reuse and sell seed."

- The Enviropig® - the first genetically modified food animal! Need I say more? Okay, I will. This pig has been genetically modified with mouse and E-coli bacteria genetic material to digest plant phosphorus more efficiently. Phosphorous overproduction in intensive animal production is an environmental problem that the University of Guelph is choosing to try and remedy with a GM pig as opposed to research into more ecological methods of animal production. The pig could be approved soon for human consumption in Canada.

- One last bit on the whole farmer autonomy thing: Monsanto recently donated almost 500 tons of hybrid crop seed to Haitian farmers following the earthquake. Of course, by beginning to use Monsanto's hybrid seed, Haitian farmers will be forced to make annual purchases of seed instead of saving their own. Good news though - farmers in Haiti rejected this with 10 000 farmers marching to protest the donation.



And to end on a happier note- here is a nice picture of the garden!

Cucumbers with Cheese Sauce

I know what you're thinking - cooked cucumbers!? Blech! We thought the same thing until we tried this amazing recipe from the one and only Julia Child.

2 medium- large cucumbers
2 Tbsp wine vinegar
1 1/2 tsp salt
1/8 tsp sugar
3 Tbsp melted butter
1/2 tsp dill or basil
3/4 Tbsp minced onions or green onion
1/8 tsp pepper
2-3 Tbsp grated Swiss cheese
1 Tbsp butter



Cheese Sauce

2 Tbsp butter
3 Tbsp flour
2 cups milk with 1/4 tsp salt brought to a boil or 2 cups boiling chicken or veggie stock
1/2 cup grated Swiss or Parmesan cheese (or a mixture)

In a medium saucepan, melt butter over low heat. Blend in the flour and cook slowly, stirring, until the butter and flour froth together for 2 minutes without colouring (this is called a white roux). Remove from heat. Once the roux has stopped bubbling, pour in all the hot milk or stock and beat vigorously with a whisk to blend liquid and roux. Return to moderately high heat and stir until sauce comes to the boil. Boil for 1 minute then remove from heat and add grated cheese. Season to taste with salt, pepper and nutmeg.

Peel cucumbers. Cut in half lengthwise; scoop out seeds with a spoon. Cut into lengthwise strips about 3/8 inch wide. Cut the strips into 2 inch pieces. Toss cucumbers in a bowl with the vinegar, salt, and sugar - let stand for at least 30 minutes or for several hours. Drain, pat dry with a towel.

Preheat oven to 375 degrees. Toss the cucumbers in a 12 inch/1 1/2 inch baking dish with the butter, herbs, onions and pepper. Set uncovered in the middle rack of the oven for about 1 hour, stirring 2 or 3 times until cucumbers are tender but still have a suggestion of crispness and texture.

Fold cheese sauce into hot, baked cucumbers. Sprinkle with grated Swiss cheese, dot with the 1 tbsp of butter and run under a hot broiler for 2-3 minutes to delicately brown the top.

Enjoy!

There are lots of great recipes online....check out these sites for some good ideas:

www.foodgawker.com - lots of links to great food blogs!

www.epicurious.com - compilations of recipes from the best foodie magazines

www.cooksillustrated.com - a great magazine with tons of food info

Cheddar Fried Squash

From www.getonthe gravytrain.blogspot.com

3 small to medium summer squash
2 eggs, beaten with a little water
1/2 cup all-purpose flour
3/4 cup fresh breadcrumbs
1/4 cup shredded cheddar cheese
salt and pepper
oil for cooking

Slice the squash into 1/4 inch thick slices. Mix together breadcrumbs, cheese and salt and pepper together on a plate. Place the egg and flour on separate plates. Heat your oil in a skillet over medium high heat. It should be about a 1/4 inch deep.

To bread the squash dip first in egg, then flour, then egg again, then breadcrumbs. Gently place in oil and fry until golden brown on each side, 3-4 minutes. Drain on paper towels, serve and enjoy!



Green Beans Almondine

From "Beans" by Aliza Green

3/4lb - 1lb green beans, stem ends trimmed
1/4 cup unsalted butter
1/2 unblanched sliced almonds
1/4 cup chopped onions or shallots
1/4 cup water
1 wedge lemon
Salt and fresh ground pepper

Steam the green beans until they turn bright green; then drain. (If preparing ahead of time, run under cold water to set the colour. If serving immediately, this step is not necessary)

In a medium skillet, melt the butter and cook until the solids are lightly caramelized and the butter starts to give off an aroma of hazelnuts. Add the almonds and the onions. Saute 1 to 2 minutes, or until the onions are softened and the almonds lightly browned. Add the green beans and water and cook over high heat until the beans are hot and coated with the sauce.

At the last minute, squeeze lemon juice over the beans. Season to taste with salt and pepper, toss and serve immediately.