

This week's share:

Chard, beets, beans, cucumbers, onions, Savoy cabbage, summer squash, fresh garlic, herbs



And for next week...

Lettuce, carrots, fennel, beans, summer squash, cucumbers, eggplants, peppers, hot peppers, fresh garlic, herbs

Simple Grilled Summer Squash or Eggplant

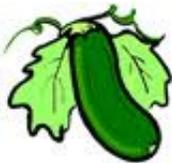
This is a great recipe for grilling any type of vegetable on the barbecue or in the oven. It works especially well with summer squash and eggplant (next week!).

The quantities don't have to be exact (just combine the dressing to taste) and you can throw in herbs or seasonings of your choice

Slice eggplant or summer squash thinly, about 1/8 inch slices. Place in a large bowl so there is lots of room to toss.

Mince or crush 3-5 cloves of garlic. (If available, mince one handful of fresh basil.) Combine garlic (and basil) in a small bowl with about 1/4 cup of olive oil. Add 1 tsp of salt and pepper to taste.

Toss vegetables in oil mixture and grill on the barbecue or in a 400 degree oven until browned and very tender. Eat alone as a lovely side dish or on top of pasta or pizza for a rich main course.



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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 7, July 27, 2010

On the farm...

No farming season can really be complete without some discussion of the weather in the CSA newsletter! The weather, as you can imagine, is an almost constant source of conversation here at the farm and between us and other farmer friends. No matter what the weather is like, it is always worthy for discussion amongst farmers. This season's weather, however, is particularly noteworthy (yes, I'm sure we say that every year!). While the season started out dry and very warm, we have made up for that un-seasonably dry spring with more than our fair share of rain in the past few weeks.

We have gotten extraordinarily heavy rain that has put more than an inch or two down in one rainfall several times in the past few weeks and people have begun to ask us how this is affecting our crops. Up until now, we have been able to say that our crops are doing fine despite the incessant moisture and, in fact, they still look pretty great. But our heat-loving, fruited crops would prefer to be quite a bit drier. Things like tomatoes, cucumbers, zucchini, and peppers don't like to be as wet as they have been. Tomatoes grow lots of lush green foliage but no fruit, our peppers are having some rot issues around the base of their stems and our melon plants are beginning to show signs of possible fungal infection. Fungi and viruses truly thrive on these crops when they don't have nice, dry leaves.

However, we have started to plant our fall brassicas (cabbage, broccoli, kale etc.) and they seem to be enjoying the cool and wet! This is the joy (and challenge) of growing vegetables for CSA. So many crops, all with different needs, and no control over the weather!

Zucchini Beet Muffins with Dark Chocolate

Adapted from www.bellaeats.com Method:

Ingredients:

6 tbsp unsalted butter
2 cups white whole wheat flour
1 cup turbinado sugar
3/4 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
1/4 tsp ground cloves
1 cup semisweet chocolate chips
2 large eggs
2 cups grated zucchini
1 cup grated beet
1/2 cup plain yogurt or sour cream
1 tsp vanilla extract

1. Set a rack in the center of the oven and preheat to 350*. Grease a 12-cup muffin tin with cooking spray or butter.
2. Melt butter in a small saucepan. Set aside to cool slightly.
3. In a large bowl, whisk together the flour, sugar, baking soda, salt, cinnamon and ground cloves. Add the chocolate chips and stir well to combine.
4. In a medium bowl, lightly beat the eggs with a fork. Add the yogurt, melted butter and vanilla and mix well. Add the zucchini and beet and stir to coat.
5. Pour the zucchini mixture into the dry ingredients and stir gently with a rubber spatula until just combined. Make sure to incorporate all flour but do not overmix.
6. Spoon the batter into wells of muffin tin, using spoon to pack it down. Fill the wells to 3/4 of the way to the top.
7. Bake for 25-35 minutes (mine took 35 minutes), until a tester inserted in the middle of a muffin comes out clean. Cool in pan on wire rack for 10 minutes, then remove muffins from pan to cool completely on rack.



A zucchini by any other name....

Last week was the first week of an extraordinarily abundant zucchini harvest and I thought I should take a moment to clarify the issue of the term “summer squash.” You probably saw the numerous shapes and colours of summer squash that we had at the pickups last week, including some that looked decidedly like zucchini. And indeed, that was zucchini, the only summer squash which has a name all its own but a summer squash nonetheless. Summer squash and zucchini are all pretty much the same thing, can be used in exactly the same way but come in all different shapes and sizes. We call them all summer squash because we grow so many types other than the traditional, green zucchini.

So, when you reach for that round, stripey ball or that yellow tube or pale green baseball bat-shape thing, just think zucchini and eat ‘em just as you would the zucchini you have always known and loved! (or try some new recipes, that’s always fun.....)

Pear and Raw Beet Slaw

This recipe was kindly recommended by CSA member Micheline Mann

Ingredients:

1 pound beets, cleaned, lightly peeled and grated
3 firm pears, peeled, grated or finely sliced
½ cup chopped fresh mint, basil or dill
3 tablespoons fresh orange juice (any citrus will do)
1 tablespoon olive oil
1 teaspoon grated orange (or lime) zest
¼ teaspoon sea salt
¼ teaspoon black pepper
I also added toasted cashews - almonds or spiced walnuts would be good too

Lemon-Dill Green Beans



1 lb green beans, trimmed
2 tbsp good-quality olive oil
2 tbsp lemon juice
3 cloves garlic, very finely minced
1 shallot, finely minced
Salt to taste
3-4 spring onions, thinly sliced
1/4 cup roughly chopped fresh dill

In a large pot of boiling salted water, blanch the beans for about 5 minutes, or until just barely tender-crisp. Immediately plunge into an ice-water bath to stop the cooking process, and set aside. While the beans are cooking, whisk together the olive oil, lemon juice, garlic and shallots in a small bowl until combined. Add salt to taste. In a large bowl, combine the beans with red onion, and dill. Pour the prepared dressing in, and toss to coat. Let stand for at least 20 minutes before serving (but preferably overnight) so that the flavours have some time to mellow and combine. Serve cold or at room temperature.

Procedure:

1. Combine beets, pears, and mint in a large bowl.
2. In a separate bowl, whisk together juice, oil, zest, salt, and pepper. Pour over beet mixture and toss to coat. Serve immediately or chill 1 hour for flavors to develop. Scoop onto a bed of undressed tender lettuce, garnish with crumbled feta or blue cheese - your choice. Cluster toasted nuts to the side