

THE REROOT REVIEW

VOLUME 2, ISSUE 13

SEPTEMBER 2008

NOTES FROM THE FIELD

Welcome to Week #13 of the harvest. Despite predictions of a hot, dry September, there is a distinct “fall feeling” in the air.

With overnight temperatures dipping, we are officially on frost alert, preparing to protect our sensitive crops in the event of an early frost. Tomatoes, peppers, eggplant, and squash are the main crops that are frost-killed, along with herbs such as basil, dill and cilantro.

This week Devan is away from the farm enjoying some time with family and friends, and the last days of summer at the cottage. I am keeping up with the harvests with help from a

number of kind volunteers including my friend Leah and her 1-year-old daughter Rosie, who harvested many of the hot peppers and cherry tomatoes you’ll receive in your share; my sister Stephanie, who took time off of work to come to the farm for three days; and my mom who will join me for the Saturday market. Working with new people is always fun and helps to renew my sense of excitement and awe in the garden. I would encourage any of you who are interested to come out for a day, and get acquainted with that land that grows your food. We will be hosting the Great Squash Toss at the end of September or beginning of

October, a time for you all to come out to the farm and help us harvest our big field of winter squash while also enjoying an afternoon in the garden. Stay tuned for more details on this event.

In addition to the recent appearance of winter squash to your shares, there are more fall crops on the way. These include Brussels sprouts, parsnips, celeriac, cauliflower, leeks and pumpkins. In the meantime, enjoy the hot crops (tomatoes, eggplant, peppers) while you can, and do a warm weather dance for us!

Happy eating!

~caitlin

THIS WEEK’S HARVEST:

- *Zucchini*
- *Swiss Chard*
- *Carrots*
- *Salad Mix*
- *Head Lettuce*
- *Melons*
- *Green & Red Peppers*
- *Eggplant*
- *Tomatoes*
- *Mizuna*
- *Squash*
- *Onions*
- *Garlic*
- *Cauliflower?*
- *Hot Peppers*
- *Herbs*

VEGGIE BIOGRAPHY

TomAtoes, TomAWtoes... After a drawn out stretch of muddy fields, dreary skies, and falling overnight temperatures, the clouds have finally parted, allowing our many varieties of tomatoes to ripen. Unlike the flavourless tomatoes purchased in groceries, our

organic tomatoes are ‘vine-ripened’ and packed with flavour. Tomatoes are best stored at room temperature out of direct sunlight, or in a brown paper bag to accelerate ripening. Storing in a refrigerator will diminish flavour & texture. Along with being delicious raw or

cooked, tomatoes contain the antioxidant, ‘lycopene’, which reduces your risk of colon & breast cancer, heart disease, osteoporosis, and even lowers severity of your allergy symptoms. So go ahead and enjoy them while they last; your taste buds and body will thank you!

SUMMER HARVEST CHOWDER

Ingredients

8 cups vegetable stock
2tbsp olive oil
1 medium yellow onion
2 tsp salt
6 garlic cloves
1/2 tsp cracked pepper
1 tsp oregano
1/2 cup chopped basil
4 small red potatoes
3 jalapeno peppers, seeded and minced
2 sweet peppers, diced
4 cups corn
1 cup heavy cream

3 ripe tomatoes, diced
1/4 cup chopped cilantro
Fresh lime juice to taste

Preparation

Heat olive oil and sauté onion with 1 tsp salt. Add garlic, cracked pepper, oregano, and half the basil; sauté 5 minutes. Stir in potatoes, jalapenos, sweet peppers, corn and remaining salt. Sauté briefly, then add warm vegetable stock to cover and bring to a boil. Reduce heat and simmer until po-

tatoes are tender. Stir in cream and return the soup to a light simmer. Add the tomatoes, remaining basil and cilantro. Heat through, season to taste and serve

Serves 8



ITALIAN STUFFED EGGPLANT

Ingredients

4 Italian Eggplants

Filling

2 tbsp olive oil
1 cup chopped onion
1/2 lb ground beef
1/4 cup red wine
1 tsp chopped garlic
1 cup seeded/diced plum tomatoes
1 tbsp chopped, fresh oregano
Salt & fresh ground pepper
2 tsp lemon juice
1 tbsp chopped parsley

1/2 cup goat cheese or grated parm.

Preparation

Preheat oven to 450. Place eggplant on baking sheet, slash in several places. Brush with oil, season with salt/pepper, bake 25mins. (until soft & browned). Reduce heat to 350, slice top 1/3 off eggplant (lengthwise), scrape out each piece, and keep shells & eggplant separate. Sauté onion in skillet 5mins. Add beef and cook 8-10mins. Add red wine, stirring, add garlic, tomatoes, oreg-

ano, eggplant flesh, and cook uncovered for 5 minutes longer. Stir in lemon juice, season with salt, pepper, parsley. Spoon filling into eggplants and top with crumbled goat cheese. Bake 20mins (until cheese is melted throughout and juices bubble). Cool before eating and enjoy!

Fresh Turkeys!

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