

THE REROOT REVIEW

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NOTES FROM THE FIELD

Hello all,

Well, we may not have had the same severe weather as Texas, but the tail end of the Hurricane that hit Ontario last weekend definitely took its toll. Our giant beautiful sunflowers took quite a beating, half of them falling to the ground, as did our lackadaisical corn, serves it right for taking its sweet time producing... Other fatalities included a brand new tent of Mapleton's, which unilaterally decided to take flight and puncture a small hole in our greenhouse before attempting a landing in the middle of our flower garden. Bummer!

Hurricane season was not the only activity this week to signal the start of fall. We also gathered up our irrigation system, one of the many tasks we are starting in the slow process of putting the garden to sleep for the winter. Turns out we didn't need it this summer, but you never know until your through it and it pays to be ready when dry weather hits.

We have also been ordering garlic seed for next year and various other seed for covercrops for this fall and winter. It always feels weird to be starting the cleanup with so many weeks left of CSA pick-ups, but there is much to do before

the garden, Caitlin and I can take a much needed rest.

Our cooking onions have finished their initial curing and so you no longer need to worry about keeping them refrigerated or using them quickly. We have also started the process of harvesting and curing shallots and our other onions, so you can soon look forward to more of these treats.

We are unsure of numbers as of yet, but we hope that his week you will see corn, honeydew melons, brussel sprouts and a second round of fennel and radicchio.

We hope you enjoy!

Devan

THIS WEEK'S HARVEST:

- *Zucchini*
- *Swiss Chard*
- *Radicchio*
- *Fennel*
- *Head Lettuce*
- *Melons*
- *Green & Red Peppers*
- *Eggplant*
- *Tomatoes*
- *Leeks*
- *Corn?*
- *Onions*
- *Garlic*
- *Brussel Sprouts*
- *Hot Peppers*
- *Herbs*

VEGGIE BIOGRAPHY

What to do with radicchio?

Radicchio, *Cichorium intybus*, also known as Italian chicory, has been used by humans since ancient times for its medicinal properties and as food. It contains intybin, a blood and liver tonic, as well as a type of flavonoid called anthocyanins.

Modern cultivation of this plant originated in Italy during the 1500's, and the main varieties in cultivation today all come from there. Radicchio is a good spring crop, but it excels in the fall when the cool weather sweetens it, reducing that bitter spicy taste.

This leaf vegetable has a bitter and spicy flavour that softens when it is grilled or roasted. It is also a nice addition to risottos and raw in salads, where adds flavour and its vibrant deep reddish purple colour.

Good luck!

SAUSAGES WITH CARAMELIZED RED ONIONS AND RADICCHIO

Ingredients

1 tablespoon butter
 2 teaspoons olive oil, divided
 2 medium red onions (about 10 ounces each), halved, thinly sliced (about 5 1/2 cups)
 2 large heads of Chioggia or Treviso radicchio (about 20 ounces total), cored, thinly sliced (about 8 cups)
 3 tablespoons balsamic vinegar
 4 fully cooked sausages (about 3 ounces each)

Preparation

Melt butter with 1 teaspoon olive oil in heavy large skillet over medium heat. Add red onions and cook until soft and golden brown, stirring often, about 25 minutes. Add radicchio and sauté until wilted, about 2 minutes. Add balsamic vinegar and cook over medium-high heat until liquid is absorbed, about 1 minute. Season to taste with salt and pepper. Keep onion-radicchio mixture

warm while preparing sausages.

Heat remaining 1 teaspoon olive oil in another heavy large skillet over medium-high heat. Add chicken-apple sausages and cook until sausages are well browned and heated through, turning frequently, about 5 minutes.

Serve onion-radicchio mixture with sausages.

RADICCHIO, FENNEL, AND ARUGULA SALAD WITH ROQUEFORT AND WALNUTS

Ingredients

For the dressing:

1 tablespoon fresh lemon juice
 1 tablespoon white-wine vinegar
 1 teaspoon Dijon-style mustard
 1/3 cup olive oil

For the salad:

6 cups shredded *radicchio* (about 3/4 pound)
 2 cups thinly sliced fennel bulb
 1/2 cup walnuts, toasted, cooled,

and chopped
 2/3 cup crumbled Roquefort (about 3 ounces)
 6 cups *arugula*, coarse stems discarded and the leaves washed well and spun dry

Preparation:

The Dressing:
 In a small bowl whisk together the lemon juice, the vinegar, the mustard, and salt and pepper to taste, add

the oil in a stream, whisking, and whisk the dressing until it is emulsified.

The Rest:

In a bowl toss together the *radicchio*, the fennel, the walnuts, the Roquefort, and the dressing. On each of 8 plates arrange some of the *arugula* and divide the *radicchio* mixture among the plates.

Serves 8

Fresh Turkeys

Fresh, certified organic, pasture-raised turkeys available in time for Thanksgiving.

Limited number available, so please pre-order by e-mailing reroot at:

reroot.organic@gmail.com

Turkeys available ranging in weight from 15-20lbs.

\$4/lb

Squash Harvest Party!

We invite you to come to the farm and help us harvest our winter squash on Saturday October 4th.

The event will start at 2:00pm with the harvest followed by a squash potluck, starting at 4:30 or 5:00pm.

So get out those recipes and come out to enjoy the harvest and, with luck, some good fall weather.

