

# THE REROOT REVIEW

VOLUME 2, ISSUE 15

SEPTEMBER 2008

## NOTES FROM THE FIELD

Welcome to Week #15 of the harvest!

A number of you have been asking how many harvests remain, the answer is...5! Our harvests will end on October 30th for Oakville shareholders, November 1st for Elora shareholders, and November 4th for farm shareholders.

Despite the fact that there is much left in the garden, we are now full swing into garden clean-up. Our early planted garden patch has been disced and is awaiting its cover crop, we have almost finished collecting the irrigation line, and we have packed away our row cover and much other garden equipment.

We have yet to receive a frost in the garden, but there are some cold nights on the way, so our hot crops like tomatoes, peppers, and eggplant have their days numbered. On the bright side, there are a number of crops that benefit from frost. Kale, Brussels sprouts, spinach and leeks all improve in flavour after being hit with frost, so as the days grow colder you can expect to see an increase of these hardy crops in your shares as well as more root vegetables, squash, and of course onions.

This past week I was fortunate to take a couple days away from the farm to attend a draft horse work-

shop. I learned how to cultivate, plough, mow hay, pull a wagon, and complete just about any garden task necessary with a team of horses, rather than a tractor. It was a very interesting and inspiring course and may potentially be the way of the future for reroot organic CSA.

In the meantime we rely on tractors, and more importantly hands to get the work done....and we could certainly use your hands to help us bring in our bountiful squash crop. Come out on Saturday, October 4th at 2pm for the 'Great Squash Toss' followed by a potluck at the farm. See you there!

~caitlin

## THIS WEEK'S HARVEST:

- *Zucchini*
- *Swiss Chard*
- *Fennel*
- *Salad Mix*
- *Melons*
- *Green & Red Peppers*
- *Eggplant*
- *Tomatoes*
- *Leeks*
- *Onions*
- *Carrots*
- *Beets*
- *Celery/Celeriac*
- *Pie Pumpkin*
- *Garlic*
- *Hot Peppers*
- *Herbs*

## VEGGIE BIOGRAPHY

Onions!

This important member of the allium family is an important element in just about every cuisine around the world.

Onions can be eaten both raw and cooked in a variety of ways. Longer cooking

times reduces pungency, but also reduces medicinal effects. From a health perspective, onions are both antibacterial and antiviral. They contain a compound called allicin which stimulates the body's antioxidant mechanisms, raising levels of beneficial HDL chole-

sterol and combating clogged arteries. To prevent the watering eyes when preparing onions try using a very sharp knife, or chilling your onions before cutting.

Once cured, onions will store for up to 2 months in a cool, dark, dry place.

## BAKED ONIONS STUFFED WITH FETA

### Ingredients

4 large red onions  
1 tbsp olive oil  
1/4 cup pine nuts  
4 ounces feta cheese, crumbled  
1/2 cup fresh bread crumbs  
1 tbsp cilantro, chopped  
Salt and freshly ground black pepper

### Preparation

Preheat oven to 350F. Lightly grease a shallow, ovenproof dish. Peel the onions and cut of the roots and stem of each.

Place the onions in a large saucepan of boiling water and cook for 10-12 minutes. Remove onions and lay out to drain and to cool slightly. Using a small knife or your fingers, remove the inner sections of the onions, leaving about 2 or 3 outer rings. Finely chop the inner sections and place the outer shells in the ovenproof dish. Heat the oil in a frying pan and sauté the chopped onions for 4-5 minutes, until golden. Add the pine nuts and

stir-fry for a few more minutes. Place the feta cheese in a small bowl and stir in the onions, pine nuts, bread crumbs and cilantro. Season with salt and pepper. Spoon the mixture into the onion shells. Cover loosely with foil and bake for about 30 minutes, removing the foil for the last 10. Serve hot.

Serves 4

## CLASSIC FRENCH ONION SOUP

### Ingredients

4 large onions  
2 tbsp olive oil  
2 tbsp butter  
3 3/4 cups vegetable stock  
4 slices French bread  
1 1/2-2 ounces Gruyere cheese, grated  
Salt and freshly ground black pepper

### Preparation:

Peel and quarter the onions and

slice them into 1/4 inch pieces. Heat the oil and butter in a saucepan. Sauté onions briskly for a few minutes, stirring constantly. Reduce heat and cook onions gently for 45-60 minutes. At first the onions need to be stirred only occasionally, but as they begin to colour, stir frequently. The colour of the onions gradually turns golden and then more rapidly turns very brown, so take care to stir constantly at this stage to avoid burning. When the onion are a rich ma-

hogany brown, add the vegetable stock and a little seasoning. Simmer, partially covered, for 30 minutes, then season the mixture with salt and pepper. Preheat the broiler and toast the French bread. Spoon the soup into four ovenproof serving dishes, place a slice of bread in each and sprinkle with the cheese. Broil for a few minutes until golden.

Serves 4

### 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.

