

THE REROOT REVIEW

VOLUME 2, ISSUE 16 OCTOBER 2008

NOTES FROM THE FIELD

Hello everyone,

It is chilly out there! This week has been a little cool and wet, appropriate fall weather as we enter the homestretch of the season.

With the change in weather we continue to put vegetables to rest and this week it is the tomatoes. Their reign was short and sweet and now they are done. We were hoping they might hold till the first frost, but the cool damp weather has finally allowed the diseases they were suffering from to push them over the edge.

Melons are making their last appearance this week and the peppers, eggplants and basil are close behind.

The cold weather also prompted us to harvest our sweet potatoes. They are a tropical vegetable and don't tolerate temperatures below 13°C. When the soil gets below that temperature it is time to harvest. After harvest they require a curing process which involves keeping them at 30°-32°C and 80-90% humidity for 5-7 days. We are doing our best with a portable heater and a closet and hope to have some ready for you soon. Growing the sweet potatoes has been quite the challenge as it is hard to grow them in this area in the best of years. After trying for 2 years we think it might just be a little too cold to grow them here.

Another large harvest coming soon is the squash harvest, planned for this Saturday October 4th at 2pm. It is one of my favourite harvests, as it involves throwing squash at (or 'to' I suppose...) your fellow harvesters. We hope to see some of you out to enjoy the afternoon with us and also look forward to trying some of your favourite squash dishes.

Some vegetables that will benefit from a couple of frosts are the parsnips, carrots, spinach, brussels sprouts, kale and collards, which will all be featured in the next few weeks.

Enjoy,
Devan

THIS WEEK'S HARVEST:

- *Leeks*
- *Onions*
- *Garlic*
- *Potatoes*
- *Squash*
- *Watermelon*
- *Eggplant*
- *Peppers*
- *Hot Peppers*
- *Carrots*
- *Lettuce*
- *Spinach*
- *Chard*
- *Herbs*

VEGGIE BIOGRAPHY

Chard has been a standby of ours almost since day one, so we thought it was time to feature it.

Swiss chard is actually indigenous to the Mediterranean but gained its name from a Swiss botanist in the 16th century. This was partially to differentiate it

from French cultivars of spinach.

Beets actually evolved from Swiss chard, which is high in vitamins A, E and C and minerals like iron and calcium. Minerals in chard are also more readily absorbed than from its relative, spinach, as it lacks the oxalic

acid that renders minerals unavailable during digestion.

Chard has a great rich earthy flavour that mixes well with dried fruits, nuts, fish and lamb. It is quite versatile and can be used for most things you would use spinach in.

SWISS CHARD WITH RAISINS AND ALMONDS

Ingredients:

1/2 large onion, sliced lengthwise 1/4 inch thick (1 cup)
 2 1/2 tablespoons extra-virgin olive oil, divided
 1/4 teaspoon Spanish smoked paprika (or 1/2 teaspoon chipotle pepper).
 2 lb Swiss chard, ribs thinly chopped and leaves coarsely chopped
 1/2 cup golden raisins
 1/4 cup coarsely chopped almonds with skins

Preparation:

Cook onion and chard ribs with 1/4 teaspoon salt in 2 tablespoons oil in a medium size heavy pot over medium heat, stirring, until softened. Sprinkle with paprika and cook, stirring, 1 minute. Add chard in batches, stirring frequently, until wilted, then add raisins. Cook, covered, stirring occasionally, until chard is tender, about 7 minutes. Season with salt.

Cook almonds in remaining 1/2 tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3 to 5 minutes. Sprinkle almonds over chard.

SWISS CHARD GRATIN

Ingredients:

5 tablespoons unsalted butter
 1 cup fresh white bread crumbs
 3 oz Tomme de Savoie or Gruyère cheese, grated (1 cup)
 1 garlic clove finely chopped
 1 tablespoon finely chopped mixed fresh herbs (preferably chives, tarragon, and flat-leaf parsley)
 1/8 teaspoon nutmeg

1 cup chicken broth
 1/2 cup heavy cream
 1 tablespoon all-purpose flour
 1 medium onion, finely chopped
 3 lb Swiss chard, leaves rolled and cut into 1/2 inch strips
 1 lb spinach, coarse stems discarded, leaves coarsely chopped

Preparation:

Melt 2 tablespoons butter and

toss with bread crumbs, cheese, garlic, herbs, half of nutmeg, and salt and pepper to taste in a bowl.

Boil broth in a small saucepan until reduced by half. Add cream and keep warm.

Melt 1 tablespoon butter in a small heavy saucepan over moderate heat and stir in flour. Cook roux, whisking, 1 minute, then whisk in broth mixture and boil, whisking, 1

minute. Season sauce with salt and pepper.

Preheat oven to 400°F.

Cook onion in remaining 2 tablespoons butter in a wide 8-quart heavy pot over moderately low heat, stirring, until softened. Add chard and spinach, remaining nutmeg, and salt and pepper to taste and cook, stirring, until vegetables are tender but not browned, about 10 minutes.

Transfer vegetables to a colander to drain well and press out liquid with back of a large spoon. Toss vegetables with cream sauce and transfer to a buttered 12-inch oval gratin or 2-quart shallow baking dish, spreading evenly.

Top vegetables with bread crumbs and bake in middle of oven until bubbling and topping is

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.

Start: 2:00pm with the harvest followed by a squash potluck 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.

