

THE REROOT REVIEW

VOLUME 2, ISSUE 9 AUGUST 2008

NOTES FROM THE FIELD

Welcome to Week #9 of the harvest. The summer seems to be flying past, and it is hard to believe we are almost halfway through our harvest season.

This season has been a much different experience from 2007's hot, dry weather, and while some crops are loving all the moisture, others are pining for the sun and heat. The tomatoes, while covered with an abundance of beautiful green fruit, are ripening at a very slow pace. They are coming along however and hopefully will be showing up in your shares in the next few weeks.

The beans have been abundant during the last few

harvests, despite it being difficult to find a dry spell to pick them. Our first planting seems to be coming to an end, however there are two more plantings on the way.

The canning workshop which was held this past Tuesday was a great success, with many helpful preserving tips and recipes coming from a local expert canner. A handful of interested CSA members met in Drayton at the home of one of our members for an enjoyable evening of learning and taste-testing! We hope to hold future workshops on related topics such as fermenting, dehydrating, and more. Stay tuned for details.

In other news, Kirsten (our apprentice) and I, spent a day this past week visiting another farm in the area with a group of young farmers from the CRAFT Program (Collaborative Regional Alliance for Farmer Training). Each month we get together at each others farms for a tour, potluck, work project, and workshop on a topic of interest. This month the discussion focused on season extension and techniques for providing locally grown food into the winter months. Hopefully this is an option we will be able to offer all of you in future seasons.

Happy eating this week,
~caitlin

THIS WEEK'S HARVEST:

- *Cucumber*
- *Zucchini*
- *Chard*
- *Carrots*
- *Beans?*
- *Head Lettuce*
- *Bunching onions*
- *Green Peppers*
- *Eggplant*
- *Cabbage*
- *New Potatoes*
- *Garlic*
- *Hot Peppers*
- *Herbs*

VEGGIE BIOGRAPHY

Peppers!

Peppers, members of the nightshade family, are high in vitamins A, C, and E as well as in minerals iron and potassium.

Bell peppers come in a variety of sizes and colours and can be eaten raw, roasted,

stir-fried or added to any number of dishes. Green peppers are under-ripe bell peppers and are therefore slightly more bitter, however the extra heat units required to ripen a green pepper seem hard to come by in cold seasons such as this one.

Hot peppers also come in many varieties and pungencies characterized by the amount of Capsaicin in the fruit. Some, especially the Hungarian hot wax are delicious when pickled.

Peppers can also be successfully frozen for winter use.

LEMON-CUMIN BELL PEPPERS

Ingredients:

1/2 cup plus
1tbsp extra virgin olive oil, divided
4 bell peppers, thinly sliced
1/4 cup freshly squeezed lemon juice
2 tbsp minced parsley
1 tsp ground cumin
1 tsp honey
1 clove garlic, minced
1/4 cup finely chopped green onions
1/2 tsp salt and black pepper

Heat 1 tbsp oil in a large skillet over medium-high heat. Add the peppers; sauté, stirring until slightly soft, about 3 minutes, let cool. Combine the remaining oil, lemon juice, parsley, cumin, honey and garlic in a large jar. Shake until thickened. Toss the peppers and green onions with the vinaigrette in a large bowl; add the salt and season with pepper to taste. Cover; refrigerate for 1 hour and serve.

Serves 4



GREEN CHILE AND PEPPER CORN BREAD COBLER

Ingredients:

2 tbsp olive oil
2 medium onions
4 hot peppers, thinly sliced
2 bell peppers, thinly sliced
1-2 tbsp minced garlic
2 tsp cumin
Salt and pepper
1/2 lb cheddar cheese, grated
8 ounces cream cheese, cut into chunks

Biscuit Topping

1/4 cup honey
1 cup milk
1 egg
3 tbsp melted butter
1 cup yellow cornmeal
1 cup flour
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

Grease an 8x12" baking dish. Heat olive oil in large skillet over medium flame. Add onions and cook, stirring often, until they begin to soften. Add chiles, bell peppers, garlic and cumin; continue to cook, stirring occasionally, until vegetables are just tender. Season with salt and pepper to taste. Spread half

the mix in to the baking dish. Arrange half the grated cheese over mixture. Spread remaining chile mix over cheese. Scatter the cream cheese over mixture. Heat oven to 400 degrees. To make topping: Mix wet ingredients in a bowl, mix dry ingredients in another bowl. Stir the two together until

just combined. Spread topping evenly over chile/cheese layers. Bake at 400 degrees, 25 minutes. Scatter remaining cheddar cheese over topping and bake another 5 minutes. Serve with sliced tomatoes, salsa, or sour cream.

Makes 12 servings.

