REROOT ORGANIC CSA

THE REROOT REVIEW

VOLUME 3, ISSUE 11

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Notes from the field

Well it is the first week without help in the field and I'm sure noticing a difference in what one person can accomplish as opposed to the 2-person team I've grown used to. Luckily the major work for the season is done, and now all there is to do is some weeding, and a bunch of harvesting.

New this week in your share are potatoes and basil.

The potatoes are grown by Mapleton;s as they have the necessary equipment to grow this crop efficiently. This week we hand-harvested the potatoes in your share which is a labour-intensive process. Soon we will pull out the big potato harvester and

make short work of the 2 acres of potatoes here.

Although you have been receiving basil as an 'as desired' item for most of the season, this week we have started harvesting the whole plants. We do this for two reasons; one, because we are having trouble keeping up with the picking now that the plants have gotten so big and productive, and two, because these cold nights have scared me into thinking a frost is coming soon. Basil is best preserved by making it into pesto and freezing it for use in the winter months. Last year I froze 2 ice cube trays worth of pesto and just finished the last cube the other day....a little goes a long

way.

A couple new exciting crops are on the way in weeks to come. The sweet corn, although late, is maturing nicely and should be ready soon. The tomatoes, which have been ripening at a painfully slow pace should soon be ready to start harvesting. In the meantime stock up on the u-pick cherry tomatoes in the greenhouse and the flower garden...and pick some flowers while you're at it!

Happy eating!

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THIS WEEK'S HARVEST:

- Salad Mix
- Arugula/Mizuna
- Potatoes
- Beets
- Carrots
- White Onions
- Eggplant
- Green Peppers
- Summer Squash
- Beans
- Broccoli
- Garlic
- Basil
- Kale/Swiss Chard

VEGGIE BIOGRAPHY

Peppers!

Despite their varied palette, all bell peppers are the same plant, known scientifically as *Capsicum annuum*, and are members of the nighstshade family, which also includes potatoes, tomatoes and eggplant. Brightly colored bell peppers, whether green,

red, orange or yellow, are rich sources of some of the best nutrients available including Vitamin K, Thiamin, Riboflavin, Niacin, Potassium and Manganese, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E

(Alpha Tocopherol), Vitamin B6 and Folate.

Enjoy!

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ROASTED PEPPER SOUP

INGREDIENTS

4 large red peppers 1 tbsp (15 mL) olive oil 2 minced garlic cloves 2 onions, chopped 3 cups (750 mL) chicken broth or bouillon

INSTRUCTIONS

Preheat oven to 375F (190C). Place whole peppers on a baking sheet and roast, uncovered, about 18 minutes. Turn peppers and con-

tinue roasting about 18 more minutes, until skin is blistered. Remove from baking sheet and place in a heavy paper bag. Seal bag and let stand until peppers are cool, about 10 minutes. Remove peppers and peel off skins. Slice in half and remove seeds. Cut into large chunks and set aside. Refrigerate if making ahead. In a large saucepan, heat oil over medium

heat. Add garlic and onions. Sauté until onions are very soft, about 8 minutes. Stir in roasted peppers and continue cooking until peppers are very soft. Then whirl in a blender or food processor, using an on-and-off motion, until smooth. Return puréed mixture to saucepan and add chicken broth. Cover and cook over medium heat, stir-

ring occasionally, until soup is warm, from 8 to 10 minutes. Spoon into soup bowls and sprinkle with black pepper. Covered and refrigerated, soup will keep well for at least 2 days and can be frozen.

STUFFED PEPPERS

INGREDIENTS

6 green or red peppers 1 pound ground beef or turkey 1/3 cup uncooked rice 1 onion grated Salt and pepper to taste

SAUCE

1 cup tomato sauce 1 cup water Season with salt, pepper, parsley, basil, garlic

INSTRUCTIONS

Cut the top off and remove seeds from peppers. Combine the meat, rice and onion. Season with salt, pepper, and garlic as you like it. Stuff each pepper about 2/3 full (rice will need room to swell up).

Stand the peppers side by side in the slow cooker. Combine sauce ingredients and pour over peppers. Cook on low for 6-8 hours.



