

THE REROOT REVIEW

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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!

~caitlin

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 nightshade 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!

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 min-
 utes. 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 min-
 utes. Remove peppers and
 peel off skins. Slice in half
 and remove seeds. Cut
 into large chunks and set
 aside. Refrigerate if mak-
 ing ahead. In a large sauce-
 pan, heat oil over medium

heat. Add garlic and on-
 ions. 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 proces-
 sor, 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. Cov-
 ered 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. Com-
 bine 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.

