

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

By Tara Scott

It's been 3 years since I worked with your farmer, Caitlin Hall, at Ignatius Farm CSA in Guelph. I was the Assistant Farmer and she was the education director.

I knew little of Caitlin's farming skills as most of her time was spent on intern education and volunteer programming. I knew that the broccoli she helped me start in the greenhouse grew to be the best I had seen (at that time) in my 4 years of farming; and that she was always eager to get into the fields on the (rare) occasions when we needed field help. But I had no idea

the wealth of skill and talent that's displayed here every day on her own farming endeavour.

I've spent 3 days here with Caitlin and it's been a great joy helping her out and getting familiar with her systems, meeting her CSA members and getting to work hard in her veggie fields! And of course it's always fun to hang out with Maya the dog.

So much thought, planning and hard work goes into running a successful CSA and it's fun to help out at one so organized and positive!

But I guess I'm supposed to give an update on the state of the fields so here goes:

Monday was a well deserved holiday for your farmer.

Tuesdays harvest went very well and was quite relaxed. While Caitlin staffed the CSA pickup I harvested carrots and flattened the onions to speed up their curing. Wednesday was spent liberating beets and carrots from a thick cover of weeds. In the afternoon we weeded out next year's strawberry plants. Thursday will be spent flail mowing and cultivating with the tractor and catching up on any final details before I head back to Guelph.

It's taken me 2.5 seasons to volunteer at reroot CSA and now I'm convinced it should be a yearly tradition. See you next September!

## THIS WEEK'S HARVEST:

- *Salad Mix*
- *Head Lettuce*
- *Radicchio*
- *Beets*
- *Carrots*
- *Onions*
- *Eggplant*
- *Sweet Peppers*
- *Summer Squash*
- *Sweet Corn*
- *Tomatoes*
- *Garlic*
- *Kale/Swiss Chard*

## VEGGIE BIOGRAPHY

Radicchio!

A garden plant from the north of Italy, radicchio has been cultivated since the 16th Century. It has a bitter and spicy taste, which mellows when it is grilled or roasted. Radicchio contains folic acid, potassium, copper and vitamin C. It is eaten raw with just a bit of olive oil and salt, as well as

mixed into a variety of salads. It makes a bright addition to a green salad, standing out with its excellent maroon color and peppery flavor.

You may also see it on menus grilled or roasted or combined into other dishes such as risotto. For grilling or baking, radicchio leaves can be

wrapped whole around other produce items or meats, or prepared separately. Grilled radicchio can be made sweeter by mixing it with sweet onion or another caramelizing vegetable.

Enjoy!

**WARM CHICKEN AND RADICCHIO SALAD WITH ORANGE, TARRAGON AND GOAT CHEESE**

**INGREDIENTS**

1/4 cup extra-virgin olive oil  
 2 large heads radicchio, shredded, about 7 cups  
 Salt and freshly ground pepper  
 3 tablespoons sherry vinegar  
 3 oranges, peeled and cut into segments, juice reserved  
 One 1 1/2-pound warm rotisserie chicken, meat

removed and shredded  
 6 ounces fresh goat cheese, broken into small chunks  
 1/4 cup chopped fresh tarragon  
 1 cup toasted bread chunks or croutons

**INSTRUCTIONS**

1. In a large sauté pan heat oil over high heat. Add radicchio and season generously with salt

and pepper. Cook, stirring, until warm and just slightly wilted, about 2 minutes. Add vinegar and orange segments and reserved juice to the pan.

2. Transfer radicchio mixture to a large bowl. Add chicken, goat cheese, tarragon and toasted bread or croutons. Toss to com-

bine; season to taste with salt and pepper and serve.

**TARA'S RATATOUILLE**

Feeling overwhelmed with the number of squashes, eggplants and peppers in your fridge? Ratatouille is an easy and delicious way to use them up!

**INGREDIENTS**

2 tablespoons olive oil  
 2 cloves garlic, crushed and minced  
 1 large onion, quartered and thinly sliced

1 small eggplant, cubed  
 2 green bell peppers, coarsely chopped  
 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes  
 3 to 4 small zucchini, cut into 1/4-inch slices  
 1 teaspoon dried leaf basil  
 1/2 teaspoon dried leaf oregano  
 1/4 teaspoon dried leaf thyme

2 tablespoons chopped fresh parsley

**INSTRUCTIONS**

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 min-

utes, stirring occasionally to keep vegetables from sticking.

Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft. Serves 4.

