

THE REROOT REVIEW

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NOTES FROM THE FIELD

The September weather is shaping up to be nicer than the weather we had at the farm all summer. Warm, sunny days are keeping us happy in the fields. After a couple weeks of help from family and friends, this week I am joined on the farm by Kevin, a friend and past CSA member who will be helping me finish up the season. It will be nice to have a hand with some of the fall activities such as harvesting onions, potatoes and squash and planting garlic.

I was hoping to save some of the garlic from this year's harvest to use as seed for next year, but you seem to be enjoying it too much. I have purchased seed garlic

from an organic garlic farm near Arthur. They have big, beautiful bulbs which should result in gorgeous garlic for next year. I plant the garlic as close to October 1st as possible, mulch it heavily with straw and leave it to do its thing until next July when we'll harvest it.

The potatoes you are receiving this week are the last we'll be digging by hand. Soon we'll get the harvesting equipment out and then you can expect to see potatoes in your share each week for the remainder of the season.

This week we'll be busy both on and off the farm. In addition to the harvests and weeding, this Wednesday

Kevin and I will be attending an educational day on crop planning and season extension at another local organic farm. On Thursday, I'll be traveling to Canada's Outdoor Farm Show in Woodstock to speak about Community Shared Agriculture. I'm not much of a public speaker, but the interest in hearing about local food options seems to be increasing and I want to be supportive of that.

I also wanted to apologize again for the corn debacle last week. I appreciate your patience as I learn more about growing this new crop.

Happy eating
~caitlin

THIS WEEK'S HARVEST:

- *Head Lettuce*
- *Fennel*
- *Rutabaga*
- *Carrots*
- *Onions*
- *Eggplant*
- *Sweet Peppers*
- *Summer Squash*
- *Potatoes*
- *Tomatoes*
- *Garlic*
- *Kale/Swiss Chard*

VEGGIE BIOGRAPHY

Carrots!

Carrots belong to the Umbelliferae family along with parsnips, fennel, caraway, cumin and dill which all have the umbrella-like flower clusters that characterize this family of plants. Carrots are very high in

dietary fiber, potassium, vitamin A and vitamin C and high in manganese, niacin, thiamin and vitamin B6. Carrots are an excellent source of antioxidant compounds, and the richest vegetable source of the pro-vitamin A carotenes. Carrots' antioxidant com-

pounds help protect against cardiovascular disease and cancer and also promote good vision, especially night vision.

Enjoy!

CARROT LENTIL SOUP

Lentils are very high in folate and fibre and are a good source of vegetable protein. Serve with a whole grain baguette and a salad of half spinach and half romaine tossed with Lemon Pesto Buttermilk Dressing. Buttermilk sounds as though it should be high in fat but, in fact, has only 1% milk fat and delivers as much calcium as milk. Any leftover soup makes a tasty lunch the next day.

Servings: 4

INGREDIENTS:

- 1 tsp canola oil
- 3 carrots, sliced

- 2 onions, chopped
- 2 cloves garlic, minced
- 1 tbsp minced gingerroot
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp pepper
- 6 cups stock
- 3/4 cup red lentils

Garnish:

- 2 tbsp chopped fresh cilantro or parsley
- 1/2 cup plain low-fat yogurt

INSTRUCTIONS:

In large saucepan, heat oil over medium heat; cook carrots, onions, garlic, ginger,

cumin, salt and pepper, stirring often, until onions are softened, 5 minutes.

Add stock and lentils; bring to boil. Reduce heat, cover and simmer until carrots and lentils are tender, 15 to 20 minutes.

In batches, transfer lentil mixture to blender or food processor; puree until smooth. Return to pan and heat through.

Garnish:

Ladle soup into bowls. Stir coriander into yogurt; swirl

or dollop onto each serving.

Side Dish

Lemon Pesto Buttermilk Dressing:

In bowl, whisk together 2/3 cup buttermilk; 1/2 cup light mayonnaise; 1/3 cup prepared basil pesto; 1 tbsp white wine vinegar; 1 tsp grated lemon rind; and pinch each salt and pepper. *(Make-ahead: Refrigerate in airtight container for up to 1 week.)*

CARROT PERSILLADE

Persillade, the classic French combination of parsley and garlic, is a simple way to enliven steamed fall vegetables, such as parsnips or boiled potatoes.

Serves 4

INGREDIENTS

- 2 cups (500 mL) sliced peeled carrots (about 1

- lb/500 g)
- Persillade:
- 1 tbsp (15 mL) butter
- 1 clove garlic, minced
- 1 small shallot, minced (or 1 tbsp/15 mL minced onion)
- 1/4 cup (50 mL) minced fresh parsley
- Pinch each salt and pepper

INGREDIENTS

Persillade: In skillet, melt butter over medium heat; fry garlic and shallot until softened, about 3 minutes.

Stir in parsley, salt and pepper; cook until wilted, about 2 minutes.

Meanwhile, in saucepan of boiling salted water, cook carrots until tender-crisp,

about 3 minutes; drain and place in bowl. Add persillade and toss to coat.

