

# THE REROOT REVIEW

VOLUME 3, ISSUE 15

SEPTEMBER & OCTOBER 2009

## NOTES FROM THE FIELD

We're off to a rainy start for the week. The last couple weeks of sunshine seemed too good to be true, especially now that fall has officially arrived. With Kevin's help, a lot of work got done in the garden in the last week or so. We harvested all of the onions and have them curing in the greenhouse. We removed the trellising from our diseased tomato plants and have begun to clean up that patch to destroy the spores and prevent disease for next year. And we seeded a cover crop in the finished areas of the garden. It's handy being on a livestock farm for many reasons. Last week I simply dipped into the grain bin used to feed

the cows and 'borrowed' some oats and peas to seed as a green manure. It was the maiden voyage for my new (old, but new to me) seed drill that I recently purchased and it worked great! The rain is now helping those seeds to germinate and I should soon have a nice cover to protect and nourish the soil over the winter months.

Next week is the Thanksgiving harvest. We'll try to provide you with all the veggie fixings for a great Thanksgiving feast, including the first of the pie pumpkins. Mapleton's will again be offering fresh organic and free range turkeys available fresh. If you are interested in ordering one,

get in touch with Arwa De-Groot at:  
info@mapletonsorganic.ca

Finally, a last plug for the upcoming weekend's Great Squash Toss and Garlic Planting. If you haven't been out to the farm yet this season, this is a great opportunity to come and check out the garden, visit the animals, and lend a hand harvesting some of this year's crop and planting some of next year's crop. The fun starts at 1pm, children welcome and refreshments provided. Weather dependent, but keep your fingers crossed for sunshine.

Happy eating!

~caitlin

## THIS WEEK'S HARVEST:

- *Salad Mix*
- *Carrots*
- *Beets*
- *Onions*
- *Eggplant*
- *Sweet Peppers*
- *Leeks*
- *Tomatoes*
- *Celery*
- *Winter Squash*
- *Garlic*
- *Kale*

## VEGGIE BIOGRAPHY

Kale!

Kale is a member of the Brassica family, including Cabbage, Collards and Brussels Sprouts. It is an excellent source of beta carotene, chlorophyll, and manganese and is rich and abundant in Calcium, lu-

tein, iron and vitamins, A, C and K. It also contains some iron, [calcium](#), and potassium. Kale is starting to garner well deserved attention due to its nutrient rich, phytochemical content, which provides unparalleled health promoting benefits.

Enjoy!

### The Great Squash Toss & Garlic Planting

Come join us in the field, see the garden and lend a hand bringing this year's crop in and planting the seeds for next year's harvest.

Sunday, October 4th, 1pm

At the farm— Mapleton's Organic Dairy. Call if you need directions.

Bring clothes you don't mind getting dirty, work gloves and friends!

Children welcome. Refreshments will be provided. Weather dependent.

## KALE AND WHITE BEAN SOUP WITH

**Ingredients:**

2 tablespoons olive oil  
 1 cup diced onion  
 1 cup diced red bell pepper  
 1 cup diced celery  
 1/2 cup diced carrot  
 8 to 12 ounces andouille sausage or other smoked sausage, diced or thinly sliced  
 2 cloves garlic, minced  
 1 bunch kale, chopped, about 8 to 10 cups chopped  
 4 cups chicken broth  
 1 can (14.5 ounces) diced tomatoes, undrained  
 1 can (15 ounces) white beans, such as Great Northern, drained

and rinsed  
 1/2 teaspoon salt, or to taste  
 1/4 teaspoon ground black pepper  
 Dash Tabasco or similar hot pepper sauce, optional

**Instructions:**

In a large skillet heat olive oil over medium-high heat. Add onions, bell pepper, celery, carrots and sausage. Sauté, stirring, until onion is just tender. Reduce heat to medium-low. Add kale and garlic; cover and continue cooking for 2 minutes. Add re-

maining ingredients; cover and cook for 15 to 20 minutes, until vegetables are tender. Taste and adjust salt, as needed.  
 Serves 8.



## MUSHROOM STEW WITH KALE AND BROWN RICE

**Ingredients:**

1/2 ounce dried black trumpet mushrooms (or any other dried mushroom you can find)  
 4 cups boiling water  
 1 tablespoon extra virgin olive oil  
 2 medium red onions, chopped  
 6 cups thickly sliced cremini mushrooms  
 4 large garlic cloves, minced

heaping 3/4 cup dried short grain brown rice (recommend: Lundbergs)  
 6 cups vegetable broth  
 2 teaspoons dried thyme, crushed  
 1 teaspoon dried parsley  
 3/4 teaspoon dried sage  
 2 bay leaves  
 8 to 12 cups packed chopped kale, stemmed and washed (depending on how much you love it... just add a little

more broth if you want to add more)  
 salt and freshly ground pepper to taste

**Instructions:**

Place the dried mushrooms in a measuring cup and cover with 4 cups of boiling water. Let sit for 30 minutes.

Meanwhile, heat oil in a large Dutch oven, and add the onions. Cook until tender, then

add the cremini mushrooms. Once they let out their juices and are tender, add the garlic, and salt to taste. Cook for a few more minutes, stirring often, until fragrant.

After the dried mushrooms have soaked, set a strainer over top of a large bowl, and line it with cheesecloth or a fine sieve. Drain the mushrooms into the bowl. Rinse

the mushrooms once, squeezing out any excess water. This removes any debris left on the mushrooms. Give them a rough chop.

Add the mushrooms, rice, mushroom soaking liquid, vegetable broth, and seasonings (thyme, parsley, sage, bay leaves) to the Dutch oven. Add salt to taste. Bring to a boil, reduce to a simmer. Cover and let simmer for 40 minutes.

After 40 minutes, add the kale to the soup, and allow to cook another 15 minutes. Add more salt and fresh ground pepper to taste.

Makes 4 to 6 servings

