

THE REROOT REVIEW

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NOTES FROM THE FIELD

It's been a great season here at reroot organic CSA. I can't thank you enough for your support this season. I absolutely love growing tasty food for your families, and seeing your smiling faces and visiting with you on pick-up days is the icing on the cake.

2009 has been reroot's 3rd growing season, and I'm keen to carry on for seasons to come. I'll be spending the winter months planning for 2010, taking into account your feedback, and trying to improve my production systems even more. At this point, I'm unsure how many shares will be available for next year, but I anticipate adding at least a few to the roster. If you

enjoyed being a part of reroot organic CSA this season, then please help me out by spreading the word. The information for the 2010 season will be available in mid-January on the website at www.reroot.ca. I will also be getting in touch with all of you at that point.

In the meantime, I'm hoping you'll have some root vegetables and storage crops stock-piled to keep you eating good organic vegetables in the winter months. Learning how to store and preserve local foods to consume when we can't grow year-round are important pieces in local, sustainable eating and food systems.

We will be hosting the End-of-Season Harvest Feast on Sunday, November 8th at 1pm at the farm. This will be a fun time to check out the farm; visit the creatures that live here; have a wagon-ride tour of the garden (or the area formerly known as the garden); meet other shareholders; and visit with your family farmer. I hope that many of you will make it to this seasonal celebration.

Thanks again for a great season, and see you in the spring!

Happy eating!

~caitlin

THIS WEEK'S HARVEST:

- *Carrots*
- *Beets*
- *Onions*
- *Potatoes*
- *Winter Squash*
- *Kale*
- *Leeks*

VEGGIE BIOGRAPHY

Leeks!

The mildest member of the onion or allium family is an excellent source of Vitamin C as well as iron and fibre.

The trickiest part of cooking with leeks, is getting rid of the grit that gets lodged

between the many leaves.

The best approach is to chop the leek into pieces and then rinse in a colander.

The white shaft is most commonly used, but much of the green part is tender and edible as well.

Leeks date back to the early Bronze Age, around 4000 BC, and Hippocrates, the father of medicine, prescribed the leek as a cure for nosebleeds.

Enjoy!

End of Season Harvest Potluck

Come join us to celebrate a successful season. See the farm, visit the animals, and enjoy good food and company. Please bring a delicious dish to share, and clothes to play at the farm in. Sunday, November 8th, 1pm

LEEK AND POTATO SOUP

Ingredients

2 tablespoons Unsalted Butter
 1 pound Leeks, white and pale green parts only, thinly sliced and cleaned well
 1 tablespoon Coarse Salt
 2 tablespoons All-Purpose Flour
 2 quarts Cold Water
 1-1/2 pounds Russet or Baking Potatoes, scrubbed, peeled and diced
 1 cup Whipping Cream
 chopped Fresh Chives, for garnish (optional)

Instructions

1. Add butter to stockpot. Melt over medium heat.
2. Sauté leeks 5 minutes, or until soft.
3. Season with salt.
4. Sprinkle leeks with flour. Sauté 1 minute.
5. Stir in water and diced potatoes. Bring to a boil over medium-high heat.
6. Reduce heat to low. Simmer 25 minutes.

7. Spoon potatoes and leeks into blender with 1/2-cup soup broth.
8. Puree until smooth.
9. Return to stockpot. Stir in whipping cream.
10. Add the cream just before serving.
11. Garnish single soup servings with fresh chives.



LEEK AND MUSHROOM RISOTTO

Ingredients

LEEKS:

2 large leeks (white and pale green parts only) halved, thinly sliced crosswise (about 2 cups)
 3/4 cup whipping cream

MUSHROOMS:

1 pound shiitake mushrooms, stemmed, cut into 1/4 inch thick slices
 1 large onion, halved and thinly

sliced lengthwise
 1/4 cup unsalted butter
 1 tablespoon white truffle oil
 1 tablespoon minced fresh thyme

RISOTTO:

4 tablespoons unsalted butter, divided
 1 large onion, chopped
 1 1/2 cups arborio rice
 1/2 cup dry white wine
 5 cups (or more) hot vegetable broth

1/2 cup grated parmesan cheese

Instructions

FOR LEEKS:

Bring leeks and cream to a boil in a medium saucepan. Reduce heat to medium and simmer until leeks are tender and cream is thick, stirring often, about 15 minutes. Season with salt and pepper.

FOR MUSHROOMS:

Preheat oven to 400 F. Toss all of the ingredients on a rimmed baking sheet. Sprinkle with salt and pepper. Roast until the mushrooms are tender and lightly browned around the edges, stirring occasionally, about 30-40 minutes.

FOR RISOTTO:

Melt 2 tablespoons of butter

in a heavy large saucepan over medium heat. Add onion and cook until softened, about 5 minutes. Add rice; Stir one minute. Add wine and stir until almost all liquid is absorbed, about 1 minute. Add 1 cup of broth. Simmer until broth is almost absorbed, stirring often, about 4 minutes. Add more broth, 1 cup at a time, allowing each addition to be absorbed before adding next and stirring often, until rice is tender and

mixture is creamy, about 20 minutes longer. Stir in leek mixture, mushroom mixture, remaining 2 tablespoons butter and parmesan cheese.

