

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

After a cooler than usual season, it would seem that summer has finally decided to arrive in full force. The warm weather this last week has been a pleasant boost to the crops and a bit of a shock to the system for the farmers who have grown accustomed to working in cool weather. Lunch-time dips in the pond have helped us stay cool.

New in your shares this week are peppers. The little plants are quite full of green fruit. We've been holding off harvesting them, hoping that some would turn colour for us, but there are just so many we thought we'd give you a taste of what's to come. Many people are unaware that green

peppers are actually the under-ripe version of coloured peppers. In cooler climates, it's challenging to make the peppers turn colour, but given enough heat units you will see red, yellow and orange peppers in your share in weeks to come. You will also notice a selection of hot peppers available as desired. There are various varieties and levels of hotness...ask us to tell you about them!

Also new in the share this week is arugula. This is our 3rd planting of arugula, but really the first to make it into your shares. Due to challenging flea beetle populations this spring, our first to plantings were munched excessively and

weren't really of good enough quality to put into the shares. Our patience has paid off and the arugula (and it's sister crop the mizuna) look beautiful and taste delicious.

In other garden news, we're starting to work up finished sections of the garden now to plant into cover crop for the winter. This will help to keep the weeds down and add nutrients to the soil for next year.

The garden's looking great these days, feel free to stop in and check it out.

Happy eating!

~caitlin

## THIS WEEK'S HARVEST:

- *Head Lettuce*
- *Salad Mix*
- *Arugula/Mizuna*
- *Beans*
- *Beets*
- *Carrots*
- *Bunch Onions*
- *Eggplant*
- *Green Peppers*
- *Cucumbers*
- *Summer Squash*
- *Garlic*
- *Kale/Swiss Chard*

## VEGGIE BIOGRAPHY

Eggplant!

The eggplant is a nightshade vegetable and is related to potatoes, tomatoes and peppers. Nightshade vegetables contain solanine, a chemical that may irritate some arthritis sufferers. Eggplants are high in Dietary Fiber, Folate, Potassium, Manga-

nese, Vitamin C, Vitamin K, Thiamin, Niacin, Vitamin B6, Pantothenic Acid, Magnesium, Phosphorus and Copper. Eggplant's ample bioflavonoids may be beneficial in preventing strokes and hemorrhages. The fruit contains the phytochemical monoterpene,

an antioxidant helpful in preventing heart disease and cancer. Eggplant may also prevent the oxidation of cells that leads to cancer growth.

Enjoy!

## WALNUT STUFFED EGGPLANT

### Ingredients

2 1-pound eggplants  
 1/2 pound tomatoes, chopped  
 1/4 pound cremini or button mushrooms, sliced  
 1 cup chopped onions  
 4 large cloves garlic, minced  
 2 teaspoons extra virgin olive oil  
 1 teaspoon salt  
 1/2 teaspoon ground cinnamon  
 Freshly ground black pepper  
 2/3 cup walnuts  
 1 6-ounce can tomato paste  
 3 heaping tablespoons capers,

well drained  
 2 to 3 small ripe tomatoes, sliced  
 Salt

### Instructions

Cut the eggplants in half lengthwise, slicing through the stem end. Using a curved, serrated grapefruit knife, scoop out the flesh, leaving a 1/4-inch (.5 cm) thick shell, and coarsely chop the flesh. Put the chopped eggplant into a large, deep skillet or flat bottom wok. Rub the inside

of the eggplant shells with a small amount of olive oil and place them on a baking sheet. Place the eggplant shells under the broiler and broil them 3 inches (7.5 cm) from the heat source for 5 to 10 minutes, until fork tender. Watch carefully to prevent burning. Remove the eggplant shells from the broiler and set them aside. Preheat the oven to 375 degrees (Gas Mark 5). Add the chopped tomatoes, mushrooms, onions, garlic,

olive oil, salt, cinnamon, and pepper to the skillet with the chopped eggplant, and cook and stir for 7 to 10 minutes, until the vegetables are tender. Coarsely grind the walnuts in a nutmill and add them to the skillet along with the tomato paste and capers. Mix well. Fill the eggplant shells with the vegetable mixture and top with tomato slices. Sprinkle with salt and pepper, and bake, uncovered, for 25 to 35 minutes.

## MADRAS PICKLED EGGPLANT

This recipe is a delicious was to preserve eggplant for winter use. We made a batch last year and finished it in no time. Wish we'd made more...

### Ingredients

2 lb eggplant (2 large)  
 3 tbsp white vinegar  
 2 large garlic cloves minced  
 2 tbsp chili powder

2 tsp ground ginger  
 2 tsp turmeric  
 1/4 cup canola oil  
 1 tbsp cumin seed  
 1 tbsp fenugreek seed  
 1 1/4 white vinegar  
 1 cup granulated sugar  
 2-4 finely chopped and seeded small hot red chile or jalapeno peppers

1/4 cup finely chopped ginger  
 2 tbsp pickling salt.

### Instructions

Cube unpeeled eggplant into bite-sized pieces and reserve. Combine 3 tbsp vinegar, garlic, chili powder, ginger, and turmeric in a small bowl to form a paste and reserve. Heat oil

over medium heat in a large skillet. Add cumin and fenugreek seeds and saute for 1 minute. Add eggplant and saute for about 10 minutes or until eggplant is just tender. Add reserved paste and 1 1/4 cups vinegar, sugar, chile peppers, ginger and salt. Stir over medium heat for about 5 minutes or

until boiling. Remove hot jars from canner and ladle pickles into jars with 1/2 inch of headspace. Process jars 15 minutes for half-pints and 20 minutes for pints. Makes 3 pints, but feel free to double it or more!

If you are new to canning, read up on proper techniques before starting out.

Enjoy!

