

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Well we have arrived mid-season with a bountiful early season under our belts and lots more to come.

The second half of the season is always a nice calm after the storm for us.

With almost everything in the ground (except a few late plantings of greens), and the weeds slowing down, we can relax a little bit and spend more time enjoying the fruits of our labour. This week we've been savouring the first of the tomatoes which should be making their appearance in your share next week.

This week there are many new veggies gracing your dinner table. The peppers have been growing steadily and while we save some varieties hoping they will

turn red, we happily harvested some sweet green peppers for you to enjoy. The eggplants have also been coming along nicely and we hope you enjoy the first harvest of these purple beauties. We grow both of these heat-loving crops on biodegradable black 'plastic' mulch. This mulch, made from cornstarch, helps to heat the soil around the roots and also works to suppress weeds giving the plants a head start on growing.

Another first in your shares this week is sweet corn.

The true vegetable of summer, the first planting of corn is sweet and juicy and ready to harvest. Corn is a finicky crop to grow as it requires careful attention to

harvesting time. A little too late and you have flavourless, starchy cobs on your hands. We work with Mapletons to grow sweet corn for your shares as they have the larger equipment required for larger plantings and we have the happy customers excited to eat tasty, organic sweet corn. We hope there will be a few weeks of corn still to come, so enjoy!

Finally, the summer squash and cucumbers continue to produce abundantly. Embrace it and look for some creative uses of them (carvings, projectiles...)

Happy eating!

~caitlin

## THIS WEEK'S HARVEST:

- *Garlic*
- *Carrots*
- *Beets*
- *Potatoes*
- *Onions*
- *Peppers*
- *Eggplant*
- *Sweet Corn*
- *Summer Squash*
- *Cucumbers*

## VEGGIE BIOGRAPHY

Peppers!

While the bell or sweet pepper is a member of the Capsicum family, it is the only Capsicum that does not produce capsaicin, a lipophilic chemical that can cause a strong burning sensation when it comes in contact with mucous mem-

branes. The lack of capsaicin in bell peppers is due to a recessive gene that eliminates capsaicin and, consequently, the "hot" taste usually associated with the rest of the family. Bell peppers are commonly eaten in their unripe, green stage but with time and heat will

all ripen to a red, orange, yellow, purple, or brown colour. Peppers can be eaten raw or cooked and are nice sautéed, grilled, or stuffed. Peppers are excellent sources of vitamin C and vitamin A, two very powerful antioxidants and also contain vitamin B6 and

folic acid. Unwashed sweet peppers can be stored in the vegetable compartment of the fridge for up to one week. Sweet peppers can be frozen without first being blanched. It is better to freeze them whole since there will be less exposure to air which can degrade both their nutrient content and flavor.

### Thanksgiving Turkeys for Sale

For the first time ever, reroot is offering turkeys for Thanksgiving dinner. Our turkeys are fed only non-medicated feed and lots of organic vegetables and bugs as they peck around our green pasture. They spend their days outside in the sunshine with unlimited access to green grass and roost inside a safe, dry trailer at night. Due to limited cooler space, we will be offering frozen turkeys this year.

**Available anytime after October 1st at \$4.50/lb**

**We only have 20 turkeys available for sale, so get your order in fast!**



## RATATOUILLE

1/4 cup olive oil  
2 onions, slivered  
3 bell peppers, cut into one inch squares  
2 eggplants, cut into 1/2 inch cubes  
2 zucchini, cut into 1/2 inch cubes  
4 cloves garlic, minced or crushed  
2 pounds tomatoes, chopped  
1 tablespoon minced fresh thyme

salt and pepper  
1/4 cup chopped fresh basil

Heat olive oil in a heavy soup pot on medium heat. Sliver onions and add to oil.

While the onions cook, chop the bell peppers and add them to the pot, stirring well.

Chop the eggplants and add to the pot, stirring well to coat the eggplant with oil. At this point all the olive oil will have

soaked into the eggplant, so you need to stir often to keep things from burning until they soften some.

Chop the zucchini and stir it in once the eggplant has softened a bit.

Chop the garlic and add to the vegetables, stirring well.

Chop the tomatoes and add them.

Mince the thyme and add it along with salt and pepper to

taste. Stir well and cook two minutes.

Turn down heat and cover the pot. Simmer until everything is soft and well blended - about 40 minutes.

Stir in basil and remove from heat.

Serves 4-6

## STUFFED GREEN PEPPERS

4 bell peppers  
Salt  
5 Tbsp extra-virgin olive oil  
1 medium yellow onion, peeled and chopped  
1 clove of garlic, peeled and chopped  
1 lb of lean ground beef  
1 1/2 cup of cooked rice  
1 cup chopped tomatoes, fresh or canned (if using can, drain of excess liquid first)  
1 tsp chopped fresh oregano or 1 teaspoon of dried oregano

Fresh ground pepper  
1/2 cup ketchup  
1/2 tsp of Worcestershire Sauce  
Dash of Tabasco sauce  
Bring a large pot of water to a boil over high heat. Meanwhile, cut top off peppers 1 inch from the stem end, and remove seeds. Add several generous pinches of salt to boiling water, then add peppers and boil, using a spoon to keep peppers completely submerged, until brilliant green

and their flesh slightly softened, about 3 minutes. Drain, set aside to cool. Preheat oven to 350 degrees F. Heat 4 tbsp of the oil in a large skillet over medium heat. Add onions and cook, stirring often, until soft and translucent, about 5 minutes. Add the garlic and cook a minute more. Remove skillet from heat, add meat, rice, tomatoes, and oregano, and season generously with salt and pepper. Mix well.

Drizzle remaining 1 tablespoon of olive oil inside the peppers. Arrange the cut side of the peppers up in a baking dish, then stuff peppers with filling. Combine ketchup, Worcestershire sauce, Tabasco sauce, and 1/4 cup of water in a small bowl, then spoon over filling. Add 1/4 cup of water to the baking dish. Place in oven and bake for 40-50 minutes.

Serves 4-6.