

THE REROOT REVIEW

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NOTES FROM THE FIELD

Fall is a love-it or hate-it season. Personally, I love it. Leaves changing, the arrival of football season and weather that's not only reasonable to, but ideal to perform some serious outdoor work.

In the past week, we focused on some major tasks that cleaned up our to-do list a bit. We secured the help from a local potato farmer to aid us in harvesting the whole lot of our crop. Don, the farmer, has a potato digging device that, when dragged behind his tractor, digs up the potatoes and deposits them on the top of the soil, so we can scamper about putting them in bags.

Hard, long work, but the

job got done, the day was gorgeous for being outdoors and we now have thousands of pounds (literally) of potatoes above ground, ready to be sold, stored and enjoyed over winter.

The potatoes can now join the shallots, onions and garlic as great storage crops for the winter. Along with simply storing crops to enjoy over the winter, another great option is canning, preserving and freezing some key veggies. We will be co-hosting a preserving workshop during the first week of October that promises to help those new to it (like myself!) start on the path to preserving all the bounties from summer and fall for the winter and spring.

A great (and delicious) example of preservation was introduced to me this week at our Tuesday pickup by one of our shareholders, Nathan Henderson. He brought us samples of his cayenne hot sauce, chili pepper hot sauce and tomatillo salsa. All were superb and sounded relatively simple to prepare. Being the salsa fan that I am, I hope to try making a few batches of salsa in hopes that it will take me through football watching season. Now all I need is a recipe for organic tortilla chips and I'll be all set.

Enjoy the grub this week.

Be Healthy and Keep Well,
Vince...

THIS WEEK'S HARVEST:

- *Onions*
- *Carrots*
- *Salad Mix*
- *Potatoes*
- *Peppers*
- *Tomatoes*
- *Head Lettuce*
- *Squash*
- *Leeks*
- *Garlic*
- *Kale/Chard*

VEGGIE BIOGRAPHY

Potatoes!
Along with tomatoes and squash, potatoes are native to South America. The potato was slow to be adopted by early settlers to North America partly because many were profoundly suspicious of any vegetable not mentioned in the Bible. The potato enabled cheap

labour during the European industrial revolution as people could eat self sufficiently on a relatively small piece of land. Ontario potatoes are classified as long, round whites, round reds, or sweet. All are an excellent source of potassium, a good source of Vitamin C and a source of fibre

and folacin. Store in root cellar or at 7 to 10°C, out of direct light. (Light can cause potatoes to turn green and sprout.) Loosely cover with clean burlap or ventilated plastic and ensure good air circulation.

Pasture-Raised Chickens and Turkeys

Chickens and turkeys raised on green grass and sunlight are now available hand-raised with loving care by reroot. Our 2nd batch of chickens are ready now and our turkeys will be ready anytime after October 1st. We'd be happy to bring you one or a few to the next pick-up...just let us know.

Chickens, 3-5lbs, \$4/lb

**Turkeys, 15-25lbs,
\$4.50/lb**

Storage Crops for Sale

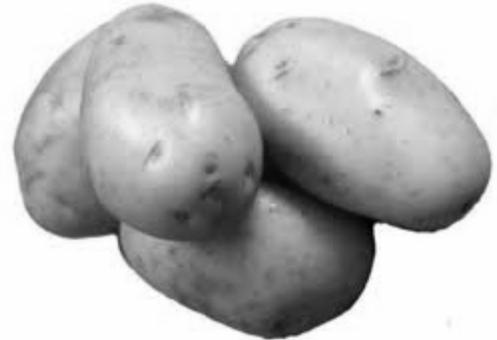
Here at reroot we have tons of storage crops available to keep you healthy and happily eating through the winter months. We planted lots of squash, onions, shallots and potatoes and plan to dish them out to you over the remaining CSA harvests. If you'd like some extra to put away for winter eating, just let us know.

Squash- \$25/bushel

Onions- \$0.75/lb

Potatoes- \$35/50lb bag

Shallots- \$2/lb



VITELLO TOSCANA OVER GARLIC MASHED POTATOES

Ingredients:

Vitello Toscana:

- 2 tbsp each olive oil and butter
- 2 medium onions, sliced
- 2 tbsp all-purpose flour
- 1 tsp salt
- 1/4 tsp freshly ground pepper
- 6 fillet beef steaks or pork chops
- 1/2 cup dry white wine
- 2 cups sliced mushrooms
- 2 cups stewed tomatoes
- 1 lemon, sliced
- sliced pimento-stuffed olives

Ingredients:

Garlic Mashed Potatoes:

- 3 large potatoes, peeled and cut into small pieces
- 4 cloves garlic, sliced
- 1/4 cup milk
- 1 tbsp butter
- 1/4 tsp salt
- pinch freshly ground pepper

Preparation:

In large nonstick skillet, heat 1 tbsp each of the oil and butter over medium-high heat. Add onions and cook 5 minutes until softened; remove.

Combine flour, salt and pepper; coat veal chops in mixture. Add remaining oil and butter to skillet; brown chops on both sides. Add cooked onions, wine, mushrooms, tomatoes and lemon slices.

Cover and cook on medium heat 15 minutes until veal is tender. Serve over Garlic Mashed Potatoes. Garnish with sliced olives.

Cook potatoes and garlic in boiling water 15 minutes until tender; drain well. Mash and beat in milk, butter, salt and pepper.

EGGS COOKED ON SPICY POTATOES

Ingredients:

- 3 tbsp olive oil
- 1 onion, chopped
- 1 small sweet red pepper
- 2 cloves garlic, minced
- 4 potatoes, cut into 1/4-inch to 1/2-inch cubes
- 1/2 cup water
- 2 tbsp tomato paste
- 1/2 tsp hot pepper sauce
- 4 eggs
- Chopped fresh coriander or parsley

Preparation:

In large skillet, heat oil over medium heat; cook onion until wilted, about 5 minutes, stirring often. Add red pepper; cook for 3 minutes, stirring occasionally. Stir in garlic and potatoes, to coat with oil. Stir together water, tomato paste and hot pepper sauce; stir into potato mixture.

Reduce heat, cover and cook until potatoes are tender, 20 to

25 minutes. Season with salt and pepper to taste.

Increase heat slightly. Break eggs, one at a time, into cup and slip into skillet on potato mixture, spacing evenly. Cover and cook until white is set, about 5 minutes. Sprinkle with coriander.

Food Preservation Workshop

Wednesday, October 6th

5:30pm

The Food School
at Fergus High School
Hosted by Chef Chris Jess

Come out and learn about a variety of ways to preserve food for winter consumption. A complimentary workshop for reroot organic CSA members. Please RSVP so we know how many to expect.