

# THE REROOT REVIEW

VOLUME 4, ISSUE 17

SEPTEMBER & OCTOBER 2010

## NOTES FROM THE FIELD

The days and weeks on the farm have begun to jumble. Not just in terms of dates and times, but in terms of how our days are beginning to be structured. At this point of the season we have a lot of projects on the go and although our to-do list compared to the beginning of the season is waning, we're finding the tasks on that list are larger in undertaking.

This week brought a number of exciting events. This morning we took our pasture-raised turkeys into the processing plant to ensure that we would have organic turkeys to offer at Thanksgiving. I'm really looking forward to trying one of these with my family over the holiday weekend.

Along with that exciting news, we have also officially planted the first crop on Caitlin's new farm, which next year will be the new growing area for reroot and the CSA. Transitioning from one farm to another (especially one that has to be prepped to grow on) is a juggling process I'm finding out, but it's going very well so far. There's now 125lbs of garlic seed in the ground, ensuring (we hope!) a bumper crop of this popular veggie for next year.

There's also been a second extracting of honey from the bee hives that are being kept at the farm. Not as much honey as the last batch, but certainly a nice enough haul. We've had a lot of great feedback from

shareholders and market customers on both the honey and the free-range, organic eggs we've been offering so keep the feedback coming and we'll (try) to keep ample supplies as long as we can.

In addition to those two goodies, we've also had the ability to offer delicious maple syrup harvested from nearby maples in the spring. Shareholders and market customers alike have so far loved quality and the quantities offered so far, so keep letting us know what works and what doesn't and we'll keep trying new things.

Until next week,

Be Healthy & Keep Well,

Vince...

## VEGGIE BIOGRAPHY

**Onions!**  
The onion originated in Asia; the first written record appeared in Mesopotamia (now part of Iraq) dated 2400 BC. It spread throughout the world and was for centuries regarded as a poor person's fare, eaten raw with a

chunk of bread. Onions are high in Vitamin C, along with being very high in anti-platelet adhesiveness, therefore helping to prevent thrombosis and being very good for those suffering from high blood pressure. This goes along with their ability to lower

blood sugar and helping to prevent cardiovascular disease. Store in the mesh bags they're sold in for maximum air circulation. If kept cool, dry, and in the dark, they should last well for a few months.

## THIS WEEK'S HARVEST:

- *Onions*
- *Carrots*
- *Salad Mix*
- *Potatoes*
- *Peppers*
- *Fennel*
- *Pie Pumpkins*
- *Squash*
- *Leeks*
- *Garlic*
- *Celery*
- *Jack-o-lanterns*

### 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**

**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.

**BAKED ONION SOUP WITH ALE AND CHEDDAR****Ingredients:**

4 Onions  
2 tbsp butter  
1 cup beer  
3/4 tsp dried leaf thyme  
1/2 tsp **each** of granulated sugar and Worcestershire sauce  
2 cans (each 10 oz) beef broth  
1 soup can (10 oz) water  
Salt and pepper  
6 slices crusty bread  
1 1/2 cups grated old Cheddar Cheese  
1/3 cup grated Parmesan cheese  
1/3 cup sour cream

**Preparation:**

Peel and slice onions about 1/4 inch thick. In large wide saucepan, melt butter over medium heat; cook onions, separating into rings and stirring frequently, until starting to turn golden brown, about 10 minutes. Add beer, thyme, sugar and Worcestershire sauce; increase heat to medium-high and boil, uncovered and stirring often, until liquid is reduced by half, 5 to 8 minutes. Stir in undiluted beef broth and water.

Cover, reduce heat and simmer for 5 to 10 minutes to develop flavours. Season to taste with salt and pepper.

Toast bread on baking sheet until lightly toasted. Meanwhile, stir together Cheddar and Parmesan cheeses and sour cream. Ladle soup into 6 heatproof soup bowls or individual casserole dishes (soup does not have to be hot), leaving space for toasts; place on baking sheet.

Spread cheese mixture over toasts; float on each bowl of soup. Bake in 450°F (230°C) oven until cheese is golden and soup bubbles, 13 to 18 minutes. Serve immediately.

Serves 6.

**BAKED ONION ROUNDS****Ingredients:**

2 tbsp Dijon mustard  
1 tbsp vegetable oil  
1 tbsp Honey  
1-1/2 tsp dried sage leaves, crumbled  
1/2 tsp salt  
4 medium Onions

**Preparation:**

In small bowl, combine mustard, oil, honey, sage and salt. Slice onions crosswise into 1/2-inch (1 cm) thick slices. Place in single layer in greased 13-x 9-inch (3 L) baking dish. Brush generously with mustard mixture. Cover with foil and bake in 425°F (220°C) oven for 15 minutes. Uncover and bake for 10 to

15 minutes longer or until tender.

Serves 4.

\*Try this recipe out with some of reRoot's own onions and honey! And better yet, these onion rounds go great with pasture-raised chicken!\*