

THE REROOT REVIEW

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NOTES FROM THE FIELD

Happy Thanksgiving!

I hope you all have fabulous plans to celebrate the harvest season with friends and family. Thanksgiving is my absolute favourite holiday, with beautiful autumn colours, giant delicious meals and time to relax with family. As a harvest celebration, it is also near and dear to my heart as a farmer and, maybe most importantly, it symbolizes the nearing end of a very busy growing season.

This week in your share we've attempted to give you all the fixings for a great Thanksgiving feast with some old stand-bys like potatoes and carrots and some more obscure root vegetables like celeriac

and rutabaga. Be adventurous this holiday and serve your family something new. Try the recipes on the back of the newsletter!

The garden is most definitely winding down now. We had our first frost last week which is later than normal for this area. Frost puts an end to many of the sensitive crops we grow such as summer squash, eggplant and peppers. Fortunately, Vince and I spent a few hours in the garden stripping these plants of their fruit before the cold weather arrived so we have a good stash to offer you in the next couple weeks.

We've also been busy tidying up the garden and putting it to bed for the winter.

Yesterday we spend hours removing the irrigation lines from the field and shortly we'll be pulling all the tomato vines from the greenhouse and cleaning it up so that it's ready to use next year.

In other news, reroot is participating in an exciting event on October 14th called Savour the Flavours of Minto. It is a food sampling event featuring dishes grown by local farmers and prepared by local chefs. It promises to be a delicious evening. Tickets are \$15 in advance and \$20 at the door.
www.savourtheflavours.ca

happy eating!

~caitlin

THIS WEEK'S HARVEST:

- *Onions*
- *Carrots*
- *Beets*
- *Potatoes*
- *Peppers*
- *Pie Pumpkins*
- *Squash*
- *Celeriac*
- *Garlic*
- *Rutabaga*

VEGGIE BIOGRAPHY

Celeriac!

The flavour of celeriac is like mild celery, quite sweet with a slightly nutty taste.

Celeriac has long been recommended in traditional Chinese medicine as a natu-

ral blood purifier and as beneficial for high blood pressure, due to high levels of phthalides.

To prepare celeriac, use a sharp knife to carefully peel the tough outer layer before eating.

Celeriac can be eaten raw in salads or coleslaw or cooked in a variety of dishes. Celeriac can be mashed, boiled, chipped, and stir fried. Some good ideas include celeriac and apple soup or mild spiced celeriac oven chips.

A note to Elora Shareholders...

The final 2 weeks of the CSA pick-ups, Saturday October 16th and 23rd will be held at the home of the Elora Winter Farmers' Market at the Grand River Raceway. Follow the signs to the new indoor location! Same time, different place.

See you there!

End-of-Season Potluck

Sunday, October 24th, 2-5pm

Mapletons Organic Dairy

Come and celebrate a bountiful harvest season with your farmers and fellow shareholders at reroor organic CSA. Bring a dish to share, plates and cutlery, and the whole family.

2pm— jack-o-lantern carving

3:30pm— early dinner

See you there!



CELERIAC MASHED POTATOES

Ingredients

3 cups 1/2-inch dice peeled celeriac (celery root; from about one 18-ounce celeriac)

1 12-ounce russet potato, peeled, cut into 1 1/2-inch chunks (about 2 1/2 cups)

1/4 cup whipping cream

2 tablespoons (1/4 stick) butter

Preparation

Cook celeriac in large saucepan of boiling salted water 15 minutes.

Add potato and boil until celeriac and potato are very tender, about 15 minutes longer.

Drain.

Return to same saucepan; stir over medium-high heat until any excess liquid in pan

evaporates, about 2 minutes. Add cream and butter; mash until mixture is almost smooth. Season to taste with salt and pepper.

HONEY PUMPKIN LOAF

Ingredients:

2 eggs

1/2 cup liquid honey

1/2 cup brown sugar

1/2 cup vegetable oil

1 cup cooked pumpkin

1 1/2 cups sifted all-purpose flour

1 tsp baking soda

1 tsp baking powder

1/4 tsp salt

1/4 tsp allspice

1/4 tsp nutmeg

1/2 tsp cinnamon

1 cup chopped walnuts (optional)

Instructions

Preheat oven to 325F. Beat eggs, add honey, brown sugar, oil and pumpkin. Beat well. Sift together flour, baking powder, baking soda and spices. Add to liquid mixture and mix until blended. Fold in nuts. Pour batter into greased loaf pan and bake for about 1 hour. Cool 10 minutes before removing from pan.

