

THE REROOT REVIEW

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NOTES FROM THE FIELD

This about wraps up the season, internship and overall fantastic experience I've had at reroot over the summer and fall. I've gained a lot of knowledge, hands-on experience, enjoyed the outdoors, made a wonderful plethora of new friends (which include all of you!) and most of all, felt like I've truly contributed to something good.

I can't stress enough to any of you that if you, yourself, or someone you know is interested in farming, simply to try it out or as a total

career change, then volunteering or doing an internship is the way to go. I could have read any number of books on organic farming but there's nothing quite like just jumping right into it and experiencing and learning it first-hand. It's hard work, but good work. And most of all satisfying work in any and every facet of it.

I hope to come back to reroot next year whenever I can find a free day, weekend or week and lend Caitlin a hand with the exciting

new plans for her farm. Hopefully I'll see all of you along the way sometime at markets and pickups. It's been a true pleasure meeting and getting you know all of you and please don't hesitate to drop me an e-mail anytime and we can catch up. Until then, have a safe and eventful fall, winter and spring.

Be Healthy, Keep Well & Keep in Touch!

Vince...

THIS WEEK'S HARVEST:

- Carrots
- Beets
- Onions
- Shallots
- Potatoes
- Winter Squash
- Spinach
- Chinese Cabbage
- Pie Pumpkins
- Kale

A FAREWELL FROM YOUR FARMER

With my fourth season of farming at Mapletons' under my belt, I wanted to take this opportunity to thank all of you shareholders for your support of local food and farming. It has been an amazing experience growing nutritious and fresh produce for you and your families and I'm continually honoured that you have chosen me to provide this important service to you.

My time and experience working the fields at Maple-

tons and learning through trial and tribulation has paid off, and in 2011 I will be farming my own land at a newly purchased farm in Harriston. There will be some changes and some growing pains associated with this move, but I am ecstatic to have a farm of my own and be able to further grow and expand reroot organic CSA and my associated farm businesses. I plan to spend the winter months working out CSA pick-up locations that will

be convenient for all and will be in touch with you in January. I hope to see you all back in 2011 for another fabulous growing season. In the meantime, feel free to stop by my new place, 5642 11th Line, the first concession outside of Harriston towards Clifford. We'll have eggs and a few other treats available throughout the cold winter months and would love to show you around!

~caitlin

Harvest Potluck

Sunday, October 24th,
2-5pm

Mapletons Organic Dairy
Come and celebrate a bountiful harvest season with your farmers and fellow shareholders at reroot 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!

SPICY CHICKEN AND SQUASH STEW

A green salad and some crusty bread is all that's needed for a delicious supper, but there's enough sauce to have rice as part of the menu.

Ingredients:

2 tbsp (25 mL) paprika

1 tsp (5 mL) each dried thyme and dry mustard

1/2 tsp (2 mL) each cayenne and ground cloves

1/4 tsp (1 mL) each salt and pepper

4 chicken legs, separated into thighs and drumsticks

1 tbsp (15 mL) vegetable oil

2 onions, sliced

2 cloves garlic, minced

1 tbsp (15 mL) minced fresh gingerroot (or 1 tsp/5 mL powdered ginger)

1 can (14 oz/398 ml) tomatoes, chopped

2 tbsp (25 mL) each packed brown sugar and soy sauce

1 butternut or 2 acorn squash, peeled and coarsely cubed (7 cups/1.750 L)

1 tbsp (15 mL) cornstarch

chopped fresh parsley

Preparation:

In large bowl, combine paprika, thyme, mustard, cayenne, cloves, salt and pepper; add chicken and roll to coat well. In large deep skillet or shallow saucepan, heat oil

over medium heat; brown chicken well, in batches, removing to plate.

Pour off all but 2 tbsp (25 mL) drippings from pan. Add onions, garlic, ginger and any remaining spices in bowl; cook, stirring, for 5 minutes. Stir in tomatoes, 1/2 cup (125 mL) water, brown sugar and soy sauce. Bring to boil, scraping up any brown bits from bottom of pan.

Return chicken and any juices to pan; add squash. Reduce heat, cover and simmer for about 35 minutes or until squash is tender and juices run clear when chicken thigh is pierced.

Dissolve cornstarch in 2 tbsp (25 mL) cold water; stir into stew and cook, stirring, until thickened. Taste and add more salt and pepper if needed. Serve sprinkled with parsley.

EASY SQUASH RISOTTO

Traditionally this creamy Italian rice dish requires liquid to be added gradually and stirred constantly, which is rather labor intensive for today's busy cooks. Try this easier version that is only stirred when squash is added. Serve as first course, main dish or side dish with grilled meats or fish.

Ingredients:

2 tbsp (25 mL) olive oil

1 onion, chopped

2 cloves garlic, minced

1 1/2 cups (375 mL) Italian short-grain rice (e.g. Arborio)

4 cups (1L) chicken broth

1 tbsp (15 mL) white wine vinegar, cider vinegar or rice vinegar

1 tsp (5 mL) dried sage

1/2 tsp (2 mL) each salt and dried thyme

1/4 tsp (1 mL) Pepper

4 cups (1L) large bit-size pieces peeled butternut or buttercup squash

1/2 cup (125 mL) light or half-and-half cream

1/2 cup (125 mL) grated Parmesan cheese

1/4 cup (50 mL) minced fresh parsley (optional)

Preparation:

In large saucepan, heat oil over medium heat; cook onion and garlic, stirring for 2 to 3 minutes. Add rice; cook, stirring, for 2 to 3 minutes.

Stir in chicken broth, vinegar, sage, salt, thyme and pepper; bring to boil. Cover and reduce heat to medium-low; cook for 5 minutes. Stir in squash; simmer for 15 to 18 minutes or until squash and rice are tender but still slightly firm.

Stir in cream (rice should be moist and creamy). Serve immediately topped with cheese and parsley. (If rice gets dry upon standing, add a little more chicken broth.)

