

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Greetings all,

This past week was full of adventure, both on and off the field. On Wednesday, we took our last batch of meat chickens to the slaughterhouse— just in time for the county-wide tornado warning! The night was windy and rainy, and we stayed tuned to the radio listening to reports of funnel clouds in Mt. Forest, and tornado sightings in Shelburne. We decided to calm our tornado anxiety with a hearty game of Settlers of Catan. At the end of the night, Caitlin had won the game, and we had averted disaster— no tornado!

Back to the field... our sweet corn is growing big

and tall. Yvonne was certain that it was ready so she picked off a cob and tried it. The verdict— almost but not quite. Next door, little pumpkins and butternut squashes are popping up everywhere, signaling the end of summer. Almost time for the annual squash toss!

Last but not least, we had our big barn bash this past Saturday! Thanks to all our CSA members that made it out to the farm. Everyone had a chance to tour the garden and gawk at the animals. Afterwards, we had a fabulous potluck feast and an awesome musical act in the barn, then capped off the night with a big bonfire.

I'm off to another farm at

the end of the month, as my 4-month internship with reroot is coming to an end. I want to thank all the people I've met out here, including CSA members, fellow farmers, and of course Caitlin and Yvonne! It's been a humbling learning experience and I feel really lucky to have been a part of Caitlin's inaugural year on this land....and I've had a diet fit for a queen! Thanks everyone!

All the best,

Anita

## THIS WEEK'S HARVEST:

- *Tomatoes*
- *Zucchini*
- *Cucumber*
- *Sweet Onions*
- *Carrots*
- *Potatoes*
- *Green Peppers*
- *Garlic*
- *Melon*
- *Leeks*
- *Kale, Chard*
- *Herbs*

## VEGGIE BIOGRAPHY

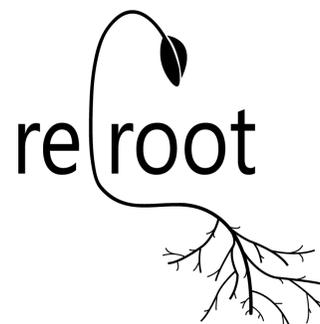
Potatoes!

This starchy, tubular member of the nightshade family is a staple of the North American and European diet and the fourth largest food crop in the world. Originally cultivated by the Incas in Peru, the potato

had many functions at the time, including healing broken bones and curing indigestion!

The most fascinating thing about potatoes are the way they grow. First, a seed potato is planted in the ground. From its "eye", the potato plant sends a shoot

up to the surface and develops leaves and branches. This allows several tubers to grow underground, each tuber yielding a new potato. When the leaves of the plant die off, you can dig underground and find a whole cluster of new potatoes, ready and waiting!



## POTATO DAUPHINOISE

### INGREDIENTS

- 500g Potatoes (King Edward or Desiree)
- 200ml Double Cream or Creme Fraiche
- 100ml Semi-Skimmed or Skimmed Milk
- 1 Crushed garlic Clove
- 50g Grated Gruyere Cheese

### INSTRUCTIONS

Preheat the oven to 180C/gas mark 4  
Place the thinly sliced potatoes in a bowl of cold water, this will prevent them from browning, then rinse the slices and pat dry with kitchen paper

Add the cream or crème fraîche, milk (semi-skimmed or skimmed for a lower calorie meal) and the crushed garlic into a large saucepan. Bring to a gentle simmer and add the potato slices, cover the saucepan and then simmer for 10 minutes or until just tender. Season well.

Empty the contents of the saucepan to a

greased ovenproof dish; sprinkle the cheese over the top. Pop in the oven for 25 minutes or until golden

## INDIAN EGGPLANT AND POTATO CURRY

### INGREDIENTS

- 4 medium eggplants sliced
- 4 medium potatoes peeled and sliced
- 4 medium tomatoes sliced
- 1 teaspoon(s) each of red chilli, turmeric, coriander and cumin powders
- 1 teaspoon garam masala powder (optional)

- 4 tablespoons oil
- 4 cups water
- sugar and salt to taste
- finely chopped coriander leaves to garnish

### INSTRUCTIONS

Heat oil in a pan. Add the tomatoes, spices and little sugar. Fry on medium heat for 3 minute(s) till the tomatoes are soft.  
Add potatoes and eggplants. Fry again for

about 5 minutes.

Add the water and cook covered on medium / low heat for 4 minutes or till the vegetables are cooked. Garnish with finely chopped coriander leaves before serving.

## HORSERADISH POTATO DILL SALAD

### INGREDIENTS

- 1 pound small red potatoes
- 1/4 cup water
- 2 tablespoons mayonnaise
- 2 tablespoons plain yogurt
- 1 teaspoon Dijon-style mustard
- 1 teaspoon balsamic vinegar
- 1 teaspoon drained bottled horseradish, or to taste
- 2 tablespoons minced fresh dill
- 1 large carrot, shredded coarse (about 1 cup)
- 1/4 cup finely chopped red onion

### INSTRUCTIONS

In a microwave-safe bowl combine the potatoes, cut into 1-inch pieces, and the water and microwave the potatoes, covered with microwave-safe plastic wrap, at high power (100%) for 6 to 8 minutes, or until they are tender. Let the potatoes stand, covered, for 3 minutes, drain them, and let them cool completely. In a bowl whisk together the mayonnaise, the yogurt, the mustard, the vinegar, the horseradish, the dill and salt and pepper to taste, add the carrot, the onion, and the potatoes, and toss the salad until it is combined well.