

THE REROOT REVIEW

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NOTES FROM THE FIELD

There's been a definite chill in the air over the last week or so, and a couple mornings I've even resorted to sporting long johns as we head out in the chilly mornings. It's a reminder that fall is just around the corner and with the changing of the seasons come a whole new variety of vegetables in the harvest.

We're hoping the frost will hold off another few weeks and allow us to continue enjoying the sensitive crops like tomatoes, eggplants, peppers, and zucchini (although likely many of you are praying for a frost to end the zucchini harvest!). The first frost of the season often occurs during the full moon in September so if that's the case we

should be good for another couple weeks.

As the weather cools some of the new crops you'll be seeing your share include squash, pumpkins, celeriac, rutabaga, and parsnips. We had also grown some beautiful Brussels sprouts which unfortunately have been ravaged by the cabbage moths that have been hanging around the garden. If they recover, you may see them in your box too!

This week marks our first week of sweet corn and boy is it good! We had a few cobs for lunch yesterday and all agree it's the best corn we've ever eaten! We planting ours a little later this season...many farmers get it in as soon as the

ground is workable. Since we do not use fungicide treated seed, it is important to wait until the ground has warmed up to ensure the seed will germinate and not just rot in the cool moistness. We expect to have another couple weeks of corn for you to enjoy.

With the changing season, there are also some changing faces around reroot organic farm. Anita has left us to embark on other pursuits and soon Glynis, our fabulous WWOOFer from the spring will be returning to help us with the fall harvests.

happy eating!

~caitlin

THIS WEEK'S HARVEST:

- *Tomatoes*
- *Zucchini*
- *Cucumber*
- *Sweet Onions*
- *Peppers*
- *Cabbage*
- *Sweet Corn*
- *Eggplant*
- *Garlic*
- *Melon*
- *Leeks*
- *Swiss Chard*
- *Herbs*

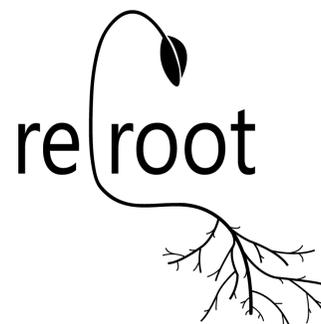
VEGGIE BIOGRAPHY

Tomatoes!

Nothing beats a juicy succulent tomato straight out of the garden. Ranging in size from tiny cherry tomatoes to heirlooms as big as your face and in a whole rainbow of colours, tomatoes excite people more than any other

crop we grow. Tomatoes are full of lycopene, an antioxidant and cancer-preventing carotenoid. Organic tomatoes have been proven to contain much higher levels of this beneficial nutrient. Tomatoes are best eaten fresh and raw but can also be added to many

dishes and preserved. To can tomatoes, remove the skin by blanching them for 30 seconds and then dunking them in cold water. The skin slides right off. For people who have trouble eating tomatoes, try yellow tomatoes, they have less acid content.



FRESH TOMATO CILANTRO SALSA

INGREDIENTS

- 3 tablespoons finely chopped onion
- 2 small cloves garlic, minced
- 3 large ripe tomatoes, peeled and seeds removed, chopped
- 2 hot chili peppers, Serrano or Jalapeno, finely chopped
- 2 to 3 tablespoons minced cilantro
- 1 1/2 to 2 tablespoons lime juice

- salt and pepper

INSTRUCTIONS

Put chopped onion and garlic in a strainer; pour 2 cups boiling water over them then let drain thoroughly. Discard water. Cool.

Combine onions and garlic with chopped tomatoes, peppers, cilantro, lime juice, salt, and pepper. Refrigerate for 2 to 4 hours to blend flavors. Makes about 2 cups of salsa.



FRESH TOMATO, RED BELL PEPPER & BLACK BEAN CHILLI

INGREDIENTS

- 4 -6 tablespoons oil
- 2 lbs ground beef (or use 1 pound ground beef and 1 pound ground pork)
- 1 lb sirloin (cut into 1-inch cubes)
- 2 tablespoons fresh minced garlic
- 2 large onions, chopped
- 2 cups water
- 2 tablespoons cumin
- 2 tablespoons chili powder
- 2 teaspoons dried oregano
- salt
- 1 teaspoon cayenne pepper
- 2 teaspoons dried chili pepper flakes (optional add in for more heat)

- 3 (6 ounce) cans tomato paste
- 3 teaspoons sugar
- 3 cups fresh tomatoes, diced
- 2 red bell peppers, seeded and chopped
- 3 cups canned black beans, drained
- 3 cups beef broth
- grated cheddar cheese
- sour cream

INSTRUCTIONS

Heat oil in a heavy large pot over medium-high heat; add in beef cubes; cook, stirring with a wooden spoon until slightly browned on all sides, (about 10 minutes). Add in the

ground beef, onions, garlic, cumin, chili powder, oregano, salt and cayenne pepper (and dried chili flakes if using); cook for about 10 minutes. Add in the water; bring to a boil, reduce heat and simmer for 15 minutes stirring occasionally. Add in the tomato paste, sugar, chopped tomatoes and red bell peppers; cover and simmer for about 1 hour. Uncover and simmer over medium heat for about 30 minutes. Add in the black beans and beef broth (about 1/2 cup at a time to thin out the sauce to desired consistency) cook/simmer for another 20 minutes (or more). Ladle into bowls and top with grated cheddar cheese or sour cream, or both.

KENYAN STYLE KALE AND TOMATOES

INGREDIENTS

- 2 teaspoons canola oil
- 1 yellow onion, chopped
- 1 jalapeño, stemmed, seeded and finely chopped (optional)
- 3 ripe but firm tomatoes, cored and chopped
- 2 bunches kale (about 1 pound total), ribs removed, leaves thinly sliced
- 1/2 cup water

- 2 tablespoons lemon juice
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

INSTRUCTIONS

Heat oil in a large pot over medium heat. Add onion and jalapeño (if using) and cook, stirring often, until softened and golden brown, 7 to 8 minutes. Add tomatoes and cook un-

til collapsed and juicy, about 10 minutes more.

Add kale, water, lemon juice, salt and pepper, toss once or twice, cover and simmer, stirring occasionally, until kale is tender and flavors have come together, 10 to 15 minutes. Spoon into bowls and serve.