

THE REROOT REVIEW

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NOTES FROM THE FIELD

Back at reroot again!

I have returned on the other side of summer and the farm has been transformed. My backyard is full of delicious organic vegetables and I feel extravagantly wealthy and spoiled. In my first week back the landscape has already seen change. The neighbouring bean fields are turning from vibrant green and yellow to a more subtle golden wheat, and the backdrop of forest green trees are beginning to hint at the colours to come.

Some of my favourite tasks right now are the quiet ones, where I sit in the barn and shuck garlic or trim onions while looking through the open barn wall onto the fields, the animals

and the changing skies. I look behind me and the dogs are sleeping in the hay with the sound of sparrows chirping in the rafters. It is a nice contrast to madly picking potatoes in a race against the coming rain, or hauling stones onto the rumbling tractor in preparation for next year's garden.

I am very happy to see the butternut squash I seeded are doing so well, for some reason I was especially proud of them when they were still in the greenhouse. Perhaps because they are one of my favourite vegetables (though technically a fruit), and this week you will get to share in this joy with me!

The swiss chard is looking

especially vibrant, and I love the smell of the leeks as we lift them from the ground and trim back their leaves. Caitlin tells me leeks can stay in the ground right through the winter, and I am daydreaming about walking out into the field in March and harvesting myself some soup.

In other news, there has been an influx of people coming and going this week, including the CSA members who have ventured into the garden to pick the abundant tomatoes.

I hope you enjoy this weeks veggies as much as I do. It is good to be back.

Slainte!

~Glynis

THIS WEEK'S HARVEST:

- Tomatoes
- Leeks
- Potatoes
- Onions
- Peppers
- Head Lettuce
- Butternut Squash
- Garlic
- Radicchio
- Swiss Chard/Kale
- Herbs

VEGGIE BIOGRAPHY

RADICCHIO

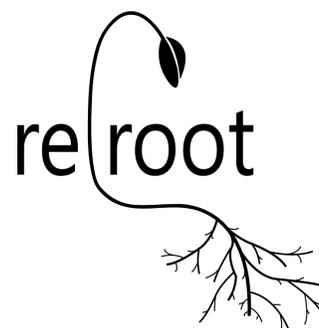
This purple cabbage-like vegetable, pronounced ra-DEE-kee-oh, is actually a member of the chicory family and closely related to the endive. Hailing from the Veneto province of Italy, radicchio's history stretches

back to ancient times where it was praised for its medicinal properties in Pliny the Elder's *Naturalis Historia* (c. 77-79 CE).

Radicchio's bitter flavour is well complimented by sweet ingredients, fresh in salad, the inner leaves being

best suited for this purpose. When cooked, the bitterness is quieted and the radicchio's natural sweetness is brought out, well partnered with balsamic vinegar or lemon, butter and olive oil.

Buon appetito!



PIZZA/FOCACCIA WITH REROOT VEGETABLES!

The swiss chard is electric orange, pink and white, yellow, purple, every colour under the moon! I am reminded of the focaccia (that everyone called pizza) I used to bake at Dufferin Grove Park in Toronto.

We would caramelize sweet onions and chopped chard stalks, then make a paste of olive oil, garlic, herbs and salt, and saturate the chard leaves.

On the pizza dough, we'd start with the onions/stalks, then the leaves, then top with anything from feta

cheese and tomatoes, to thin slices of sautéed potatoes (cut with a cheese slicer). Throw some leeks and radicchio with the onions, or diced peppers saturated in the garlic oil!

We had the luxury of a wood-fired oven... but if you're bored of the ol' kitchen stove (bake at 450-475) you could always try grilling your focaccia on the BBQ or over hot coals!

PIZZA DOUGH

2 tsp active dry yeast

1 cup warm water
1 Tbsp honey
2 cups flour
2 Tbsp olive oil
Salt

Proof yeast in warm water with honey until frothy.

Combine with other ingredients and knead until slightly sticky. Let rise in a warm place until doubled before rolling out.

Build pizza then bake until crust is golden brown.

ROASTED RADICCHIO WITH CHEESE AND BALSAMIC VINEGAR

Enjoy this dish with Gorgonzola, Brie, Swiss, aged Cheddar or smoked Gouda.

1 medium head of radicchio, cut into 2-inch wedges
1/4 cup olive oil
salt
pepper
balsamic vinegar

4-6 ounces sliced cheese

Preheat the oven to 400.

In a baking dish, coat radicchio generously with oil in a single layer. Season with salt and pepper.

Bake for 20 minutes, turning wedges once. Drizzle with balsamic vinegar and

top with slices of cheese. Return to oven for about 5 minutes, or until cheese is melted.

Place on a bed of risotto and devour!

SALAD WITH RADICCHIO, APPLES & ROASTED PINE NUTS

The season has arrived for the first fresh apples! This salad can be made with any apple, and the pine nuts can be traded for almond slivers, chopped walnuts or pecans. If you want to be really extravagant, why not try a combination!

inner leaves of radicchio, coarsely grated or finely chopped into strips

1 apple, chopped into small cubes.
lettuce
raisins or dried cranberries, as desired
olive oil
goat cheese (optional)
1/4 cup pine nuts
2 cloves fresh garlic, peeled and

thinly sliced

DRESSING:

1/4 cup olive oil
balsamic vinegar to taste
4 Tbsp honey or maple syrup
1 Tbsp Dijon mustard
salt & pepper

Heat the oil in a skillet on medium high. Add the garlic and pine nuts, stirring constantly until pine nuts begin to brown in spots, about 3 minutes.

Combine lettuce, radicchio, apples and raisins in a large salad bowl.

Serve salad and top with garlic and pine nuts. Drizzle the dressing over the salad and garnish with goat cheese if desired.

