

THE REROOT REVIEW

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NOTES FROM THE FIELD

Greetings All,

Last week proved to be an exciting week at reroot, filled with interesting field trips and firsts.

On Monday, we visited Caitlin's friend Ahren, who has a shitake mushroom operation in nearby Neustadt. We got to see Ahren's 900 mushroom logs, his impressive irrigation system and, of course, his beautiful shitake mushrooms. We learned quite a bit about the process of mushroom cultivation and the trip definitely inspired some ideas.

Next, we peeked in on our bee friends and plundered their delicious honey—respectfully, of course. We then took our bounty to our friend Janna, who has a

honey extractor. With hot knives, we uncapped the honey from each frame, then placed all the frames in the extractor. The extractor swirled the frames around and around, sort of like a washing machine. The centrifugal force pulled the honey out of the combs, down to the bottom of the giant extractor drum. In all, we extracted over 5 gallons of honey—thanks bees! We spent part of the weekend making bees wax-covered cones for ear candling, and also have plans to try our hand at making candles.

In other news, our second planting of broccoli and cauliflower have sadly fallen victim to the cabbage moth (and some nearby deer, we suspect). But don't worry,

we've seeded more broccoli in the greenhouse, so you should be enjoying these friends again in the fall.

Off the field, I had my first go at canning over the weekend, under the watchful eye of Yvonne (the canning expert). I made pickled beets and dill beans and guess what? It was REALLY fun! This may be because it was a pickling party of one (me) and there wasn't a giant cluster of canners in the kitchen all clamoring for their jars or ladles or funnels. Instead, everyone just helped me. Yup, I like these pickling parties of one. Might be a regular weekend event.

A te luego,
~anita

VEGGIE BIOGRAPHY

Eggplant!

A part of the "nightshade" family of vegetables (alongside tomatoes, potatoes and peppers), the eggplant hails from India and China but has grown to be a favourite amongst many cultures. A truly global

vegetable, eggplant dishes are popular in Thailand, Japan, Italy, Turkey, Greece, and a host of others. In Europe, the early varieties were incredibly bitter, earning the eggplant the terrible reputation of being a cause of insanity, leprosy and cancer. New

varieties were developed around the 18th century, softening the eggplant's bitter bite, and making it a favourite in Europe. The eggplant is a high source in potassium and folic acid, and has been shown to be effective in combating high cholesterol.

THIS WEEK'S HARVEST:

- *Head Lettuce*
- *Beans*
- *Zucchini*
- *Cucumber*
- *New Potatoes*
- *Carrots*
- *Eggplant*
- *Green Peppers*
- *Garlic*
- *Kale, Chard*
- *Herbs*

'Put Your Hoe Down' Barn Bash

Join us for a fun evening at the farm!

4pm— Wander the Garden

6:30pm— Potluck

8pm— Music and Dancing in the barn

Saturday, August 27th

Hope to see you there!

EGGPLANT PARMESIAN

INGREDIENTS

- 2 lbs (about 2 large) eggplants
- Kosher salt
- 1 28-oz can whole peeled tomatoes
- 1 clove garlic, peeled and minced
- Olive oil
- Freshly ground black pepper
- 1/2 cup all-purpose flour
- 1/2 cup fine dry bread-crumbs

- 4 large eggs, beaten
- 1 1/2 lbs of fresh mozzarella cheese, sliced into 1/4 inch rounds
- 1 cup grated high quality Parmesan cheese

1 packed cup fresh basil leaves

INSTRUCTIONS

Cut eggplants lengthwise into 1/4 inch slices. Arrange one layer in the bottom of a large colander and sprinkle evenly with salt. Repeat with remaining eggplant, salting, until all eggplant is in the colander. Set aside. Combine tomatoes, garlic and 1/3 cup olive oil in a food processor. Season with salt and pepper to taste and set aside. In a wide, shallow bowl, combine flour and bread-crumbs. Mix well. Pour beaten eggs into

another wide shallow bowl. Place a large, deep skillet over medium heat, and pour in a half inch of olive oil. When oil is shimmering, dredge the eggplant slices first in the flour mixture, then in the beaten egg. Working in batches, slide coated eggplant into hot oil and fry until golden brown on both sides, turning once. Drain on paper towels.

Preheat the oven to 350°F. In the bottom of a 10x15 inch glass baking dish, spread 1 cup of tomato sauce. Layer with eggplant, mozzarella, Parmesan and basil leaves.

Bake until cheese has melted and the top is slightly brown, about 30 minutes. Allow to rest at room temperature for about 10 minutes before serving.

STUFFED EGGPLANT

INGREDIENTS

- 1 eggplant, halved lengthwise
- salt and pepper to taste
- 1/2 cup olive oil, divided
- 1 pound sweet Italian sausage, casings removed
- 2 cloves garlic, chopped
- 2 tablespoons chopped fresh parsley
- 1/2 cup white wine
- 2 cups Italian seasoned bread crumbs
- 1/2 cup grated Parmesan cheese, divided

INSTRUCTIONS

Preheat oven to 350 degrees F (175 degrees C). Scoop out the flesh of the eggplant, chop, and reserve. Season shells with salt and pepper, and coat with some olive oil; set aside. Heat 1/4 cup olive oil in a large, deep skillet over medium high heat. Saute sausage and garlic until sausage is evenly brown. Stir in the reserved

chopped eggplant. Season with parsley, salt and pepper. Pour in wine, and cook 5 minutes. Mix in the bread crumbs and 1/4 cup Parmesan cheese. If mixture is dry, stir in more olive oil. Stuff mixture into eggplant shells, and sprinkle top with remaining Parmesan cheese. Bake in preheated oven for 30 to 40 minutes, or until eggplant is tender.

BABA GANOUSH

INGREDIENTS

- 1 large eggplant
- 2 tablespoons tahini
- 1/4 cup lemon juice
- 4 cloves of minced garlic
- 1/3 cup olive oil

INSTRUCTIONS

Pierce the eggplant 4 or 5 times with the tip of a paring knife. Peel off the skin and stem, discard. Roughly chop the eggplant and place into the bowl of a blender along with the tahini, lemon juice, garlic, and olive oil. Puree until smooth, adding water if needed to make a thick paste; season to taste with salt. Serve with slices of pita or bread.