

THE REROOT REVIEW

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NOTES FROM THE FIELD

We are nearing the end of August and in our 11th week of the harvest. This week marks the beginning of the winter squash harvest, with spaghetti squash on the menu. The summer squash have pretty much come to an end, but I imagine everyone has had their fill of those. I was just looking at my records and they have been around since week #3!

The number of ripe tomatoes in the field is also growing at a steady rate. Tomatoes are one of the most exciting vegetables to harvest for me, especially when there is such a variety of colours, shapes and sizes out there, my favourite being the 'Green Zebra'.

The potatoes in your share this week are russets, which

are commonly used for French fries, but are also good for potato pancakes, roasting or pretty much anything else.

This past week we finally received a little bit of rain at the farm and were able to seed the cover crop of oats and peas into the now empty section of the garden. This will add organic matter to the soil and will prevent erosion and weed growth until it's time to plant next season.

In other exciting news, one of our shareholders will be entering some photos of the garden into a photo contest through the David Suzuki Foundation Nature Challenge. Visit http://www.davidsuzuki.org/NatureChallenge/photo_contest/ for more

information.

And while you are checking out links on the internet, check out:

www.feastoffields.org
This year hosted at Everdale Environmental Learning Centre in Hillsburgh on Sunday, September 16, Feast of Fields is a great afternoon featuring abundant samples of local wines, craft beers and farm-fresh organic delicacies created by top Southern-Ontario chefs. I plan to be there scooping ice cream and sharing information about reroot organic CSA.

~caitlin

THIS WEEK'S HARVEST:

- Salad Mix
- Potatoes
- Sweet Peppers
- Eggplant
- Green Onions
- Onions
- Summer Squash
- Carrots
- Spaghetti Squash
- Hot Peppers
- Tomatoes
- Cantaloupe
- Swiss Chard
- Ground Cherries
- Herbs

VEGGIE BIOGRAPHY

Introducing... Tomatoes!
Ah, the tomato...one of the most anticipated vegetables of the season. Native to Peru, the tomato was first cultivated by the Aztecs and Incas in the 8th century, however wasn't globally accepted as a food until about 1850. There are thousands of varieties of

tomatoes, although only a handful of hybrid varieties are grown commercially. Fortunately, small market growers are focusing more on heirlooms and are chosen for flavour and nutritional content, rather than shelf life.

In addition to the large slicing tomatoes, cherry toma-

atoes are delicious in salads, meaty roma tomatoes are great in sauces, yellow and orange varieties have a lower acid content than the reds, making them easy to digest. Enjoy the versatile tomato in a variety of dishes or freeze whole, cored tomatoes for winter use in cooking or sauces.

TOMATO SALSA

Ingredients

1 green onion
 1/2 green pepper
 1 hot pepper
 Small bunch cilantro
 3 minced garlic cloves
 1 3/4 lb chopped tomatoes
 Salt and pepper to taste

Preparation

Chop all ingredients and combine in a bowl. Drain any excess liquid. Refrigerate for a few hours to let the flavours mingle. Keeps in refrigerator for 1 week. Serve with tortilla chips or use as bruschetta topping.



SUNGOLD SAUCE WITH BOWTIES

Ingredients:

2 tbsp extra-virgin olive oil
 1 qt whole Sun Gold cherry tomatoes (orange ones)
 1 large garlic clove, minced
 1/4 tsp sugar
 Salt to taste
 10 ounces bowtie pasta
 Fresh basil leaves cut into strips

Preparation:

Heat olive oil in large non-stick skillet until quite hot but not smoking. Add tomatoes and let them sizzle for a minute or two, shaking pan occasionally. Add garlic and salt, stir and cover. Cook over medium heat until Sun Golds can be easily flattened with a wooden spoon, about 5 minutes, continue cooking uncovered over medium-high heat

stirring occasionally until sauce is thickened and juices are reduced by half, about 15 minutes. Add sugar and salt to taste. Meanwhile cook pasta in large pot of salted, boiling water; drain and keep warm until sauce is done. Fill bowls with pasta, spoon sauce over pasta, sprinkle with basil and serve hot.

Makes 3-4 servings

PANZANELLA

Ingredients:

Croutons:
 1 loaf French bread, torn by hand into rustic bite-size chunks
 1 cup extra-virgin olive oil
 Salt to taste
Salad:
 3 pounds heirloom tomatoes, roughly chopped
 1 small red onion, thinly sliced
 1 cucumber, peeled, seeded, and roughly chopped.

1 cup fresh basil leaved, torn by hand into pieces
 Salt and freshly ground black pepper
 1/4 cup balsamic vinegar
 1 cup extra-virgin olive-oil.

Preparation:

To make croutons, heat oven to 350 degrees. Toss bread Chunks with olive oil, season with salt. Spread on baking

Sheet and bake until golden, 10-15 minutes. To make salad, place tomatoes and their juices in large bowl. Toss with remaining vegetables and cooled croutons. Season salad with salt and pepper to taste, add balsamic vinegar and olive oil. Serve immediately or let sit for bread to absorb juices.

