

# THE REROOT REVIEW

VOLUME 1, ISSUE 11

SEPTEMBER 2007

## NOTES FROM THE FIELD

The beginning of September has come and so has the beginning of the harvest for all of the storage crops.

Potatoes, squash, and onions being the three largest harvests to come. These crops need to be out of the field and stored properly before the cold weather comes, whereas crops such as Brussels sprouts and leeks are happy to stay in the soil long after the first frost. Some even report that the cold weather makes these crops sweeter.

As you may have noticed, the potato harvest started a few weeks ago with the early varieties. Until this week I have been harvesting just what is needed for the CSA pick-up, but with some help from an old friend, we got busy in the

potato field on labour day (suitable name) and dug half of the potatoes by hand. The other half will be dug sometime in the next few weeks...perhaps the next time someone is around to help.

This week, the potatoes in your share are 'fingerlings' also known as 'banana' potatoes. These tiny heirloom potatoes are considered a delicacy among chefs for their tasty yellow flesh and their firm, almost waxy texture. They are best unpeeled and used in potato salad or baked, roasted or steamed.

You'll also notice a substantial number of tomatoes in your share this week. As predicted the plants have taken off and tomatoes are ripening as fast as I can pick

them. If you aren't able to eat them all, consider canning some salsa or pasta sauce, or just toss the whole tomato (minus the stem) in a bag and into the freezer for winter soups or stews.

Those of you who visit the farm to pick-up your shares may have noticed the new barn that has been erected at the front of the farm. This barn is the new demonstration barn and will host tours teaching school groups, 4H clubs and anyone else who is interested about raising organic livestock. In addition to the cows, pigs and chickens who already live at the farm, we are also looking at getting some goats, and my favourite some alpacas whose fibre is favoured among spinners like myself.

~caitlin

## THIS WEEK'S HARVEST:

- Salad Mix
- Fingerling Potatoes
- Sweet Peppers
- Eggplant
- Leeks
- Onions
- Baby Melons
- Carrots
- Spaghetti Squash
- Hot Peppers
- Tomatoes
- Cantaloupe
- Swiss Chard
- Ground Cherries
- Tomatillos
- Herbs

## VEGGIE BIOGRAPHY

Introducing... Potatoes

Potatoes have become such a standby staple in kitchens worldwide that they often aren't met with the excitement they deserve at the dinner table. Here are a few things you might not have known about this versatile member of the nightshade family to get you all fired up

about preparing them this week (and the next, and the next...). The potato was domesticated in the Andes (not Ireland, as you may have thought), and spread to Europe following Colonization. The Great Irish Famine was caused by a rampant spread of late blight throughout the na-

tion's potato patches. While rich in carbs, the potato certainly isn't all stodgy starch. One potato gives you half of your daily requirement of vitamin C, and a smattering of B vitamins and potassium. Leave the skins on to get all the nutritious fiber they contain. I hope you'll enjoy your lovely little tubers this week.

## BLUE CHEESE STUFFED FINGERLINGS

### Ingredients

1 Lb fingerling potatoes  
1 tsp. olive oil  
1/4 tsp. each salt and pepper  
4 strips bacon, cooked and crumbled  
1/4 C blue cheese, crumbled  
1/4 C. chives, chopped

### Preparation

Preheat oven to 425°.  
Wash fingerlings in cool water, pat dry, and brush with olive oil.  
Place potatoes in a glass baking dish. Sprinkle with salt and pepper and bake in center of oven for 20 minutes or until golden brown and tender.  
Remove from oven, and with a knife cut an X on the top of each fingerling. Gently squeeze sides

of fingerlings until centers spread out to form a small well.  
Stuff a small amount of bleu cheese, bacon and green onion into the well of each potato.  
Serve immediately.



## LATKES

### Ingredients:

1 lb potatoes  
1/2 cup finely chopped onion  
1 large egg, lightly beaten  
1/2 teaspoon salt  
1/2 to 3/4 cup olive oil

### Preparation:

Preheat oven to 250°F.  
Peel potatoes and coarsely grate by hand, transferring to a large bowl of cold water as grated. Soak potatoes 1 to 2 minutes after last batch is added to water, then

drain well in a colander.  
Spread grated potatoes and onion on a kitchen towel and roll up jelly-roll style. Twist towel tightly to wring out as much liquid as possible. Transfer potato mixture to a bowl and stir in egg and salt.  
Heat 1/4 cup oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking. Working in batches of 4 latkes, spoon 2 tablespoons potato mixture per latke into skillet, spreading into 3-inch rounds

with a fork. Reduce heat to moderate and cook until undersides are browned, about 5 minutes. Turn latkes over and cook until undersides are browned, about 5 minutes more. Transfer to paper towels to drain and season with salt. Add more oil to skillet as needed. Keep latkes warm on a wire rack set in a shallow baking pan in oven.  
Serve with sour cream and applesauce.

## POTATO AND ROSEMARY PIZZA

### Ingredients:

1 cup pizza sauce  
1 6 oz. ball of fresh dough  
1 onion  
1 tablespoon butter  
1 teaspoon smoked paprika  
1 large potato  
3 tablespoons fresh rosemary  
1 cup finely grated provolone cheese  
Kosher or sea salt  
1/2 cup finely grated Parmesan

### Preparation:

Preheat oven to 450F.  
Slice the onion finely. Caramelize the onion slices in the butter over medium-high heat for about 15 minutes or until deeply caramelized. Stir in the paprika. Set aside until cool. Peel and finely slice the potato. Chop the rosemary very finely. Toss the pizza dough into as a thin of a round as you can. Ladle a small amount of marinara sauce on top.

Sprinkle a bit of provolone cheese on the dough, then layer the onions, sweet potato, rosemary, and more cheese. Don't make the layers too thick or it won't bake properly. Finish off with some more rosemary, a sprinkling of rough kosher salt, and a handful of Parmesan cheese.

Bake until the edges are crispy - about seven minutes.

