

THE REROOT REVIEW

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NOTES FROM THE FIELD

The 13th week of the harvest has arrived and I hope you are still enjoying the fresh vegetables and herbs that are coming out of the garden. The end of the weeding season is in sight, thank goodness, I made it halfway through the strawberries today on what will hopefully be their last weeding before I cover them with straw mulch and put them to bed during the cold weather.

Last week I visited the onion beds where most of the onion greens have fallen over indicating their readiness to be harvested and cured. I helped a few stubborn ones along, and plan to pull all of the onions out of the garden later this week. Once cured, onions will store for a number of

months.

New to the share this week is soup celery. This is the same plant as you would find in the grocery store, however it has not been blanched making it a little greener, tougher and more flavourful than blanched celery....perfect for soups.

This past weekend marked the first of the Brussels sprout harvest. Tina, my roommate, celebrated her 25th birthday on Sunday, and my gift to her was the first stalk of Brussels sprouts out of the garden....her favourite vegetable. We had them for dinner that night and although not uniform in size, they were delicious....something for you all to look forward to.

The International Plowing

Match is an annual event attended by farmers from across the province. This year it is being held in the Village of Crosby and will coincide with the National Farmers Union-Ontario planning meeting. Being the Youth Counselor on the NFU-O board, I'm excited to meet some of the other board members and learn more about issues facing Ontario farmers. Unfortunately I won't get to attend much of the Plowing Match as I will be heading up after the Feast of Fields on Sunday, and rushing home in time to harvest for the Tuesday shareholders.

Happy eating!

~caitlin

THIS WEEK'S HARVEST:

- Salad Mix
- Potatoes
- Sweet Peppers
- Eggplant
- Leeks
- Onions
- Baby Melons
- Carrots
- Beets
- Hot Peppers
- Tomatoes
- Cantaloupe
- Red Cabbage
- Green Onions
- Soup Celery
- Okra
- Herbs

VEGGIE BIOGRAPHY

Introducing... Leeks

Colloquially referred to as "the poor man's asparagus" in Europe, leeks are those things in your share this week that you might have thought were gigantic green onions. As alliums, they're like onions...but also quite unlike onions. Leek leaves form cylinders rather than

bulbs, and are considerably less pungent than onions. Their stalks are naturally green, but hilling them with soil as they emerge blanches their lower stalks and makes them more. Eat only the white base and light green stalks. The rest of the leek can be used to enhance a vegetable stock. Hippo-

crates, the "father of medicine" prescribed leeks as a cure for nosebleeds. And here's a tip for getting all the grit out of your leeks prior to consumption: Slit them vertically half way through, and rinse each leaf individually. Enjoy the unique flavour and healing power of your leeks this week!

BRAISED LEEKS

Ingredients

4 large leeks, tough outer leaves discarded and trimmed to about 6 inches in length.
 3 tablespoons butter
 1/2 cup chicken stock
 1 teaspoon dried thyme
 1/4 teaspoon salt
 1 pinch pepper

Preparation

Using a sharp knife, trim most of the roots off the end of the leek, leaving enough so that the leek remains attached at the bottom. Cut each leek lengthwise into halves and then cut each half into inch long pieces. Soak leeks in a large bowl of cool water to allow any dirt to settle to the bottom. In a sauté pan, melt the butter over medium heat. Add the leeks to the skillet. Cook the leeks, stirring occasionally, for 5 minutes. Sprinkle with thyme and cook one minute more.

Add stock, reduce heat to medium low. Braise the leeks, covered, for about 10 minutes, or until the leeks are very tender. Season with salt and pepper and serve.



“Maya enjoying an eggplant”

VICHYSOISE (POTATO LEEK SOUP)

Ingredients:

1 large or 2 small leeks, about 1 pound
 2 bay leaves
 1 tsp. black peppercorns
 4 sprigs fresh thyme
 2 tablespoons butter
 2 strips bacon, chopped
 1/2 cup dry white wine
 5 cups chicken stock
 1 to 1 1/4 pounds russet potatoes, diced
 1 1/2 teaspoons salt
 3/4 teaspoon white pepper

1/2 to 3/4 cup crème fraiche or heavy cream
 2 tablespoons snipped chives

Preparation:

Trim the green portions of the leek and, using 2 of the largest and longest leaves, make a bouquet garni by folding the 2 leaves around the bay leaves, peppercorns and thyme. Tie into a package-shaped bundle with kitchen twine and set aside. (Alternately, tie 2 leek leaves, bay leaves, peppercorns and

thyme together in a piece of cheesecloth.) Using a sharp knife, halve the white part of the leek lengthwise and rinse well under cold running water to rid the leek of any sand. Slice thinly crosswise and set aside. In a large soup pot over medium heat, melt the butter and add the bacon. Cook for 5 to 6 minutes, stirring occasionally, until the bacon is very soft and has rendered most of its fat. Add the chopped leeks and cook until wilted, about 5 minutes. Add the

wine and bring to a boil. Add the reserved bouquet garni, chicken stock, potatoes, salt and white pepper, and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes, or until the potatoes are falling apart and the soup is very flavorful. Remove the bouquet garni and, working in batches, puree the soup in a food processor or blender. (Alternately, if you own an immersion blender, puree the soup directly in the pot.) Stir in the crème fraiche and adjust the seasoning, if necessary. Serve immediately, with some of the snipped chives sprinkled over the top of each bowl of soup.

LEEK ROSTI

Ingredients:

2 large potatoes
 Salt
 Water to cover
 2 Tbsp butter
 1 C chopped leeks, white stalk only
 Freshly ground white pepper

Preparation:

Place the potatoes in a saucepan, cover with water and season with salt. Over medium heat, bring the water to a boil, reduce the heat to medium low and cook until the potatoes are tender. Remove from the water and cool completely. Peel the potatoes and pass through a coarse grater. In a large non-stick sauté pan, over medium heat, melt the butter. Add the leeks. Season with salt and white pepper. Sauté for 2 minutes. Add the

potatoes and mix thoroughly. Using the back on a wooden spoon press the potato mixture firmly into the pan. Reduce the heat to low and cook until the potatoes are crispy and golden brown. Using a spatula, flip the potato cake over and continue cooking the other side. **Add more butter if needed. Remove from the pan and slice into individual servings.

