

THE REROOT REVIEW

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NOTES FROM THE FIELD

The first day of fall arrives this weekend, but for the most part, the weather still feels like summer. Last weekend, temperatures up at the farm dropped dangerously low to frost weather. In fact many farms in the area received a frost, killing off their sensitive crops such as squash, tomatoes, peppers, and basil. Luckily, a cloud happened to pass over our area just as the frost was settling, protecting the garden. So hopefully the sensitive crops will be around in your shares for a while longer.

New to the share this week, is parsley root and Brussels sprouts. The leaves of the parsley root can be used the same as parsley, while the root, has a nutty flavour with a celery and carrot

overtone. It can be served in soups, grated into salads, roasted, or sautéed. Brussels sprouts are feature as the veggie of the week.

The onion harvest is about one third completed, and the greenhouse is filling up with curing onions as well as curing squash. There seems to be an overabundance of onions so hopefully there will be plenty for you all to take home for winter use.

Crops are still growing well in the garden, but seemingly at a much slower rate now, then in the heat of the summer. My succession plantings of lettuce didn't line up for the first time this week, so hopefully you won't miss the salad mix too much. It, along with some fall spinach should be

back in the harvest within the next few weeks.

There are a number of varieties of squash that you will see in your share over the remaining weeks of harvest. This week, the squash you received were: a 'sweet dumpling' (the green and white striped variety); and an 'ambercup' or 'red kuri' (the dark orange variety). The 'sweet dumpling' is a mildly sweet tasting squash good for baking or stuffing. The 'ambercup' has a dry sweet flesh and a very long storage life.

Enjoy your veggies this week!

~caitlin

THIS WEEK'S HARVEST:

- Potatoes
- Sweet Peppers
- Brussels Sprouts
- Leeks
- Onions
- Baby Melons
- Carrots
- Beets
- Hot Peppers
- Tomatoes
- Soup Celery
- Parsley Root
- Squash
- Kale or Radicchio
- Herbs

VEGGIE BIOGRAPHY

Introducing... Brussels Sprouts! I can hardly contain my excitement at this, the arrival of my favourite vegetable of all-time. And so I will share with you some of the legend and lore of the often loathed Brussels sprout. In fact, a recent British study named the Brussels sprout Europe's

most detested vegetable. This infamy likely stems from the consequences of overcooking the vegetable. Sulfur is released as a by-product of overcooking, and produces a highly unpleasant odour. To avoid this unpleasantness, and to enjoy your sprouts for all the delicious, nuttiness they

have to offer, simply steam, stir-fry or boil them until just fork tender. I prefer them served unadulterated with just some butter, salt and pepper to taste. Brussels sprouts contain sinigrin, which has been shown to aid in the prevention of colon cancer. So, eat up, and enjoy your sprouts!

BRUSSELS SPROUTS AND CHERRY TOMATO SALAD

Ingredients

4-5 cups small Brussels sprouts, trimmed
 1 cup cherry tomatoes, halved
 1 tsp minced garlic
 1/3 cup julienned basil
 3 tbsp extra-virgin olive oil
 1 tbsp sherry vinegar
 2 tbsp grated parmesan cheese
 Salt and pepper to taste

Preparation

Add Brussels sprouts to boiling salted water. Boil until crisp tender, 3-5 minutes. Drain; immerse in ice water to cool. Drain well and let dry. Toss with remaining ingredients. Serve at room temperature or chilled.

Makes 4-6 servings.



BRUSSELS SPROUTS WITH BACON-FRIED GREEN ONIONS

Ingredients:

1 lb Brussels sprouts, trimmed and cut in half lengthwise
 2 slices thick-cut bacon
 12 slender green onions
 2-3 tbsp apple cider or beer
 Pepper

Preparation:

Bring a pot of salted water to a boil; add Brussels sprouts and blanch 2-3 minutes. Drain. Meanwhile, cook bacon in skillet until crispy; remove bacon, drain on paper towels, chop it into pieces, and reserve. Discard all but 1-2 tbsp fat in the pan. Cut off the top 3-4 inches from the green ends of the onions. Sauté the onions in

the bacon fat until tender, 1-2 minutes. Stir in apple cider or beer and cook to heat through. Add the drained Brussels sprouts and reserved bacon to the pan, stir well, and heat through. Season with pepper to taste. Top each serving with three green onions crisscrosses atop them.

Makes 4 servings.

Garlic Planting Party

Come on out to the farm on Sunday, September 30th for a garlic-planting extravaganza. 40 lbs of organic garlic need to be in the ground this fall, to ensure there is lots to enjoy next season. Join us in the garden anytime between 10am and 3pm.

LEMON MARINATED BRUSSELS SPROUTS

Ingredients:

1 1/2 lbs Brussels sprouts
 1/4 cup olive oil
 1 tbsp chopped fresh parsley
 1 tsp minced garlic
 1/2 tsp sugar
 1/2 tsp dried oregano
 Salt and pepper to taste
 1 tsp grated lemon zest
 3 tbsp lemon juice
 1 tbsp apple cider vinegar

Preparation:

Trim Brussels sprouts; cut larger ones in half. Cook in boiling water until barely tender, 5-6 minutes. Drain well. Combine remaining ingredients— except lemon juice and apple cider vinegar—in a medium bowl. Toss in the Brussels sprouts and let them marinate in this mixture 1-2 hours at room temperature (or longer in the refrigerator), tossing occasionally.

Just before serving, mix in the lemon juice and the apple cider vinegar. Adjust any of the seasonings to taste. Serve as an appetizer on toothpicks, as a side dish, or in salads. They're also great with a sprinkling of parmesan cheese.

Makes 6 servings.

