

THE REROOT REVIEW

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NOTES FROM THE FIELD

The first real week of fall has arrived, and seemingly overnight, the leaves around the farm have started to change colour. Fall is my favourite season, for the wonderful weather; the abundant harvests, and also because I have a fall birthday. After narrowly missing the first frost of the season a couple weeks ago, the nights have warmed up again, so the sensitive tomatoes and peppers are still part of the harvest.

With the help of a kind neighbour, with lots of potato growing experience, I finally finished the potato harvest for the season. A tractor-pulled potato digger made quick work of the remaining rows, and now the potatoes are stored safely in the root cellar, to

be distributed throughout the rest of the season.

Also this week I finished pulling the onions and they are now laid out in the greenhouse curing. You will notice that once cured the onions will have a somewhat less potent smell and taste than the uncured ones you have been receiving thus far. On the topic of alliums, the garlic for next season will be planted this coming weekend. If anyone is interested and available, come by the farm on Sunday, September 30th anytime after 10am to help with the planting.

Next week I will be doing an extra big harvest for Thanksgiving. In addition to the vegetables you have come to know and love, you can also expect to see

rutabaga, parsnips, and pie pumpkins. I was hoping to include sweet potatoes as well, but unfortunately I don't think my sweet potatoes will come to fruition this year. Hopefully next year we will be raising organic free-range turkeys at Mapleton's so that all of you can enjoy a fully local and organic Thanksgiving meal if you wish.

Finally, the tomatoes are still coming full force. If anyone would like a bunch of tomatoes for canning or freezing, you are more than welcome to come out to the garden and pick as many as you would like. Just send me an e-mail to let me know when you'll be coming if not during a CSA pick-up time.

~caitlin

THIS WEEK'S HARVEST:

- Potatoes
- Salad Mix
- Sweet Peppers
- Cabbage
- Leeks
- Onions
- Carrots
- Beets
- Beans
- Hot Peppers
- Tomatoes
- Squash
- Kale or Celeriac
- Basil
- Herbs

VEGGIE BIOGRAPHY

Introducing... Winter Squash.

Winter squash comes in a wide variety of shapes, sizes and colours and is a vegetable very symbolic of autumn.

Despite outside appearances, most winter squash is similar in taste and texture

and can be interchanged in recipes, with the exception of the stringy spaghetti squash.

Its excellent storability and nutritive value makes winter squash an important vegetable for the fall and winter months. It has 10 times the vitamin A content of the summer squash and is

also an excellent source of potassium, fiber and complex carbohydrates.

Store squash in a cool, dry, dark place with good ventilation. They should keep for a month or more, especially acorn, sweet dumpling, and butternuts.

BUTTERNUT SQUASH COCONUT CURRY SOUP

Ingredients

1 tbsp peanut oil
 1/2 large onion, chopped
 2 cloves garlic, minced
 3 1/2 cups vegetable stock
 1 medium butternut squash, peeled, seeded and chopped
 1 small jalapeno pepper, chopped
 1 can coconut milk
 1/2 cup chopped lemongrass
 2 kaffir lime leaves
 1/2 cup bottled fish sauce
 Sugar to taste

Juice of one lime

sugar and lime juice.

Preparation

Heat oil in saucepan; add onions and garlic. Sauté until lightly browned. Add stock, squash, and jalapeno; simmer until squash is tender, 10-15 minutes. Add coconut milk, lemongrass, lime leaves, fish sauce, and sugar. Simmer (do not boil) 10-12 minutes. Puree and strain through a fine mesh strainer. Add lime juice and adjust to taste with

Makes 4 serving.



BAKED SQUASH WITH KALE AND PEAR

Ingredients:

Butter or oil for greasing pan
 3 squash
 1/2 cup grated Parmesan cheese
 1/2 tsp salt
 1/2 tsp fresh ground black pepper
 1 1/2 tbsp olive oil
 1 large leek, chopped
 4 cups coarsely chopped kale
 1 cup vegetable stock
 1/2 bell pepper, cored, seeded, diced
 1 tsp minced garlic
 1 tbsp butter

1 pear, firm-ripe, peeled, halved, cored, cut into 1/2 inch pieces
Preparation:

Preheat oven to 375F. Bake halved squash, face down on greased pan until tender, 30-45 minutes. Turn squash over, sprinkle with 1/4 cup Parmesan, 1/4 tsp salt, 1/4 tsp pepper. Bake an additional 5 minutes. Heat oil in large skillet over medium-high heat. Sauté leeks until soft, about 5 minutes. Add the kale, stock, bell pepper,

garlic and remaining salt and pepper. Bring to a boil, cover and cook for 5 minutes. Remove cover and increase heat; cook, stirring frequently until kale is tender and liquid evaporates, 8-10 minutes. Set mixture aside in a bowl. Melt butter in large skillet over medium-high heat. Add pear; sauté until lightly browned and tender, 2-3 minutes. Add pear to kale mixture and stir well. Spoon the kale and pear filling into squash halves. Top with remaining

cheese. Bake for 10 minutes.
 Makes 6 servings.

ACORN SQUASH SALAD

Ingredients:

2 medium acorn squash
 1/2 cup olive oil
 1/3 cup minced fresh cilantro
 6 tbsp orange juice
 3 tbsp maple syrup
 2 tbsp candied ginger
 1/2 tsp salt
 1/8 tsp cayenne pepper
 Salad greens, washed, dried, lightly dressed in extra virgin olive oil.

Preparation:

Preheat oven to 375F. Cut the squash in half and scoop out seeds. Place the squash halves, cut side down on a baking sheet. Bake until tender, 30-45 minutes. Cool completely, scoop out soft flesh, and roughly chop. Place squash in a bowl and set aside. Combine the olive oil, cilantro, orange juice, maple syrup, ginger, salt and cayenne in a blender, blend well. Pour the dressing over the squash and toss gently. Chill for at least 1

hour to allow the flavours to combine. Serve on a bed of lightly dressed greens.

Makes 4 to 6 servings.

