

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

It's the week before Thanksgiving and despite the leaves changing colour, I am still working in short sleeves and harvesting beans and tomatoes. After an unusually dry season, we are now embarking on an unusually warm autumn, which suits me just fine.

New to the harvest this week are pie pumpkins, rutabagas and parsnips, all Thanksgiving treats.

Rutabagas, often referred to as turnips are actually an interesting cross between the white turnip and cabbage. This large, yellow-fleshed vegetable is often mashed with carrots and served at this time of year.

Parsnips are the featured vegetable of the week, so you can read up on them

below. Although tasty, the parsnips are a little on the small side. I would like to blame this on the dry season, however it may also have something to do with my neglect in weeding the parsnip beds early in the summer. I've heard from other CSA farmers that there is always one crop each season that gets neglected, and this season it was parsnips for me. Hopefully you will enjoy them nevertheless, in your Thanksgiving meal.

The first pumpkins of the season have also made their way into the harvest this week, just in time for pumpkin pie season. As I've mentioned before, this was a challenging year for growing members of the squash family, including

pumpkins, due to heavy pest pressure. Despite this, there are pumpkins for all to enjoy.

In other news, the very last thing to be planted this season hit the ground this past weekend. 40 lbs of garlic cloves were planted to be harvested next summer. Hypothetically this will yield somewhere around 1500 bulbs, so we won't have to worry about those pesky vampires hanging around the farm next year.

Happy Thanksgiving!

~caitlin

## THIS WEEK'S HARVEST:

- Potatoes
- Rutabagas
- Pumpkins
- Sweet Peppers
- Cabbage
- Parsnips
- Onions
- Carrots
- Beets
- Beans
- Hot Peppers
- Tomatoes
- Squash
- Swiss Chard
- Basil
- Herbs

## VEGGIE BIOGRAPHY

Introducing... Parsnips

Similar to the carrot in both form and function, the parsnip has a delicate bitterness all its own. The parsnip is actually richer in vitamins and minerals than its flashy orange counterpart. It is especially high in potassium and dietary fibre. Before European colonization of

the Americas, the parsnip was used in much the same way the potato is used in Europe nowadays. The Romans even used parsnips as an aphrodisiac. (Remember that the next time you're cooking up a warm, earthy stew on a chilly fall night!) Prepare parsnips as you would carrots. There's no

need to peel your parsnips, and they can be roasted, boiled, grated raw, and added to soups and stews. For those who just can't handle the punch the parsnip packs, try adding it in large pieces to soups and stews and removing it before serving for a subtler flavour and starchy thickener as well.

## RUTABAGA-APPLE SCALLOP

### Ingredients

6 cups shredded rutabaga, about 1 1/2 pounds  
1 large apple, peeled, cored, chopped  
2 tablespoons brown sugar  
1 teaspoon salt  
1/8 teaspoon pepper  
4 tablespoons butter

### Preparation

Mix rutabaga, about 3/4 of the chopped apple, brown sugar, salt and pepper in a 1 1/2 quart baking dish. Sprinkle remaining apple over the top of rutabaga; dot with butter. Cover and bake at 350° for 1 1/2 hours, or until rutabaga is tender.

Serves 6.



## SAUSAGE, PEAR AND PARSNIP STUFFING

### Ingredients:

1 1-pound loaf unsliced egg bread, cut into 1/2cubes (about 12 cups)  
2 parsnips (about 5 medium), cubed  
1 Lb sausage  
6 tablespoons unsalted butter, melted  
3 cups chopped leeks 1 cup chopped dried pears  
2 tablespoons chopped fresh sage  
3/4 teaspoon ground nutmeg  
1 1/2 pounds under-ripe Anjou pears, unpeeled, halved, cored, cut into 1/2-inch cubes (about 4

1/2 cups)  
1 cup plus additional chicken broth  
5 large eggs, beaten

### Preparation:

Preheat oven to 350°F. Toast bread cubes on baking sheet, about 10 minutes. Transfer to large bowl. Steam parsnips over boiling water until tender, about 4 minutes. Sauté sausage in large pot over medium-high heat until brown, about 7 minutes. Trans-

fer sausage to strainer set over bowl. Add enough melted butter to sausage drippings to measure 6 tablespoons; add to pot. Heat over medium-low heat. Add leeks, dried pears, sage, nutmeg and parsnips to pot and sauté until leeks are tender but not brown, about 10 minutes. Transfer to medium bowl; stir in sausage. Heat 2 tablespoons melted butter in same pot over medium-high heat. Add pears and sauté until golden brown, about 15 minutes. Transfer to

bowl with parsnip mixture. Add 1 cup broth to same pot and boil until reduced almost to glaze, scraping up browned bits, about 5 minutes. Add to parsnip mixture. Add parsnip mixture to bread. Season with salt and pepper. Mix eggs and broth into stuffing. Bake inside a bird or in a baking dish until set, about 60 minutes.

## PUMPKIN CHEESECAKE

### Ingredients:

#### Filling:

2-8 oz packages cream cheese, softened  
1 1/2 c sugar  
2 eggs  
3/4 c cooked pie pumpkin  
1/4c flour  
1/2 tsp ground nutmeg  
1/2 tsp ground cinnamon  
1/4 tsp allspice  
1/4 tsp ground cloves  
Crust  
1 1/2 cups ground gingersnap

### Preparation:

Preheat oven to 350°F. Finely grind ground cookies, pecans and sugar in processor. Add melted butter and blend until combined. Press crust mixture onto bottom and up sides of 9-inch-diameter spring-form pan with 2 3/4-inch-high sides. Preheat oven to 350 degrees. Beat cream cheese, sugar and eggs together until smooth. Add pumpkin. Stir in flour, nutmeg, cloves, allspice, ginger and cinnamon. Beat well. Pour filling

into crust. Bake until edges and top start to brown, and the cake moves only slightly when shaken— about 60 minutes.

