

THE REROOT REVIEW

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NOTES FROM THE FIELD

Week #17 of the harvest and three to go. Just an early warning that the harvests will finish up on October 30th for Farm shareholders and November 1st for Oakville shareholders. In anticipation of next season (although it seems far away), the 2008 pamphlets are now ready and are available at the pick-ups or on the website.

The weather at the farm has finally decided to turn, and mornings are a little chillier. We are still awaiting our first frost, although it will possibly come this weekend, so the onslaught of tomatoes may finally come to a close.

This past week, reroot organic CSA and Mapleton's Organic Dairy both had their annual organic inspec-

tions which are a part of the certification process. An inspector spent the day at the farm going over our records of seed purchases, soil amendments, and cultivation practices. It is quite an extensive process and one must keep diligent records in order to keep the inspector happy. This being my first inspection I was nervous and unsure of what to expect. It was a relatively painless, however drawn out, experience. The inspector was very impressed with the garden, and left with a box of certified organic vegetables in tow.

As I mentioned before, one of our shareholders entered some photos into the David Suzuki Nature Challenge photo contest. We made it

into the finals with photo #3 in the Voluminous Vegetable category and photo #5 in the Outstanding Ornamental category. If you feel like casting a vote, visit: http://www.davidsuzuki.org/NatureChallenge/photo_contest/view-entries.asp

Finally, as we look ahead at the last few weeks of the harvest season, I would like to suggest an 'End-of Season Harvest Potluck'. Looking at the calendar, two date options would be the afternoons of Sunday, October 28th or Sunday, November 4th. Please let me know if you are interested in attending and if you have a date preference.

Enjoy the harvest

THIS WEEK'S HARVEST:

- Potatoes
- Radicchio
- Cauliflower
- Sweet Peppers
- Leeks
- Onions
- Carrots
- Beets
- Salad Mix
- Hot Peppers
- Tomatoes
- Squash
- Kale
- Eggplant
- Herbs

VEGGIE BIOGRAPHY

Introducing... Radicchio

Radicchio is a leaf vegetable sometimes known as Italian chicory. It has a bitter and spicy taste, which mellows when it is grilled or roasted. It can also be used to add color and zest to salads.

Humans have been using radicchio since ancient times. Pliny mentions the marvelous red-

lined lettuces in his *Naturalis Historia*, noting that in addition to being tasty, it is good for insomnia and purifying the blood.

In fact, a recently published report reveals that radicchio provides an antioxidant content rivaling that of blueberries and spinach. It also contains intybin, which in addition to causing the bitter flavour, also

stimulates the appetite and digestive system, and acts as a tonic for the blood and liver.

Radicchio is best stored sealed in a plastic bag and will keep in the refrigerator for up to 5 days. Enjoy it fresh in a salad, roasted or grilled, or in any of the recipes in this newsletter.

Enjoy!

ROASTED RADICCHIO WITH GORGONZOLA AND BALSAMIC VINEGAR

Ingredients

1 medium head radicchio, cut into wedges
 1/4 cup olive oil
 Salt
 Freshly ground black pepper
 Balsamic vinegar
 4-6 ounces Gorgonzola sliced

Preparation

Preheat oven to 400F. Lightly oil a 2-quart baking dish. Using a pastry brush, brush the radicchio generously with olive oil and place in a single layer in the baking dish. Season with salt and pepper. Bake the radicchio for 20 minutes, turning the wedges over once midway through cooking. Drizzle with balsamic vinegar and top with cheese. Return to the oven until the cheese is melted, about 5 minutes.

Serves 4



RISOTTO WITH RADICCHIO AND SMOKED MOZZARELLA

Ingredients:

5 cups chicken broth or homemade stock, more if needed
 1 cup water, more if needed
 2 tablespoons olive oil
 1 onion, chopped
 2 cups arborio rice
 1/2 cup dry white wine
 1 3/4 teaspoons salt
 1 head radicchio (about 1/2 pound), cut into 1-inch pieces
 3 tablespoons chopped fresh parsley
 1/4 teaspoon fresh-ground black

pepper
 2 tablespoons butter
 1/2 pound smoked mozzarella, cut into 1/4-inch dice

Preparation:

In a medium saucepan, bring the broth and water to a simmer. In a large pot, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.

Add the rice to the pot and stir until it begins to turn opaque,

about 2 minutes. Add the wine and salt and cook, stirring frequently, until all the wine has been absorbed.

Add about 1/2 cup of the simmering broth to the rice and cook, stirring frequently, until the broth has been completely absorbed. The rice and broth should bubble gently; adjust the heat as needed. Continue cooking the rice, adding broth 1/2 cup at a time and allowing the rice to absorb the broth before adding the next 1/2 cup. Cook

the rice in this way until almost tender, about 20 minutes. Add the radicchio and parsley and cook until the radicchio and the rice are tender, about 5 minutes more. The broth that hasn't been absorbed should be thickened by the starch from the rice. You may not need to use all of the liquid, or you may need more broth or some water.

Stir the pepper and the butter into the risotto. Add the mozzarella and stir until it melts into a web. Serves 4

RADICCHIO, WILD RICE, & DRIED CHERRY SALAD

Ingredients:

1/2 cup dried cherries or dried cranberries
 1/2 cup dry red wine
 1 head radicchio, cored and finely chopped
 2 cups cooked wild rice
 3 green onions, chopped, with some green tops
 1 cup snipped parsley
 3 tablespoons balsamic vinegar
 1 tablespoon Dijon-style mustard
 1/4 cup olive oil
 1 teaspoon salt
 1/4 teaspoon ground cayenne

Preparation:

In small bowl cover cherries with wine and let soak, about 2 hours, or overnight. Drain cherries, discarding wine. Simmer one cup raw wild rice with 3 cups water or chicken stock, covered, for 45 minutes until tender, drain. In large bowl toss radicchio, wild rice, onion and parsley. Whisk together vinegar, mustard, oil, salt and cayenne in small bowl, pour over radicchio mixture and toss gently. Serve at room temperature with shavings

of Parmesan cheese.

Serves 6

