

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

It's the second last week of harvest, and activities in the garden are slowly coming to a close. The weather is cool, and I am now wearing a toque while I work. Unbelievably however, there still has been no frost!

This week I was fortunate to have some help in the garden. Devan Penney, who has worked for the past 4 seasons on other organic CSA operations in the area, joined me for a few days at reroot organic CSA. We were able to weed the strawberries, clean up most of the irrigation equipment, clean and bag the onions, mulch the garlic, and take down the tomato trellising.

Devan is considering partnering with me for next year to expand the garden a little bit. He has some past

experience working with draft horses in the garden, so perhaps in due time, there will be some horses working the fields at Mapleton's!

Next week will be the final harvest of the 2007 season. In addition to your weekly share, I am planning to also offer some bulk storage crops to keep you eating over the winter. These will include carrots, onions, beets and squash. Please bring along appropriate containers to take home these storage goods.

Following the final harvest next week, we will gather on Sunday, November 4th for an End-of-Season Harvest Potluck. The farm is beautiful this time of year now that the leaves have turned, and there are lots of

creatures to visit with including calves, piglets, kittens and chicks. Hopefully your family can make it to celebrate the bounty of the season.

Also, if you have not yet done so, please complete and return the end of season survey. Your feedback is important to me as I begin to plan for the next season. If it is more convenient for you, I have also posted the survey on the website at [www.reroot.ca](http://www.reroot.ca) where you can download it and fill it in, then mail or e-mail it back. Thanks to those who have already offered some great feedback.

~caitlin

## THIS WEEK'S HARVEST:

- Potatoes
- Swiss Chard
- Cauliflower
- Sweet Peppers
- Leeks
- Onions
- Carrots
- Head Lettuce
- Beets
- Pumpkins
- Hot Peppers
- Tomatoes
- Squash
- Herbs

## VEGGIE BIOGRAPHY

Introducing... Cauliflower

Anyone who has eaten cauliflower out of the garden will know that there is a huge difference between the fresh, sweet-tasting florets from a recently harvested head, and the cauliflower that can be purchased at the grocery store.

Although it can be stored in a sealed plastic bag for up to 2

weeks, it is sweetest if used within a few days of harvesting.

Cauliflower is high in vegetable protein as well as vitamins A, B-complex, C and E. Minimize cooking time as excessive cooking will destroy some of these vitamins.

Cauliflower can be eaten raw on a vegetable platter, lightly steamed, sautéed or stir-fried,

or pureed for a creamy soup-base.

Although the most common cauliflower is the white-headed variety which needs to be covered in the field to maintain its whiteness, you may also see some purple, orange or green varieties.

Enjoy the tasty fresh cauliflower in your share this week!

## CAULIFLOWER PIE

### Ingredients

3 medium potatoes  
2 tablespoons minced onion  
Salt and pepper to taste  
1 head cauliflower, separated into florets  
2 tablespoons butter  
1 cup onion chopped  
2-3 cloves garlic, minced  
1 tablespoon chopped fresh basil  
1 egg  
4-6 ounces grated cheddar cheese

### Preparation

Boil potatoes 10 minutes; drain

and cool. Shred (or mash) them; mix in minced onion and salt and pepper. Press into buttered 9-inch pie pan; bake 30 minutes longer at 375 degrees. Steam cauliflower 10 minutes, then remove half the florets. Steam the rest 15-20 minutes longer and mash. Heat butter in skillet; add the onions and garlic. Sauté until tender. Add basil, mashed cauliflower, salt and pepper. Sauté 1 minute. Remove from heat; stir in egg. Spread into crust. Sprinkle on the cheese. Scatter partially steamed cauliflower on top.

Bake 30-35 minutes.

Makes 8 servings



## LEMON, MUSHROOM AND LEEK RISOTTO

### Ingredients

2 tablespoons of olive oil  
2 - 3 medium sized leeks, sliced  
8 ounces of cremini mushrooms, chopped  
3 garlic cloves, crushed or finely chopped  
a few tablespoons of butter  
1 large onion, chopped  
1 3/4 cups of Arborio rice  
6 cups of vegetable stock or water, seasoned with salt and celery seed  
grated lemon zest and juice from 1 lemon

3/4 cup of freshly grated Parmesan cheese  
1/4 cup mixed chopped fresh chives and parsley  
salt and freshly cracked black pepper

### Preparation

Heat the stock or water to a simmer in a medium sized saucepan while you cook the other ingredients. Heat the oil in a large pot and cook the garlic for about 1 minute. Add the leeks,

mushrooms and salt and pepper, and cook over medium heat for about 10 minutes, or until softened and browned. Remove from the pan and set aside. Add 2 tablespoons of butter to the pot and cook the onion in the butter for about 5 minutes. Stir in the rice and stir and fry for about 1 minute. Add a few tablespoons of lemon juice and a ladleful of stock or water to the pan and cook gently, stirring occasionally to prevent the rice

from sticking to the pan, until all the liquid is absorbed. Stir in more liquid as each ladleful is absorbed. Continue this process until the risotto is thick and creamy - about 20 - 25 minutes. The rice should be tender, but firm to the bite. Just before serving, stir in the leeks, mushrooms, a tablespoon of butter, grated lemon zest and remaining lemon juice, 2/3 of the Parmesan and the fresh herbs. Adjust the seasonings if necessary. To serve, sprinkle with remaining Parmesan and herbs.

## CAULIFLOWER POTATO CURRY

### Ingredients:

2 tbsp peanut oil  
1 tsp each curry powder, turmeric, cumin, thyme  
1/4 tsp cayenne pepper  
2/3 cup chopped onions  
1 tsp minced garlic  
2 cups cubed waxy potatoes  
1 cup vegetable stock  
2 cups chopped cauliflower  
1 medium carrot, chopped  
2 slices fresh ginger root  
1/4 lb fresh beans, chopped  
1 tbsp fresh lemon juice

Salt and pepper

### Preparation:

Heat oil in deep skillet. Stir in dry spices. Add onion and garlic; cook over medium heat until tender. Add potatoes and stock, cover and cook for 10 minutes. Stir in cauliflower, carrot, and ginger. Cover and cook 5 minutes. Stir in beans. Cover and cook 5 minutes, stirring often. Remove cover; continue to simmer until most of the liquid had evaporated. Stir in lemon juice.

Season to taste with salt and pepper. Serve over white rice and top with green onions.

Makes 4 servings.

