

THE REROOT REVIEW

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OCTOBER & NOVEMBER 2007

NOTES FROM THE FIELD

With the last of the harvest comes the first of the frost. After a brief snow on Sunday morning, Monday morning brought the first killing frost to the farm wiping out the tomatoes, peppers, eggplant, basil, and other sensitive crops. It seemed fitting, and a good sort of closure to the season.

This Sunday, November 4th will be the End of Season Harvest Potluck, also good closure to the season. It seems a good number of you are planning to make it out to celebrate the bounty of the season, visit the farm as it prepares to hibernate for the winter, and meet some of the other reroot organic CSA shareholders. Dinner will be from 5-7pm at the Mapleton's Organic

On-Farm Café. Please bring a tasty dish to share. If you would like a tour of the farm, come anytime after 2pm and I would be happy to show you around.

This week your share consists mostly of storage vegetables to give you a good start on winter. The onions, carrots, beets and squash will keep for a good number of months if stored correctly. Please see the information on the following page for proper storage techniques.

Also, if any of you would like even more of these crops or to scavenge whatever else may still be lurking in the garden, you are welcome to come out and harvest what you would like. Sunday before the potluck would be a good

time to do this, otherwise just send me an e-mail to work out a good time for you to come.

Finally, thanks to all of you for being a part of reroot organic CSA's first growing season. It was great to be supported by so many wonderful people in my first year, and to know that all of my vegetables were going to good, loving homes.

You're all making a difference by choosing to eat organically, locally, and seasonally, and by supporting a small farmer. Thank you. I hope to see you all again next year.

~caitlin

THIS WEEK'S HARVEST:

- Potatoes
- Swiss Chard or Spinach
- Leeks
- Cabbage
- Onions
- Carrots
- Beets
- Brussels Sprouts
- Squash
- Herbs

VEGGIE BIOGRAPHY

Introducing... Onions!

A staple ingredient in many dishes, the onion is a versatile vegetable, tasty, and easy to store.

Originating in the Middle East and southwest Asia, the ancient Egyptians say the concentric circles of the onion as a symbol of the universe and treated it as an object of wor-

ship.

The pungency of an onion reflects the amount of sulfur in the soil in which it was grown. To subdue the fumes which cause tears while chopping, chill in the fridge or chop under running water. Purple and white onions tend to be milder and sweeter than the yellow storage varieties.

In addition to being tasty, onions also have many health benefits. They are said to help reduce the risk of heart disease and stroke. They also have anti-inflammatory and anti-cancer effects and relieve congestion in the airways. Onions are very versatile and can be cooked using almost any method. However, they are most beneficial to your health when eaten raw.

BEER BATTER ONION RINGS

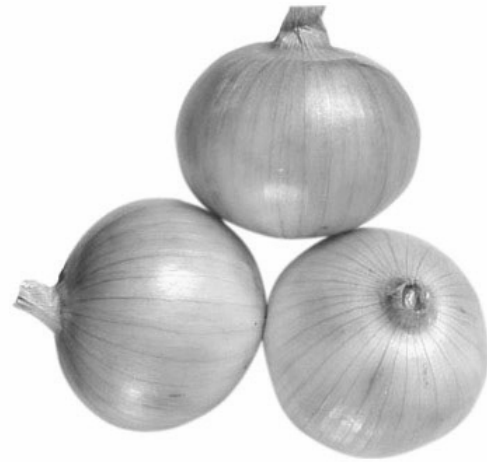
Ingredients

1 1/2 cups flour
1 1/2 cups beer
4-5 large onions
4 cups vegetable oil
salt

Preparation

Whisk flour and beer in bowl until smooth. Cover and let stand at room temperature for 3 hours. Slice onions unto 1/4 inch rounds and separate into rings. Heat oil to 375 degrees. Dip onion rings in batter, a few at a time, then immerse in hot oil and fry until golden brown, turning once. Drain each batch on paper towels and salt lightly. Serve hot.

Makes 4-6 servings



FRENCH ONION SOUP

Ingredients

5 sweet onions or a combination of sweet and red onions (about 4 pounds)
3 tablespoons butter
1 teaspoon salt
2 cups white wine
10 ounces canned beef consume
10 ounces chicken broth
10 ounces apple cider (unfiltered is best)
Bouquet garni; thyme sprigs, bay leaf and parsley tied together with kitchen string
1 loaf country style bread

Kosher salt

Ground black pepper
Splash of Cognac (optional)
1 cup Fontina or Gruyere cheese, grated

Preparation

Trim the ends off each onion then halve lengthwise. Remove peel and finely slice into half moon shapes. Place butter in skillet. Once butter has melted add a layer of onions and sprinkle with a little salt. Repeat layering onions and salt until all

onions are in the skillet. Do not try stirring until onions have sweated down for 15 to 20 minutes. After that, stir occasionally until onions are dark mahogany and reduced to approximately 2 cups. This should take 45 minutes to 1 hour. Do not worry about burning. Add enough wine to cover the onions and turn heat to high, reducing the wine to a syrup consistency. Add consume, chicken broth, apple cider and bouquet garni. Reduce heat and simmer 15 to 20 minutes.

Place oven rack in top 1/3 of oven and heat broiler.

Cut country bread in rounds large enough to fit mouth of oven safe soup crocks. Place the slices on a baking sheet and place under broiler for 1 minute.

Season soup mixture with salt, pepper and cognac. Remove bouquet garni and ladle soup into crocks leaving one inch to the lip. Place bread round, toasted side down, on top of soup and top with grated cheese. Broil until cheese is bubbly and golden, 1 to 2 minutes. Makes 8 servings.

VEGETABLE STORAGE TIPS

Squash

Winter squash is best stored in a warm and dry location. A furnace room or other storage area where the temperature is between 40-50F is most suitable.

Onions

Onions (and garlic) are best stored in cool and dry conditions. An infrequently used closet on an outside wall or the

inside wall of an attached garage can often be just the right temperature, 32-36F. They store well in shallow crates or mesh bags.

Beets and Carrots

Beets, carrots and other root vegetables are best stored in cool, moist conditions, 32-40F. A moist root cellar is ideal. These crops can also be packed into crates and cov-

ered with sawdust or sand and kept in a cold location.

Potatoes

After being cured in warmer temperatures, potatoes are best stored in cool, dark locations. A basement or garage where the temperature is between 38-40F is ideal.

