

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Here we are at week #10 of the harvest. We are still awaiting rain here at the farm, and the weather is decidedly autumn-like.

This week you'll notice the first of the potatoes in your share. The 'Norland' potato is an early red potato that is best eaten fresh, not stored for too long. The potatoes have been particularly challenging for me this season, so the yield is not what I had hoped for.

There should still be enough to go around for the remaining weeks of the harvest season. I have spoken with a few local potato farmers and have some ideas on how to improve the yield for next year.

This week also marked the

beginning of the garden clean-up process. I began rolling up irrigation line from the areas of the garden that are finished, mowing down the remaining plants and spreading manure and rock phosphate for increased fertility next year. To keep weeds to a minimum it is best to always keep a field planted with something, so as soon as there is some rain up here, I plan to seed the empty part of the garden with oats that will die-off over the winter and provide some additional organic matter to the soil.

Also in preparation for next season, I will soon be purchasing garlic for seed which will be planted in early October. I am hoping

to host a garlic-related gathering during the planting time, so stay tuned.

Hope you enjoy the harvest this week.

~caitlin

## THIS WEEK'S HARVEST:

- Salad Mix
- Potatoes
- Sweet Peppers
- Beets
- Green Onions
- Summer Squash
- Carrots
- Cucumber
- Hot Peppers
- Tomatoes
- Cantaloupe
- Ground Cherries
- Herbs

## VEGGIE BIOGRAPHY

Introducing... Peppers

Relatives of the tomato, potato and eggplant, peppers are a warm season treat, that will last until the first hint of frost.

Sweet peppers come in a huge array of shapes, colours and sizes. Red peppers being the ripened versions

of the green pepper.

Hot peppers also come in a variety of shapes, sizes and pungencies. Most of the intensity of these peppers resides in the seeds and inner rib, and can be counteracted by accompanying hot dishes with milk or alcohol.

Peppers are high in vitamin A, C, and E, iron, and potassium. For best nutrient retention, eat the bell peppers raw.

Peppers can be preserved both by freezing and drying.

## TORTILLA DE PATATAS (SPANISH OMELET)

### Ingredients

1/2 cup olive oil  
 four large potatoes, sliced  
 salt to taste  
 1 large onion, thinly sliced  
 4 large eggs, beaten  
 1 bell pepper, sliced

### Preparation

Fry the potatoes in 1/4 cup olive oil until just brown. Add the onion and pepper and cook until soft. Combine

the eggs and the potato mixture in a bowl. Add salt. Heat the remaining oil in a 9-inch skillet. Pour the egg mixture into the skillet and cook over medium-low heat until edges are cooked. Place a dinner plate over the skillet and flip the omelet to cook the other side. Continue cooking until the centre is firm, about 5 minutes. Transfer to a plate and cut into wedges. Serve with a side salad for a lovely lunch or dinner!



## FIERY HOT SAUCE

### Ingredients:

2 Cayenne peppers  
 1 Sweet Red Pepper  
 2 Jalapeno Peppers  
 1/4 Cup Distilled White vinegar  
 1 tbsp. Sugar  
 1 tsp. Salt

### Preparation:

Seed and blanch peppers in boiling water. Place all ingredients into a food processor and puree until smooth. Place puree into a saucepan and add vinegar. Heat until just steaming. Remove from heat and mix well. Place into glass jars.

\*Serve with Tortilla de Patatas for an extra kick\*

### Wish List

- Plastic quart baskets!!
- Elastic bands
- Scales
- Chalk boards
- Wooden cable spools (to store the irrigation line)

## ITALIAN STUFFED PEPPERS

### Ingredients:

1 tablespoon olive oil  
 1 onion, chopped  
 1 clove garlic, chopped  
 1/2 Lb Italian sausage or vegetarian substitute  
 1 cup tomato sauce  
 3 cups cooked brown or white Rice  
 Salt and freshly ground black pepper  
 1 tsp. each basil and oregano, dried

1 Tbsp Chopped fresh Rice  
 1 egg, beaten  
 8 bell peppers  
 1/3 cup grated parmesan

### Preparation:

Sauté onions in oil until soft. Add garlic and sausage and brown. Stir in tomato sauce and herbs. Add rice and cook about 10 minutes. Add egg.

Slice tops of peppers, seed and trim membranes. Fill with rice mixture. Place peppers in shallow baking dish with 1/2 inch of water. Bake covered at 350 for 20 minutes. Sprinkle with cheese and serve.

