

THE REROOT REVIEW

VOLUME 2, ISSUE 10

AUGUST 2008

NOTES FROM THE FIELD

Summer is here!

We have been greatly enjoying the warmer and somewhat drier weather this week and I think our hot crops have as well. I know by this point some of you may be saying to yourselves, "why is this guy always talking about the weather?" Well, that is a big part of what farmers do. And it's not small talk! At gatherings of farmer friends it is usually one of the hot topics of conversation.

Anyway, this week's warm weather will bring you some more eggplant, possibly some tomatoes (?), and the hope of corn in the near future. Speaking of corn, we are not the only ones

looking forward to it... enter raccoons. The raccoon, a favourite urban pest, is possibly the worst pest for corn. There are some other pests, the corn borer and a fungus known as smut are but two (what an unfortunate name on the last one) and these can be problems for organic growers, but none are as troublesome as the raccoon. Being social creatures raccoons will find your corn and then tell all of their friends. Bad news!

Physical barriers are one of the most effective pest control methods in organic agriculture and in the raccoon's case that barrier comes in the form of an electric fence. So this

week, as the ears started to appear on our late planted corn, we bought a solar powered electric fence, posts, insulators and poly-wire, a nylon string with fine wires woven into it. Sorry raccoons, this corn is for us!

Other new things this week include our first sunflowers. We may have been better to grown rainflowers this year... maybe next year. The garlic is also cured so you can now keep it in your kitchen for a great deal of time without worrying about it spoiling. Also we will begin harvesting squash.

Hope you enjoy the heat,
Devan

THIS WEEK'S HARVEST:

- *Cucumber?*
- *Zucchini*
- *Chard*
- *Carrots*
- *Beans*
- *Head Lettuce*
- *Bunching onions*
- *Green Peppers*
- *Eggplant*
- *Tomatoes?*
- *Kale*
- *Squash*
- *Garlic*
- *Hot Peppers*
- *Herbs*

VEGGIE BIOGRAPHY

Let's talk winter squash.

This vegetable originated in South America only working its way north after European colonization. This is hard for many to believe as it has been such an important staple and storage crop in North America for so long.

Squash will keep at room temperature for at least a month and for several months if kept dry and cool (about 10°C).

Though similar in appearance to summer squash, winter squash plants produce a fruit that is high in fibre and complex carbohy-

drates, and has 10 times the vitamin A content.

Storability, nutritive value and the great diversity of shapes, colours, tastes and textures makes squash an invaluable vegetable for the seasonal eater. So enjoy, there's plenty more to come.

ROASTED SQUASH WITH FENNEL SEED

Ingredients:

- 1-2 medium winter squash
- 2 cloves garlic
- 1 tbsp fennel seeds
- 1 hot pepper, or,
- 1 tbsp chilli flakes (optional)
- 1 tbsp brown sugar (optional)
- 2-3 tbsp olive oil
- Salt and Pepper

scraping them out with a spoon and cut into one inch cubes. Mince garlic, and, if using, finely chop the hot pepper. Toss all ingredients together in a bowl and then place in a small baking dish and cover. Roast in oven till tender, about 35-45 minutes.

This simple recipe, modified from one by Jamie Oliver, is one of my favourites.



Preheat oven to 375°F. Peel squash with a heavy duty peeler or a sturdy sharp knife. Remove the seeds by

CURRIED APPLE AND SQUASH SOUP

Ingredients:

- 6 tbsp butter
- 2 medium onions, chopped
- 1 clove garlic, crushed
- 1 1/2 - 2 lbs. squash
- 1 Granny Smith apple, skin too, chopped
- 2 tsp curry powder (or less)
- 1 cup apple cider
- 4-5 cups chicken stock
- 1 c. whipping cream

Brown sugar (optional)
Salt & pepper

Bake or microwave squash. Remove seeds or scoop out pulp; set aside.

Melt butter in large pan. Add onions, garlic and curry. Cook on low heat until onions are transparent, not browned, for about 7 minutes.

Add squash and apples and cook for

another 10 minutes on low heat, stirring occasionally. Add cider and stock and simmer for 30 minutes.

Puree soup in blender or Cuisinart. Return to pot and add cream. Cook 10 minutes more to blend flavors. Salt and pepper to taste.

Wish List

- Gazebo style tent for our farmers' market stand
- Large wooden spools for collecting irrigation line
- Elastic bands
- Pint and quart boxes
- A late summer?

