

# THE REROOT REVIEW

VOLUME 2, ISSUE 11      AUGUST 2008

## NOTES FROM THE FIELD

Well, this is a sad week for us here at reroot. Kirsten, our beloved intern, is going back to school next week and this Thursday will be her last day with us. We could not have been more lucky to have her as our first intern. She was helpful, keen, apt, and easy going. She never complained, always worked hard and was in high spirits even when we were cranky or tired. Not only did we feel this presence in the field, but also at home, where she delighted us with her cooking, banter and accommodating nature. We realize that not many of you have had a chance to spend much time with here, so trust us when we say that her presence will be missed.

Fortunately, Caitlin was able to take vacation this week, while I still had Kirsten's help. It is hard for farmers to take vacation in the summer, especially vegetable producers, as it is the growing season. At the beginning of this year, however, Caitlin and I decided it was important for us to have some time to relax, so we didn't burn ourselves out in mind, body and soul. I hope she is having a great time and look forward to having my own time off during the second week of September. Caitlin's family and friends will have to fill the void that Kirsten has left for that week.

We harvested the first of our onions this week and

they are curing in the greenhouse as I write this letter. Like garlic, onions need 2-4 weeks to cure after they have been uprooted, so the onions you receive in this week's share will have to be refrigerated and eaten fairly quickly (in about 1-2 weeks). By mid September we will have storage onions ready, which will be able to be stored in a dark, cool and dry place for several months.

Devan

## THIS WEEK'S HARVEST:

- *Zucchini*
- *Chard*
- *Carrots*
- *Radicchio*
- *Head Lettuce*
- *Melons?*
- *Green Peppers*
- *Eggplant*
- *Tomatoes*
- *Collards*
- *Onions*
- *Garlic*
- *Hot Peppers*
- *Herbs*

## VEGGIE BIOGRAPHY

Oh eggplant,

Unlike many of the nightshades we enjoy (tomatoes, potatoes, peppers and to-bacco), the eggplant (*solanum melongena*) is not indigenous to the Americas, originating instead in south Asia. Like tomatoes Europeans first thought eggplant

was a poisonous ornamental curiosity. With the abuse eggplant take from many people I sometimes wonder if the after-effects of this belief are still prevalent today...

Like tomatoes and peppers, eggplant is very sensitive to cold and is therefore a late

summer treat in most northern climates. Unlike its relatives, eggplant is not very high in vitamins and minerals and is therefore often eaten with other more nutritious foods. It is however low in calories and high in fibre. And it tastes so darn good!

## EGGPLANT SALAD WITH PARSLEY AND LEMON

### Ingredients

3 tablespoons olive oil  
 1 medium eggplant (about 1 pound), cut into 1-inch cubes  
 1 medium onion, chopped  
 ¾ tsp salt  
 2 garlic cloves, chopped  
 1/4 cup water  
 2 tablespoons chopped fresh parsley leaves  
 1 tablespoon fresh lemon juice  
 Salt and pepper to taste

### Preparation

In a large non-stick skillet heat 2

tablespoons oil over moderately high heat until hot but not smoking and sauté eggplant and onion with salt, stirring occasionally, until eggplant is browned well. Add garlic and cook, stirring, 1 minute. Add water and cook, covered, until eggplant is tender, about 5 minutes. Remove skillet from heat. Stir in parsley, lemon juice, remaining tablespoon oil, and salt and pepper to taste. Chill salad 15 minutes, or until ready to serve.



## EGGPLANT WITH STEWED TOMATOES AND CHICKPEAS

### Ingredients

1 large or 2 med eggplant peeled  
 Oil for frying  
 1 large can diced tomatoes (or 4-8 fresh)  
 1 large onion diced  
 2 cloves garlic minced  
 1 can chickpeas  
 ¼ cup fresh cilantro  
 4 tbsp olive oil  
 Salt and pepper

### Preparation

Cut eggplant into 2 cm cubes.

Heat a large skillet over medium high heat. Add enough oil to fill the bottom centimetre of the pan. Place enough eggplant to fill the pan with a single layer. Fry eggplant till pieces are golden and browning at the edges. Remove from pan and place on paper towel or strainer. Depending on size of pan this may take several batches to fry all the eggplant. When finished set the eggplant aside, drain off oil and place pan back on stove top.

Add 2 tbsp of the olive oil and the onions to your pan. Cook onions till golden and then add garlic. Wait 1 minute and then add tomatoes. Bring to a boil and then bring heat down to medium low and stew for 5 minutes. Turn up temperature to medium and add chickpeas and eggplant. Fry till dish is thoroughly hot then add cilantro and season to taste. Remove from heat and drizzle with remaining olive oil.

### 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?

