

THE REROOT REVIEW

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NOTES FROM THE FIELD

Well, I hope you all enjoyed some feasting this weekend and maybe a chance to be with some family and/or friends. I know I still feel more stuffed than the Mapleton's turkey that graced my family's table. It was great to highlight and enjoy those fall vegetables. Caitlin also enjoyed a meal with her family, as well as some time at the Erin fall fair. Some of our veggies that she entered in the fair received 1st, 2nd and 3rd place finishes, allowing us paternal pride over some of this season's bounty.

After the week of celebration of plenty we are re-

turning to a more reasonable share size, with the exception of pumpkins and squash...

A new addition this week is the sweet potato. They are finally cured and ready to go. One thing to keep in mind with sweet potatoes is that they are a tropical crop and as such do not deal well with cold. They keep best if kept between 13-18 degrees Celsius and will actually get damaged if they fall below 10.

Some of the onions for this week's share, particularly the reds and whites, are sprouting and should there

for be treated like the uncured onions earlier this season (stored in the refrigerator). We are trying to move the sprouting onions now as they are still good, but will not store as well as the properly cured onions.

This long weekend most of what was in garden this year was planted to rye, which will act as a winter cover for the soil and a nurse crop to help along the clover that will be planted there next year. It is a significant task to finish as it marks the end of most of the field work, besides harvesting that is...

Devan

THIS WEEK'S HARVEST:

- Onions
- Leeks
- Squash
- Pie Pumpkins
- Parsnips
- Potatoes
- Sweet Potatoes
- Carrots
- Beets
- Celery
- Lettuce
- Herbs

VEGGIE BIOGRAPHY

Oh sweet potato,

The sweet potato, *Ipomoea batatas*, is a member of the morning glory family and should not be confused with yams, a family of starchy tuberous roots native to West Africa, or the common potato. This plant is thought to have origins in tropical America. It has been adopted in various parts of the world as a staple crop, most notably in

China where production is more than five times that of the rest of the world combined. In Canada production only started in the last 100 years and sweet potatoes are only produced commercially in a few spots including the north shore of Lake Erie and Niagara region. The reason for this is that the plant, despite breeding efforts, retains some traits of its tropical

origin and is not very tolerant of our cool temperate climate (it was certainly a challenge for us this summer!).

Sweet potatoes can be found in desserts, soups, side and main dishes, and are good boiled, fried, roasted, mashed and grilled. Easy favourites are baked or fried sweet potato fries and sweet potato puree.

SWEET POTATO PIE

Ingredients:

2 medium sweet potatoes
(about 1 1/4 pounds)
1/2 stick (1/4 cup) unsalted
butter
3/4 cup sugar
3/4 cup whole milk
3 large eggs
1 teaspoon vanilla
1/2 tsp cinnamon
1/4 tsp freshly grated nutmeg
1/4 tsp salt
1 tbsp dark rum
1 tbsp all-purpose flour
1 unbaked 9-inch pie shell

Preheat the oven to 350°F.

Prick the sweet potatoes with a fork and roast them on a shallow baking pan in the middle of the oven until very tender, about 1 1/4 hours. Cool to room temperature.

Raise the oven temperature to 400°F, and place a shallow baking pan on the bottom rack.

Scoop the flesh from potatoes into a bowl and discard the skins. Mash the sweet potatoes with a fork until smooth. Melt the butter in a small saucepan

and stir in the sugar. Add the melted butter mixture to the sweet potatoes with the milk and the eggs and beat with a whisk until smooth. Whisk in the remaining ingredients (the filling will be quite liquid). Pour the filling into the pie shell.

Carefully transfer the pie to the heated shallow baking pan on the bottom rack of the oven and bake until the filling is just set, about 40

minutes. Transfer the pie to a rack to cool.



ROASTED SWEET POTATOES WITH MUSHROOMS AND SHALLOTS

Ingredients:

1/4 cup chicken or vegetable
broth
3 tablespoons olive oil
2 tablespoons balsamic vine-
gar
2 pounds red-skinned sweet
potatoes (yams), peeled, cut
into 1-inch chunks
10 large shallots, peeled,
halved through root end
4 bay leaves
2 tablespoons plus 1 teaspoon

chopped fresh marjoram
8 ounces large fresh shiitake
mushrooms, stemmed, caps
quartered
3 tablespoons chopped fresh
parsley

Preparation:

Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray. Whisk chicken or vegetable broth, olive oil, and balsamic vinegar

in small bowl. Mix sweet potatoes, shallots, bay leaves, and 1 tablespoon marjoram in large bowl. Pour half of broth mixture over and toss; sprinkle with salt and pepper. Toss mushrooms, 1 tablespoon marjoram, and remaining broth mixture in medium bowl; sprinkle with salt and pepper.

Spread sweet potato mixture

on baking sheet. Roast until potatoes begin to soften, stirring occasionally, about 30 minutes. Mix in mushrooms. Return to oven; roast until potatoes and mushrooms are tender, stirring occasionally, about 30 minutes longer. Transfer to bowl. Mix in parsley and 1 teaspoon marjo-ram.

ELORA PICKUP LOCATION

The Elora farmers' market has decided to allow its vendors to continue selling as long as they wish, so the pickups will occur at this location for the remainder of the season. If there is any change in this we will be sure to be in touch. See you there.

LAST WEEK OF PICKUPS

Another item some of you have been asking about is when about the weeks/ pickups remaining in the season. The last pickups will be Oct. 30 (Oakville), Nov. 1 (Elora), and Nov. 4 (Farm). So we still have plenty of time and veggies till it's all over!

