

THE REROOT REVIEW

VOLUME 2, ISSUE 19 OCTOBER 2008

NOTES FROM THE FIELD

As the snow falls outside my window (yes snow!) it is apparent that the season is coming to an end. Next week will be our final harvest and CSA pick-up and we will be planning to send you off with some storage veggies to help you ease into the winter months. As you might have noticed, this year we had a bumper crop of squash and pumpkins which are not only delicious and versatile, but also great to store.

As Devan mentioned last week, I entered some of our veggies into the Erin Fall Fair over the Thanksgiving weekend. Erin is my fami-

lies home town, and my Great Grandmother used to enter her veggies in the very same fair! Needless to say, we were very pleased to come home with a 1st place ribbon in cherry tomatoes, Turks turban squash, largest sunflower head and an assorted basket of organically grown vegetables; a 2nd place ribbon in butternut squash, beets, and salsa; and a 3rd place ribbon in garlic and parsnips. If you would like to see our ribbons, they will be on display at the End-of-Season Harvest Feast coming up in early November. The Harvest Feast is also a great time to

celebrate the bounty of the season; visit with the farmers and other CSA members; and wish the garden a good rest for the winter. We will be sending out details shortly.

Another end-of-season activity for us, is looking for feedback from you on the season. We will be sending out a survey shortly and would very much appreciate you filling it out and returning. Your input helps us make decisions for next season, and we value your feedback.

~caitlin

THIS WEEK'S HARVEST:

- *Onions*
- *Leeks*
- *Squash*
- *Jack-O-Lanterns*
- *Parsnips*
- *Carrots*
- *Beets*
- *Celeriac*
- *Swiss Chard*
- *Herbs*

VEGGIE BIOGRAPHY

Parsnips!

Related to the carrot, parsnips or *Pastinaca sativa* are a classic fall vegetable. They are notoriously slow germinators and growers, which can prove frustrating early in the season, but alas their flavour greatly improves as the weather grows colder and the first frost yields deliciously sweet parsnips.

Parsnips contain potassium, fibre, Vitamin C and are a good source of folate. In the Middle Ages, especially during Lent, Europeans favored the parsnip because of its flavor, nourishment and ability to satisfy hunger through meatless fasting periods.

Parsnips have a flavor described as nutty, spicy or peppery. It's well suited to

prolonged cooking, as in casseroles and stews, or oven-roasted on its own. It also fares nicely steamed or boiled.

Classic preparations include mashed parsnips topped with buttered bread crumbs, glazed (partnered with roasted meats or game), creamed or in mixed vegetable soups.

Enjoy your parsnips!

CURRIED PARSNIP SOUP

Ingredients:

1 tbsp coriander seed
 1 tsp cumin seed
 1 dried chili or 1/2 tsp chili flakes
 1 tsp ground turmeric
 1/4 tsp ground fenugreek
 1 medium onion, chopped
 1 large garlic glove, split
 1 large parsnip, peeled and cut
 2 tbsp butter
 1 tbsp flour
 1 litre beef or vegetable stock
 150 ml cream
 Chopped chives or parsley

Preparation:

Grind and mix the spices and reserve in a jar (this will make more than is necessary for this recipe). Cook the onion, garlic and parsnip gently in the butter, in a covered pan, for 10 minutes. Stir in the flour, and a tbsp of the spice mixture. Cook for 2 minutes, stirring occasionally. Pour in the stock gradually. Leave to cook. When the parsnip is really tender, puree and dilute to taste with water. Add the cream and serve with chives or parsley.



PARSNIP AND MUSHROOM GRATIN

Ingredients:

2 lb parsnips, peeled
 4 oz butter
 8 oz mushrooms, sliced
 150-175 ml whipping cream
 Salt
 Pepper
 Grated nutmeg
 2 tbsp bread crumbs
 2 tbsp grated parmesan cheese

Preparation:

Cut the parsnips into chunks just over a cm across and boil in salted water until almost cooked. Drain and return to a pan with half the butter. Cover tightly and leave over low heat to finish cooking, shake or stir the pan from time to time. Cook the mushrooms in the remaining butter, slowly at first, then more briskly to evaporate the

juice to a slight moisture. Stir in the cream and season well. Put the parsnips into a baking dish, pour the mushrooms and cream over them. Mix the crumbs and cheese and scatter over the top. Melt the last of the butter and pour it over the crumbs. Brown under the grill, not too fast, so that the whole dish is golden and bubbling.

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!

