

# THE REROOT REVIEW

VOLUME 3, ISSUE 14

SEPTEMBER 2009

## NOTES FROM THE FIELD

I'm finally catching up on some office work on a rainy today after what seemed like a solid three weeks of sunshine. We have been enjoying the beautiful weather and taking the opportunity to cultivate the finished areas of the garden in an attempt to decrease the twitch grass population for next year.

Last Friday proved to be a busy day as we, in addition to harvesting for Saturday, were busy pulling the onions and preparing for the forecasted frost. We managed to get all the onions safely out of the ground before the frost (and the rain) both which do not facilitate good drying. They are now safely curing in the

greenhouse to make sure they are in good shape to store into the winter months.

We did receive a frost on Saturday morning, but had managed to cover some of the frost sensitive crops. The basil took a bit of a hit, but there is still lots there. We will be cutting lots this week and next and would recommend you get busy making pesto if you're into that.

On another note, I realized that while the topic of tomato blight has been on my mind, I haven't actually written much about it in the newsletter. You will have noticed that there are not many tomatoes in the share

this year (especially as compared to 2007 for those of you who were members then!) Late blight is a fungal disease affecting tomatoes and potatoes. It was actually the cause of the Irish Potato Famine, to give you an idea of how devastating it can be! When conditions are favourable to the fungus; cool, wet and humid, it spreads fast and wipes out whole fields in days. Conventional growers can slow the spread using fungicides, but there are few effective organic controls. We got the blight later than most and thus have some tomatoes...so enjoy what's there!

Happy eating

~caitlin

## THIS WEEK'S HARVEST:

- *Salad Mix*
- *Carrots*
- *Beets*
- *Onions*
- *Eggplant*
- *Sweet Peppers*
- *Summer Squash*
- *Tomatoes*
- *Corn*
- *Melons*
- *Winter Squash*
- *Garlic*
- *Kale/Swiss Chard*

## VEGGIE BIOGRAPHY

Onions!

Onions (*Allium cepa*) belong to the lily family, the same family as garlic, leeks, chives, scallions and shallots.

Onions are very rich in chromium, a trace mineral that helps cells respond to

insulin, plus vitamin C, and numerous flavonoids, most notably, *quercetin*. Studies have also shown that making onion (and garlic) a staple in your diet may greatly lower your risk of developing several common cancers.

World onion production is steadily increasing so that

onion is now the second most important horticultural crop after tomatoes.

Enjoy!

### The Great Squash Toss & Garlic Planting

Come join us in the field, see the garden and lend a hand bringing this year's crop in and planting the seeds for next year's harvest.

Sunday, October 4th, 1pm

At the farm— Mapleton's Organic Dairy. Call if you need directions.

Bring clothes you don't mind getting dirty, work gloves and friends!

Children welcome. Refreshments will be provided. Weather dependent.

## VEGETARIAN ONION SOUP

### Ingredients

1 tbsp (15 mL) vegetable oil  
 3 onions, thinly sliced  
 2 carrots, thinly sliced  
 1/4 tsp (1 mL) granulated sugar  
 2 cloves garlic, minced  
 1/4 tsp (1 mL) dried thyme  
 6 cups (1.5 L) vegetable stock  
 2 tsp (10 mL) wine vinegar  
 1/4 tsp (1 mL) each salt and pepper  
 2 cups (500 mL) croutons

1 cup (250 mL) shredded Gruyere cheese

### Instructions

In saucepan, heat oil over medium-high heat; cook onions, carrots and sugar, stirring often, for 15 minutes or until onions are golden. Add garlic and thyme; cook for 3 minutes. Add stock; bring to boil. Reduce heat to medium; simmer for 10 min-

utes. Add vinegar, salt and pepper.

Place 4 oven-proof soup bowls on baking sheet. Ladle soup into bowls; sprinkle with croutons then cheese. Broil for 2 minutes or until cheese is bubbly



## SQUASH AND CARAMELIZED ONION LASAGNA

### INGREDIENTS:

1/3 cup (75 mL) butter  
 4 large onions, sliced  
 1/2 cup (125 mL) all-purpose flour  
 4 cups (1 L) milk  
 1/2 cup (125 mL) freshly grated parmesan cheese  
 1 tsp (5 mL) salt  
 1/2 tsp (2 mL) each pepper and nutmeg  
 9 lasagne noodles  
 3 cups (750 mL) chopped broccoli

### Squash Filling:

1-1/3 cups (325 mL) light ricotta cheese  
 1-1/3 cups (325 mL) pureed squash  
 1 egg  
 1 egg yolk  
 1/2 cup (125 mL) fresh bread crumbs  
 2 tbsp (25 mL) freshly grated parmesan cheese  
 1/4 tsp (1 mL) each salt and pepper  
 Pinch nutmeg

### INSTRUCTIONS:

In skillet over medium-high heat, melt 2 tbsp (25 mL) of the butter; reduce heat to medium-low and cook onions, stirring occasionally, for 35 to 45 minutes or until soft and golden. Set aside.

Meanwhile, in heavy saucepan, melt remaining butter over medium heat. Stir in flour; cook, stirring for 2 minutes. Gradually whisk in milk; bring to boil. Reduce heat to medium-low;

cook, stirring for 10 to 15 minutes or until thickened. Remove from heat; stir in 1/4 cup (50 mL) of the cheese, salt, pepper and nutmeg.

Meanwhile, in large pot of boiling salted water, cook noodles for 8 to 10 minutes or until almost tender. Reserving cooking liquid, remove from pot; rinse in cold water. Arrange in single layer on clean damp tea towel.

**Squash Filling:** In food proces-

sor, pulse ricotta with squash puree until very smooth. Transfer to large bowl; stir in egg, egg yolk, bread crumbs, cheese, salt, pepper and nutmeg until well blended. Set aside.

Return reserved cooking liquid to boil. Add broccoli and cook for about 2 minutes or until almost tender. Drain. Refresh under cold water; drain again.

Set aside 1 cup (250 mL) of the cheese sauce. Arrange 3 noodles in single layer in greased 13- x 9-inch (3 L) baking dish. Spread

with half each of the squash filling, broccoli, onions and remaining cheese sauce. Repeat layers. Top with remaining noodles and reserved cheese sauce. Sprinkle with remaining cheese. Bake in 375°F (190°C) oven for about 40 minutes or until light golden and bubbly. Let stand for 10 minutes before serving.

**Servings: 8 to 10**

