

THE REROOT REVIEW

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NOTES FROM THE FIELD

Happy Thanksgiving!

This week our goal is to provide you with as many tasty Thanksgiving feast treats as possible.

After a successful Squash Toss on Sunday, we have loads of squash and pumpkins safely harvested and stored before the really cold weather arrives. Thanks to all of you who braved the potential of rain to help with the harvest. We lucked out weather-wise as the sky cleared and the sun even came out for some of the toss. Following the harvest, tossers were treated to some seasonal goodies— pumpkin loaf, pumpkin ice cream and apple crisp.

We unfortunately didn't get the garlic planted, so that is top priority for this week. This might be a challenge as the weather forecast calls for rain every single day! We'll do our best between showers to get the cloves in for next years garlic.

My families tradition for Thanksgiving weekend is to attend to Erin fall fair. My great-grandmother used to enter her garden vegetables in the fair competition, so last year I followed in her footsteps with entries of my own. Reroot organic CSA took come first prize ribbons in a number of categories including best cherry tomatoes, largest sunflower head, and most importantly best organic vegetable bas-

ket. I'm hoping to enter some vegetables again this year, so if you're in the area, check out the fair!

Happy eating!

~caitlin

THIS WEEK'S HARVEST:

- *Carrots*
- *Beets*
- *Onions*
- *Celeriac*
- *Eggplant*
- *Sweet Peppers*
- *Shallots*
- *Potatoes*
- *Celery*
- *Winter Squash*
- *Pie Pumpkins*
- *Rutabaga*
- *Brussels Sprouts*
- *Garlic*
- *Kale*

VEGGIE BIOGRAPHY

Brussels Sprouts!

Despite their reputation, carried over from many of our childhoods, Brussels sprouts are a tasty and nutritious fall vegetable. They are high in Vitamins A, B6, C, K, folate; potassium; cancer-preventing compounds sulforaphane,

isothiocyanate and indoles; and fiber.

For tastiest sprouts, store in a loosely sealed plastic bag in the refrigerator for no more than 2 days. Before serving, peel off the outer layer or two of leaves, and take a thin slice off the stem end. Rinse in cold water

and cut an X in the core for even cooking.

Enjoy!

ROASTED BRUSSELS SPROUTS RECIPE WITH BALSAMIC, PARMESAN, AND OLIVE OIL

Ingredients

1 lb. Brussels sprouts, trimmed
 2 T olive oil
 1 T balsamic vinegar
 1 1/2 T Parmesan cheese
 (preferably fresh grated)

Arrange sprouts in a single layer on roasting pan, and roast 20 minutes, turning occasionally, or until sprouts are slightly crisp and golden brown on the edges.

Preparation

Sprinkle with cheese.

Preheat oven to 450 F. Trim Brussels sprouts, remove any discolored leaves. Put sprouts in mixing bowl and toss with olive oil and balsamic vinegar.



CELERY-ROOT AND APPLE PUREE

yield: Makes 10 to 12 servings

active time: 35 min

total time: 1 1/2 hr

We already know you like applesauce with pork, but this soft, creamy purée is so much better. It's like a bowl of puréed potatoes that yearns to be dessert.

Ingredients

- * 5 lb celery root (sometimes called celeriac)
- * 4 Gala, Empire, or McIntosh apples (1 1/2 lb total)
- * 1/2 stick (1/4 cup) unsalted butter
- * 2 teaspoons salt
- * 1 cup heavy cream
- * 1/2 teaspoon white pepper

* 1/2 teaspoon freshly grated nutmeg

* Garnish: celeriac leaves

Preparation

Peel celery root with a sharp knife, then cut into 1-inch cubes. Peel and core apples, then cut into 1-inch pieces.

Melt butter in a 6- to 8-quart

heavy pot over moderately low heat, then add celery root, apples, and salt and stir to coat with butter. Cover with a tight-fitting lid and cook (without adding liquid), stirring occasionally, until celery root is tender, 50 minutes to 1 hour.

Purée mixture in batches in a food processor until smooth, about 2 minutes per batch.

Return purée to pot and stir in cream, white pepper, and nutmeg. Reheat, covered, over moderate heat, stirring occasionally, until hot, about 5 minutes.

Cooks' note: Purée can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat, covered, over low heat, stirring occasionally, until hot, about 15 minutes.

