

THE REROOT REVIEW

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NOTES FROM THE FIELD

Goodbyes are always bitter-sweet, especially when the person leaving has been helping lend a hand with the farm work! Alex, our WWOOFer from Belgium, left this past Monday. We wish her all the best and will sorely miss her presence on the farm. Kim and Julie, our couple from France, however, are here until the end of August which will be a great help as we transition into the fall season.

The focus on the farm has gradually shifted over the past month or so, from seeding, transplanting and weeding towards harvesting, harvesting and weeding. Basically as our main task during the first half of the season was getting your

food *into* the ground, the main task for the second half of the season is getting the food *out of* the ground.

That being the case, we are now able to really vary the contents of your shares week to week and keep a nice, interesting, varied selection of veggies each week. Each week, until you've seen them all, we'll do our best to incorporate a fresh, new item in the shares as we've done since the season start.

On an exciting, not-so-veggie note, our laying hens have started producing eggs and are doing so in greater numbers, and increased vigor, day by day. The first few eggs that a hen lays are kind of small, junior sized

eggs, but trust us, we've now done the taste test, eggs from organic, free-range hens are the real deal. The next taste test we're going to set up will revolve around all the varieties of hot peppers we grow on the farm. We've meant to sample them for a while now, to help us determine what type of disclaimer we should have you shareholders signing when you grab a handful of peppers at your pickups. As it stands right now, we at reRoot are not liable for the consequences that arise should you choose to consume the wrong pepper. On that note, enjoy your grub this week!

Be Healthy & Keep Well,
Vince

THIS WEEK'S HARVEST:

- *Garlic*
- *Carrots*
- *Celery*
- *Potatoes*
- *Onions*
- *Peppers*
- *Eggplant*
- *Sweet Corn*
- *Summer Squash*
- *Tomatoes*

VEGGIE BIOGRAPHY

Sweet Corn!

You can't drive 10 meters in the country during mid to late summer and not see a sign for sweet corn.

Corn in general is a variety of maize from the grass family. It's grown in all parts of Canada, with half of all that originating in Ontario.

This easily makes it the most extensively planted vegetable in Canada.

Sweet corn differs from other corn in the sense that it is corn that is picked when it is in its immature phase and eaten as a vegetable rather than conventional field corn which is har-

vested when the kernels are dry and used as a grain. Since the process of maturation, in this case, involves converting sugars to starch, this explains how sweet corn gets its flavour but also why it's best eaten as fresh as possible.

Sweet corn is high in antioxidants, rich in fiber, folic acid and beta carotene and vitamins A, B1, B5 and C. It also contains lutein, which is a flavanoid that is known to aid with vision and cardiovascular well-being.

Sweet corn is best stored for 1-2 days, in husk, in the fridge.

Thanksgiving Turkeys for Sale

For the first time ever, reroot is offering turkeys for Thanksgiving dinner. Our turkeys are fed only non-medicated feed and lots of organic vegetables and bugs as they peck around our green pasture. They spend their days outside in the sunshine with unlimited access to green grass and roost inside a safe, dry trailer at night. Due to limited cooler space, we will be offering frozen turkeys this year.

Available anytime after October 1st at \$4.50/lb

We only have 20 turkeys available for sale, so get your order in fast!



ROAST CORN, RED PEPPER & ONION SOUP

Ingredients:

4 cobs Sweet Corn
 1 large Sweet Red Pepper
 1 large Onion
 1 tbsp (15 mL) vegetable oil
 2 cloves garlic, minced
 4 cups (1 L) chicken stock
 1/2 tsp (2 mL) dried thyme
 salt and pepper

Directions:

Husk corn. Quarter red pepper, removing seeds and ribs. Peel onion and cut into 1/2 inch (1 cm) slices. Lightly brush onion with oil to prevent sticking.

Place corn, red pepper and onion on preheated barbe-

cue over medium heat; grill, turning occasionally, until lightly charred and tender-crisp, about 15 minutes. Remove from barbecue. With sharp knife, cut corn kernels from cobs; dice red pepper and onion.

In medium saucepan over medium-high heat; soften

garlic in oil 30 seconds. Add corn, red pepper and onions; sauté 2 minutes. Add stock and thyme; bring to boil. Reduce heat and simmer 10 minutes or just until vegetables are tender but not overcooked. Season with salt and pepper to taste.

Makes 4 Servings.

GRILLED CORN & SAUSAGE SALAD

Ingredients:

2 Sweet Green or Red Peppers
 3 cobs Sweet Corn, husked
 1 lb (500 g) Italian-style sausage
 1 large Zucchini
 4 small Onions
 Vegetable oil

Dressing:

2 tbsp (25 mL) cider vinegar
 1 tbsp (15 mL) lemon juice
 1 tsp (5 mL) dried thyme
 1/4 tsp (1 mL) each salt and

pepper
 1/3 cup (75 mL) vegetable oil

Directions:

Grill whole sweet peppers 4-inches (10 cm) from medium-hot coals, turning often, for about 15 minutes or until charred all over; let cool slightly. Remove peel and seeds; cut into bite-size pieces.

Meanwhile, arrange corn in single layer on large piece of foil; fold up foil to form packet. Prick sausage in several places. Cut zucchini diagonally into 1/2-inch (1 cm) thick slices. Slice onions in half.

Grill corn packet for 20 to 30 minutes or until tender. Grill sausage for 15 to 20 minutes or until browned and cooked through, brushing with oil and

turning occasionally. Grill zucchini and onion for 10 to 15 minutes or until tender and browned, turning once and brushing lightly with oil.

Unwrap corn and cut cobs into 1-1/2 inch (4 cm) lengths. Slice sausage thickly on the diagonal. In large bowl, toss grilled vegetables and sausages with dressing. Taste and adjust seasoning. Transfer to large platter to serve warm.