

THE REROOT REVIEW

VOLUME 4, ISSUE 13

SEPTEMBER 2010

NOTES FROM THE FIELD

...And then there were two.

With the arrival of September, we say farewell to some helping hands around the farm. Kim and Julie, having spent the last month with us, were on their way back to France on Tuesday and we wish them all the very best. Most of you met them at our pickups where, as in the field and around the house, they were a huge help. After meeting these two incredible people, we're all determined to stay in touch so don't be shy to drop a "how are they?" at the pickups every now and then and we'll fill you in.

Of course as soon as our workforce is halved, our second planting of beans

ripens and are ready to be picked, leaving Caitlin and I in the field for hours on end during quite the week to be outside. Luckily, before our two Parisian friends flew the coop, they aided us in harvesting, oh, about 10,000 onions.

Our onions had reached the point where we could harvest the lot of them and prep them to be cured so that they might keep better. I think organic produce is great, but organic produce with a longer shelf life is greater. If you ever wondered what 10,000 onions sitting next to 2,000 garlic bulbs looks like (a common question that everyone asks themselves at one point in their lives) we'll show you pictures.

We've had some terrific interest shown in some of the extracurricular share perks that we're working on. Our eggs are more and more plentiful, but they do go fast at pickups so get them quick. We've also had the good fortune of procuring organic apples from a local orchard, so watch for those at pickups as well. Our last batch of chickens are gone, but the next batch of (larger!) ones is on the way. Finally, we're doing our best to ensure that we have reasonable sized turkeys and not 30lbs behemoths. Stay tuned.

Be Healthy and Keep Well,
Vince...

THIS WEEK'S HARVEST:

- Shallots
- Carrots
- Salad Mix
- Potatoes
- Bunch Onions
- Peppers
- Beans
- Summer Squash
- Tomatoes
- Arugula
- Eggplant

Free-Range Eggs for Sale

We've raised our hens from day-olds and they have finally started to lay...that is when they're not too busy pecking around the barn yard. These are truly free-range eggs, as our hens have free run of the whole farm (although they seem to prefer hanging out on our deck). We will have eggs available for sale at upcoming CSA pick-ups, for CSA members only. If you are interested, please ask us, we'll have them in the cooler.

\$4/dozen

VEGGIE BIOGRAPHY

Tomatoes!

There are more than 300 different varieties of tomatoes commercially grown in Ontario.

The tomato originated in South America and eventually became a staple in the Mexican diet. It wasn't until the 1800's in North

America and Europe, that it began to be used to make sauces and soups, and the 1900's until it gained full international acceptance.

One medium tomato has 25 calories; it's a good source of Vitamin C and a source of Vitamin A and folacin. It also has the cancer fighting

antioxidant, lycopene, and better yet, organic tomatoes contain 3 times as much of it as conventionally grown tomatoes.

Store tomatoes in cool, dry places (not the fridge, unless their cut) and they will keep for up to 5 days.

Organically-grown Apples for Sale

Our neighbour and friend grows more than 30 varieties apples organically in his orchard. We tried his apples last year and they were great. We'll have some to sell at markets this season, but wanted to extend the offer to you, to order larger quantities if you wish. In the next couple weeks he'll have Macintosh, Cortland, Spy and Ida Red ready to pick and is offering them at

\$30/bushel

Let us know if you'd like to order some, and we can arrange it for you.



BAKED TORTILLA BRUSCHETTA

Ingredients:

1 Tomato, diced
 1 Sweet Pepper, seeded and diced
 1 Jalapeño Pepper, seeded and diced
 1 or 2 cloves Garlic, minced
 1 Green Onions chopped
 1 cup (250 ml) shredded Cheddar cheese
 1 cup (250 ml) crumbled feta cheese
 6 large flour tortillas

Directions:

In bowl, combine tomato, sweet pepper, jalapeño pepper, garlic, onions, Cheddar cheese and feta cheese; mix well. Arrange tortillas on work surface. Spread half of each with some filling, dividing evenly. Fold in half and press down gently.

Bake on baking sheet in 400° F (200° C) oven for 10 to 15 minutes or until lightly browned and cheese melts. Let cool slightly; cut into wedges.

Makes 6 servings.

FREEZER SALSA

Ingredients:

12 Field Tomatoes, about 4 lb (2 kg)
 1/4 cup olive oil
 3 tbsp finely chopped hot peppers
 6 cloves garlic, chopped
 6 green onions, thinly sliced
 3 tbsp fresh lime **or** lemon juice
 1/4 tsp salt and pepper

Directions:

Core tomatoes; cut shallow "X" on bottoms. In batches, plunge into large pot of boiling water for a minute or two. Remove with slotted spoon and cool in cold water. Peel and slice in half; gently squeeze out seeds and juice. Coarsely chop and place in large sieve; gently press to

extract as much juice as possible without mashing tomatoes. Transfer to large bowl.

In small frying pan, heat oil over low heat; add hot pepper and garlic. Cover and simmer, stirring often, for 10 to 12 min. until garlic is softened and flavors are blended. Stir in onion. Add to tomatoes and gently stir. Stir in

lime juice, salt and pepper. (Salsa can be frozen for up to 3 months. Thaw in refrigerator, then drain off excess liquid before using.)

Makes about 5 cups (1.25 L).