

THE REROOT REVIEW

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NOTES FROM THE FIELD

Wow, this past week has certainly felt like the coming of fall for us here at the farm. We've been donning sweaters on harvest morning, the trees are beginning to drop their leaves (right into our clean bins of salad mix!), the squash is ready and I actually wore long johns to the market last weekend. Fall is my favorite season as the harvests are so bountiful and the work is beginning to slow down. Don't get me wrong, there are still hundreds of feet of potatoes to dig, almost an acre of squash to pick and of course 7 more weeks of CSA pick-ups to harvest for...but we are starting to relax a little more these days.

This past weekend, with no

exciting plans for the long weekend (and thank goodness considering the weather we had) I geared up for really my first big canning season this season. I convinced 3 friends to join me for what turned into a preserving marathon! Salsa, peach/red pepper chutney, pickled eggplant, raw tomato relish, frozen raspberries, roasted red peppers and a string of chili peppers. Phew. I find it hard to make the time to do much canning during the season, but it is so important to try and preserve some of the harvest to enjoy in the cold winter months when good produce is scarce and local produce is non-existent. We are still planning a canning workshop for some-

time soon.....stay tuned for exact dates.

Another thing we are planning is the Great Squash Toss of 2010. An annual event at the farm, this is when you get to come out and enjoy a lovely autumn day helping us bring in the squash harvest. Many hands make light work, and this is always an enjoyable event for all ages. This year we hope to have the toss on Sunday, September 19th (raindate: Sunday, September 26th). Meet at the farm at 10am or join us anytime thereafter. Hope you can make it!

Happy eating!

~caitlin

THIS WEEK'S HARVEST:

- Shallots
- Onions
- Garlic
- Carrots
- Beets
- Head Lettuce
- Potatoes
- Peppers
- Winter Squash
- Tomatoes
- Beans?

VEGGIE BIOGRAPHY

Carrots!

The carrot originated in middle Asia and was first eaten by the hill dwellers of Afghanistan. The early cultivated varieties were purple and yellow, with the first orange carrots appearing in the 1600's in the Netherlands.

Carrots are high in vitamin A and beta-carotene, as well as fiber, calcium, and potassium. For maximum nutritional value, eat carrots raw with skins in tact, as the carotene and trace minerals are stored just beneath the skins surface.

Organic carrots have a particularly sweet taste which is delicious when made into fresh carrot juice.

A little known fact...the carrot tops can also be eaten in a salad or stir fry, or dried and used as an herb.

Enjoy!

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

The Great Squash Toss of 2010

Come one, come all for some good ole' fashioned fun in the squash patch. Every year we call on our faithful shareholders to help us bring in the squash harvest and every year, it's a blast. Fun for the whole family with flying squash and giant pumpkins. The objective: get all the squash out of the field and into giant crates for storage and distribution.

Sunday, September 19th. 10am and beyond

Rain date: Sunday, September 26th.

Bring work gloves and clothes that can get dirty!

Hope to see you there!



CARROT SOUP

Ingredients:

1 lb fresh carrots
1 medium Russet (or other starchy) potato
2 Tbsp unsalted butter
1 medium onion, peeled and roughly chopped
1 clove garlic, peeled and crushed
½ cup dry white wine
1 qt vegetable broth or stock
Kosher salt and ground white pepper, to taste

Preparation:

Peel the carrots, then trim the top and bottom ends. Cut carrots into (roughly) same-sized pieces, about ½ inch to 1 inch thick, depending on diameter. Peel the potato and cut it into pieces about the same size as the carrots. In a heavy-bottomed soup pot, heat the butter over a low-to-medium heat. Add the onion, garlic and carrots

and cook for 2-3 minutes or until the onion is slightly translucent, stirring more or less continuously. Add the wine and cook until the wine seems to have reduced by about half. Add the stock and the potato. Increase the heat to medium-high and bring to a boil. Then lower the heat and simmer for 15 minutes or until the carrots and potatoes are soft enough that they can

easily be pierced with a knife. Remove from heat and purée in a blender, working in batches if necessary. Return puréed soup to pot and bring to a simmer again, adding more broth or stock to adjust the thickness if necessary. Season to taste with Kosher salt and white pepper.

BAKED BEET AND CARROT BURGERS

Taken from [Farmer John's Cookbook](#)

Makes 12 patties

Ingredients:

½ cup sesame seeds
1 cup sunflower seeds
2 cups peeled grated beets
2 cups grated carrots
½ cup minced onions
2 lightly beaten eggs
1 cup cooked brown rice

1 cup grated cheddar cheese
½ cup vegetable oil
½ cup chopped parsley
3 tbsp flour
2 tbsp soy sauce
1 clove minced garlic
Pinch cayenne pepper
Preheat oven to 350. Heat sesame seeds on dry skillet,

until just toasted. Transfer to a dish to cool. Return skillet to heat; toast sunflower seeds and add to dish with sesame seeds to cool. Combine the beets, carrots and onions in a large bowl. Stir in the toasted sunflower and sesame, eggs, rice, Cheddar, oil, flour, parsley, soy

sauce and garlic. Mix together (hands work best!) and shape into 12 patties. Arrange these on a greased baking sheet and bake until brown around the edges, about 20 minutes.