

Storage Crops for Sale

Here at reroot we have tons of storage crops available to keep you healthy and happily eating through the winter months.

We planted lots of squash, onions, shallots and potatoes and plan to dish them out to you over the remaining CSA harvests. If you'd like some extra to put away for winter eating, just let us know.

Squash- \$25/bushel

Onions- \$0.75/lb

Potatoes- \$35/50lb bag

Shallots- \$2/lb



LAMB AND EGGPLANT BAKE

Ingredients:

1 medium eggplant, peeled and cubed (2 1/2 to 3 cups)
3 to 4 tablespoons olive oil
1 to 1 1/2 pounds lamb shoulder, cubed
1/2 cup chopped onion
1 clove garlic, minced
1 can (14.5 ounces) tomatoes
2 teaspoons salt
1/2 to 1 teaspoon curry powder
1/2 teaspoon thyme
1/2 teaspoon basil

1/2 cup raw long-grain rice

Preparation:

Heat a little of the olive oil in a large skillet. Brown eggplant cubes in batches, adding more of the oil only as needed. Drain on paper towels.

Brown lamb cubes in the same skillet; remove to a platter. Sauté chopped onion and garlic until tender; stir in tomatoes, salt, curry powder,

thyme, and basil. Add lamb; cover and simmer for 15 minutes.

In a 2-quart casserole, alternate layers of half of the eggplant, half of the lamb and tomato mixture, and half of the rice. Repeat layers. Cover and bake at 350° for 55 to 65 minutes, or until rice is tender, stirring once during cooking time.

Serves 4 to 6.

BRINJAL PICKLE RELISH

Ingredients

3tbsp vegetable oil
1 eggplant, 1/4inch cubes
2-3 hot red chile peppers, seeded and finely chopped
3 garlic cloves, finely chopped
3/4 cup white vinegar
4tsp chilli powder
1tbsp whole fenugreek
1 tsp ground coriander
1/2 tsp dry mustard

1/4 tsp each turmeric and salt
1/2 cup brown sugar

Directions

Heat oil over medium heat. Add eggplant and saute gently for about 10 minutes. Stir in chile peppers and garlic, and cook for 3 minutes. Stir in vinegar, chilli powder, fenugreek, coriander, mustard, turmeric and salt. Bring to a boil and reduce heat to boil

gently for about 10 minutes. Add sugar and cook for 2 minutes.

To Can

Remove hot jars from canner and ladle relish into jars within 1/2 inch of the rim. Process for 15 minutes for half-pint jars and 20 minutes for pint jars.

Food Preservation Workshop

Wednesday, October 6th

5:30pm

The Food School
at Fergus High School

Hosted by Chef Chris Jess

Come out and learn about a variety of ways to preserve food for winter consumption. A complimentary workshop for reroot organic CSA members. Please RSVP so we know how many to expect.

THE REROOT REVIEW

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NOTES FROM THE FIELD

Wow, what a week. I'm going to make an estimate that we harvested well over 5000lbs of food last week. Monday we dug all of our potatoes with the help of a friendly neighbour with a potato digger, and Sunday we harvested all of our squash and pumpkins with the help of an AMAZING crew of dedicated CSA members. The weather couldn't have been more perfect for the 3rd Annual Squash Toss. More than 25 people joined us in the sunshine and crisp air to cut, collect and toss our full 1 acre of squash and pumpkins. It's amazing how much work can get done and how fun it is when everyone pitches in. We finished the day at 3pm with 7

large wooden bins overflowing with squash and pie pumpkins; a trailer full of jack-o-lanterns (with a pile still sitting in the field waiting for room in a bin) and half a dozen smaller crates full of decorative gourds. We sure hope you like squash....you'll be getting a whole bunch over the next few weeks!

In other news, the weather has definitely shifted and we are on frost-alert, ready to spring into action to protect what remains of our tender, frost-sensitive crops. The tomatoes are more or less finished....5 weeks of harvest despite the blight was more than we could have hoped for. There are still lots of peppers and eggplants coming and we hope

to keep them protected long enough to harvest them for you for the next couple weeks.

Despite the focus on saving the sensitive ones, there are still lots of great, hardy crops coming your way including leeks, celeriac, rutabaga, more potatoes, onions, carrots and beets....and of course squash!

We hope you can all make it out to our food preservation workshop on Wednesday October 6th at the Fergus Food School. It should be an interesting, educational and tasty event for all!

Happy eating!

~caitlin

THIS WEEK'S HARVEST:

- *Shallots*
- *Carrots*
- *Salad Mix*
- *Potatoes*
- *Peppers*
- *Eggplant*
- *Pie Pumpkins*
- *Head Lettuce*
- *Squash*
- *Leeks*
- *Garlic*
- *Beets*

VEGGIE BIOGRAPHY

Eggplant!
Also known as Aubergine, the eggplant is a member of the nightshade family along with tomatoes and potatoes. Eggplants are native to India and are an important ingredient in Asian cuisine. The soft flesh which has a slightly bitter flavour and a spongy texture is capable of

absorbing lots of oil and sauce making for a very rich flavour. Although not necessary, some people choose to de-bitter eggplant by slicing and salting it prior to use in a dish. Eggplants are high in antioxidants and phytonutrients, especially contained in the glossy skin. They are also a

good source of fibre, manganese, copper, potassium and thiamin. Eggplant can be baked, roasted in the oven or steamed. It is best stored in the crisper of the fridge and will keep for up to a week if handled gently.

Pasture-Raised Chickens and Turkeys

Chickens and turkeys raised on green grass and sunlight are now available hand-raised with loving care by reroot. Our 2nd batch of chickens are ready now and our turkeys will be ready anytime after October 1st. We'd be happy to bring you one or a few to the next pick-up...just let us know.

Chickens, 3-5lbs, \$4/lb

**Turkeys, 15-25lbs,
\$4.50/lb**