

THE REROOT REVIEW

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NOTES FROM THE FIELD

We are approaching the last stretch of summer here, folks. There's a briskness to the mornings and the sunsets have that vibrant glow that only happens when we near autumn.

The pace around here has slowed down a bit and the tasks have more to do about preparing for the winter months. Last week we canned lots and lots and lots of tomatoes and eggplant pickle. There's no denying it, frost is coming soon and we want to save as many amazing tomatoes as we can. We also put our last transplants into the ground and seeded our last beds. Part of the garden was sown with oats as a cover crop two weeks ago and the little oat grasses are growing

quickly. We've also been busy cultivating the plot that will be our garden next year. There are many rocks in it and it will be a multi-day task to pick them out. We hope to spread a cover crop of rye on this plot soon. For those that don't know, a cover crop is grown on a field to be plowed under to improve the fertility and quality of the soil. It's a very important part of the rotation of an organic garden.

Another sure sign of fall is all the fall fairs! The Harriston farmers' market will be held at the Harriston fall fair this Friday, which takes place at the Harriston community center. This will also be the final market for the year. We hope we'll

see you at the fair!

As you know from last weeks newsletter, Anita was off to other adventures, one of which was organizing a harvest picnic in Toronto with reroot organic produce. The crew here traveled to Toronto to attend. It was a lovely evening in the big city and it was great to get in touch with city folks who appreciate what we are doing over here.

Ahh, it's time to take a minute and enjoy beautiful evening.

Here's to the beginning of autumn!

~Yvonne

THIS WEEK'S HARVEST:

- *Tomatoes*
- *Leeks*
- *Potatoes*
- *Onions*
- *Peppers*
- *Sweet Corn*
- *Spinach*
- *Garlic*
- *Carrots*
- *Swiss Chard/Kale*
- *Herbs*

VEGGIE BIOGRAPHY

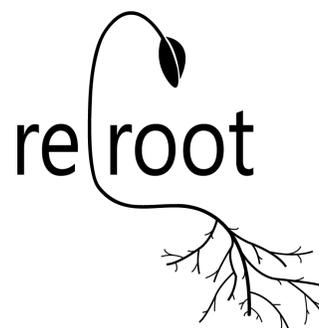
Sweet Corn!

Corn is indigenous to America and is very much a part of all the cuisines in America. It is technically a grain but we use it as a vegetable or starch. It was domesticated by indigenous people in Mesoamerica in

prehistoric times and was spread across the Americas. Only in the 15th and 16th century was it introduced to Europe. It is the most widely grown crop in America, 332 million metric tons are grown every year. About 40% is used for ethanol and much of it is

used to feed animals. 85% percent of the corn grown in America is genetically modified.

Corn plays a great part in our history and tradition, enjoy!



FRESH CORNBREAD

INGREDIENTS

3/4 cup cornmeal
1/4 cup flour
1 teaspoon salt
2 teaspoons baking powder
1/4 teaspoon baking soda
2 level tablespoons sugar
1 egg
2 tablespoons bacon drippings/butter
3/4 cup buttermilk

1 ear of corn, kernels cut off
1 red pepper, diced

1 garlic clove minced
Ground pepper, as desired
Grated cheese (optional)

INSTRUCTIONS

Preheat oven to 375F.
Melt bacon drippings or butter in a 9" cast iron pan. Take off heat.
Mix together all dry ingredients.
Add egg, buttermilk, corn kernels, red pepper, garlic, and pepper. Blend to-

gether.

Pour batter into pan, sprinkle on grated cheese if using.

Bake for 20 minutes, the broil on high for 2 minutes, or until golden on top.

Enjoy with a nice chili or stew!

DIFFERENT WAYS TO BOIL CORN

Here are some different methods to boil corn, try them all!

1. Boil water, throw corn into water, husk and all, when water comes back to a boil, turn off flame. Let corn sit in hot water for 5 minutes.
2. Bring 3" of water to boil with a splash of milk. Put corn in and let it cook for 5 minutes on high heat.
3. Put an inch of water in pot, when it comes to a boil put corn in, cover and let boil for 3 minutes.

Pass the butter and the salt, please!

TOMATO CORN PIE

INGREDIENTS:

2 cups all-purpose flour
1 tablespoon baking powder
1 3/4 teaspoons salt, divided
6 tablespoons cold unsalted butter, cut into 1/2-inch cubes, plus 2 teaspoons melted
3/4 cup milk
1/3 cup mayonnaise
2 tablespoons fresh lemon juice
1 3/4 pounds tomatoes
1 1/2 cups corn (from about 3 ears), coarsely chopped by hand divided
2 tablespoons finely chopped basil, divided
1 tablespoon finely chopped chives, divided
salt and pepper
1 3/4 cups coarsely grated sharp Cheddar divided

INSTRUCTIONS:

Whisk together flour, baking powder, and 3/4 tsp salt in a bowl, then blend in cold butter (3/4 stick) with your fingertips or a pastry blender until it resembles coarse meal. Add milk, stirring until mixture just forms a dough, then gather into a ball.

Divide dough in half and roll out one piece on a well-floured counter into a 12-inch round (1/8 inch thick). Pat the dough in with your fingers trim any overhang.

Preheat oven to 400°F with rack in middle. If your kitchen is excessively warm, as ours is, go ahead and put the second half of the dough in the fridge until you're ready to use it. Whisk together mayonnaise and lemon juice.

Cut an X in bottom of each tomato and blanch in a large pot of boiling water 10 seconds. Immediately transfer with a slotted

spoon to an ice bath to cool. Peel tomatoes, then slice crosswise 1/4 inch thick and, gently remove seeds and extra juices, or risk a soggy bottom. Arrange half of tomatoes in crust, overlapping, and sprinkle with half of corn, one tablespoon basil, 1/2 tablespoon chives, sprinkling of salt, ground pepper and one cup of grated cheese. Repeat layering with remaining tomatoes, corn, basil, chives, salt, and pepper. Pour lemon mayonnaise over filling and sprinkle with remaining cheese.

Roll out remaining piece of dough into a 12-inch round, then fit over filling, folding overhang under edge of bottom crust and pinching edge to seal. Cut 4 steam vents in top crust and brush crust with melted butter (2 teaspoons). Bake pie until crust is golden and filling is bubbling, 30 to 35 minutes, then cool on a rack. Serve warm or at room temperature.