

THE REROOT REVIEW

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NOTES FROM THE FIELD

It's a rainy morning in our 18th harvest week. After a dry summer, it seems it might be a wet fall. Earlier this week, the rain was a bit stressful as I tried to get manure spread on part of the garden, and plant the last of my fall cover crops. After a failed late night attempt on Tuesday, the sun came out on Wednesday for just long enough to dry the surface of the soil. We were able to finish cultivating and plant the winter rye which will live through the winter and grow in the spring providing nutrients as well as erosion control to a good portion of the garden. It was neat to learn how to use the manure spreader and the seed drill, although I let someone else do the driving. I'm getting better with the tractor, but

am still not comfortable enough to pull a good 20' of equipment behind it.

New to the share this week is sweet potatoes. These were a definite experiment this year, with moderate success. I love sweet potatoes, so am determined to grow them despite the fact that they prefer much a much warmer climate. I bought the slips (sprouts grown from the eyes of a sweet potato, then cut off and rooted) from a farm on the east coast, then planted them on biodegradable plastic mulch to increase the temperature of the soil. Unfortunately they were planted about a month late, so there aren't as many as I had hoped for and they are on the small side. Enjoy them none-the-less and

hopefully there will be more next year.

Also new this week is the member survey. If you have time to fill it out before the end of the season, I would really appreciate some feedback and ideas for how to make future seasons even better.

After speaking with a number of you at the pick-ups this week, it seems Sunday, November 4th is the best day for the End of Season Harvest Potluck. Stay tuned for invitations next week. I really hope you can all make it!

Happy feasting this week!

~caitlin

THIS WEEK'S HARVEST:

- Potatoes
- Radicchio or Cabbage
- Cauliflower
- Sweet Peppers
- Leeks
- Onions
- Carrots
- Celeriac
- Sweet Potatoes
- Hot Peppers
- Tomatoes
- Squash
- Chard or Spinach
- Herbs

VEGGIE BIOGRAPHY

Introducing... Celeriac

I was going to feature sweet potatoes this week, but it seems shareholders were more concerned with the celeriac....so here we go.

Celeriac, also known as celery root is a relative of stalk celery, but grown for its bulbous root crown

(although the stalks and leaves are edible too). It is high in carbohydrates, vitamin C, phosphorus and potassium, and I've been told it's the "in vegetable" of the year. To prepare, slice off the stalks and soak the root in warm water to loosen the dirt. Scrub with a stiff brush and if the skin is

too tough, peel. It can be eaten raw alongside carrot sticks with dip, or grated into a salad. It can also be boiled and mashed, baked or roasted with other root vegetables, or pureed into soups for a flavourful, creamy soup base...and don't forget to use the stalks and leaves for seasoning!

CURRIED CELERIAC CARROT PUREE

Ingredients

1 lb celeriac, peeled and chopped
 1 lb carrots, peeled and chopped
 2 tbsp butter
 1 tsp grated ginger
 1 tbsp curry powder
 2 tbsp mango chutney
 1/4 cup heavy cream
 Salt and pepper to taste

Preparation

Boil the celeriac and carrots until very tender, about 20 minutes. Drain. Meanwhile, melt butter in small frying pan, add ginger, and curry powder, and sauté for about 30 seconds. Puree cooked vegetables, butter mixture, chutney, cream, salt and pepper until smooth

Makes 4-6 servings



CELERIAC POTATO HASHBROWNS WITH JALAPENO AND CHEDDAR

Ingredients:

1/4 lb bacon or 1 tbsp canola oil
 1 cup cubed celeriac (1/2-inch)
 3 cups cubed russet potatoes
 3 cups diced onions
 3-6 tbsp minced jalapenos
 Salt and pepper
 1 tbsp butter
 1 cup grated cheddar cheese

Preparation:

Cook bacon in large skillet until crispy. Drain on paper towels and crumble it. Remove all but 1 tbsp

bacon drippings from pan. Bring a pot of salted water to a boil and parboil celeriac and potatoes for about 6 minutes, then drain. Sauté onions in reserved bacon drippings (or in oil) until lightly browned, about 10 minutes. Stir in jalapenos and cook for another 2 minutes. Mix all vegetables together in a bowl. Season generously with salt and pepper. Melt half the butter in a clean, 10-inch skillet over medium heat. Spread half the

celeriac mixture in the pan, press it down with a spatula, and cook for 10 minutes. Carefully lay a plate over the pan and invert hash browns on to the plate, then slide them back into the pan. Sprinkle half the cheese over the top of the hash browns and cook for 10 more minutes. Keep warm while you repeat the process with remaining butter, celeriac mixture and cheese. Serve hot.

Makes 6-8 servings

CAITLIN'S SWEET POTATO FRIES

Ingredients:

11/2 lbs sweet potatoes
 Olive oil
 Salt and pepper
 Cayenne pepper

Preparation:

Cut sweet potatoes into 1/2 inch wedges. Lay on a baking sheet. Drizzle with olive oil and sprinkle with salt, pepper and cayenne. Toss until all wedges are coated with oil and seasoning. Bake in a 350F oven for about 25 minutes or until they are cooked through and browning in spots. Serve with chili sauce, chutney or ketchup.

Makes 2-3 servings

