

THE REROOT REVIEW

VOLUME 2, ISSUE 20 OCTOBER 2008

NOTES FROM THE FIELD

Well, it didn't sneak up on us but it is here, the last week of our CSA. The season is over and this is in evidence in the fields, where the remaining meager offerings sit under a light blanket of snow.

Many of the crops we are giving these last weeks have already been harvested, such as onions, carrots, squash, pumpkins and potatoes. Other hearty crops like beets, kale, Brussels sprouts and spinach are still doing fine, though their growth has all but stopped.

We like the vegetables are also winding down. As the hours of light in the day and

the length of our to do lists get shorter so do our workdays and workweeks. Caitlin and I joked the other day that we might be approaching the average workweek. So today when we looked outside and saw that it had snowed last night we were in no rush to dig parsnips or leeks. After setting aside some potatoes for this week we compared and shared some files and records from this season, tallied this month's expenses and wrote our last to do list of the season! That last item felt particularly great!!!

As the season has drawn to a close we have had an oppor-

tunity to reflect on how things have gone and on the new people we have met and friendships that have begun. I think I speak for both of us when say thank you to all of you for making this season both possible and wonderful. Without your support and appreciation we could not have grown the vegetables nor felt so good about doing it. As I will not be coming back next year I would like to say a warm farewell to you all. I hope to see you next year when I visit Caitlin and reroot.

Happy New Year,
Devan

THIS WEEK'S HARVEST:

- Onions
- Leeks
- Squash
- Pie Pumpkins
- Parsnips
- Beets
- Celeriac
- Kale?
- Spinach?
- Lettuce?
- Brussels Sprouts
- Herbs

VEGGIE BIOGRAPHY

Lovely leeks,

The leek, *allium porrum*, is thought to have originated in Egypt, where they were cultivated and worshipped. They have also been a part of European cooking and lore for many centuries especially in France and Wales.

In our climate leeks start to mature by mid to late summer and continue through

late fall, but can be left in the ground overwinter to be harvested early in the spring.

Leeks will keep in the fridge for up to 2 weeks.

More mild than onions, leeks sweeten as they cook and add great flavour to stocks, soups and stews.

They are also wonderful in mashed potatoes, egg

dishes, sandwiches and stir fries.

If you really wish to highlight the leeks flavour you may want to try brazing them. Chop off greens and cut the leeks in half lengthwise, leaving on a small amount of the root/stem base. Wash and cook them in lightly salted boiling water or broth for 10-12 minutes. Serve with butter, salt and pepper.

MASHED POTATOES AND LEEKS WITH THYME

Ingredients

3 pounds russet (baking) potatoes (about 6)
 6 leeks (white and pale green parts only), chopped, washed well, and drained
 4 tbsp unsalted butter
 1 tbsp fresh thyme leaves, minced
 1 cup milk
 1/2 cup heavy cream

Preparation

In an 8-quart kettle combine potatoes with cold water to cover by 2 inches. Bring water to a boil and simmer potatoes

until tender, 35 to 45 minutes.

While potatoes are cooking, in a heavy skillet cook leeks in butter over moderately low heat, stirring occasionally, until softened. Stir in thyme and salt and pepper to taste.

Drain potatoes in a colander and return to kettle. Dry potatoes over low heat, shaking kettle, 1 minute. Cool potatoes just until they can be handled and peel. While potatoes are

still warm, force through a ricer into a large bowl. In a small saucepan heat milk and cream until mixture just comes to a boil. Stir leeks and milk mixture into potatoes and season with salt and pepper.



LEEK, MUSHROOM AND LEMON RISOTTO

Ingredients

8 ounces trimmed leeks
 8 ounces cremini mushrooms
 2 tbsp. olive oil
 3 garlic cloves, crushed
 6 tbsp. butter
 1 large onion, chopped
 1 3/4 cup Arborio rice
 5 cups hot vegetable stock
 Grated zest and juice of 1 lemon
 2/3 cup parmesan cheese
 1/4 cup finely chopped fresh

chives and parsley
 Salt and pepper to taste

Preparation

Wash the leeks, slice in half lengthwise and chop. Clean mushrooms and chop.

Heat oil in a large saucepan at medium heat. Cook garlic leeks and mushrooms for about 10 minutes, remove from the pan and set aside.

Add 2 tablespoons of butter to the pan and cook the onion for about 5 minutes until golden. Stir in the rice and cook for 1 minute.

Add a ladle full of stock to the rice and gently stir until the liquid is absorbed. Repeat this process adding more liquid until the mixture is thick and the rice is al dente (about

20-25 minutes).

Just before serving stir in the leeks and mushrooms, lemon zest, 3 tablespoons of the juice, half the parmesan and the herbs and the remaining butter. Adjust the seasoning and serve sprinkled with the remaining lemon juice, parmesan and herbs.

Enjoy!

reroot organic CSA 2009

Once the harvests are finished, we'll be taking some time to reflect on this season and make decisions and improvements for next season. We will be in touch in early 2009 with information and registration forms for next year. In the meantime, if you've enjoyed the season, please tell your friends!

