

THE REROOT REVIEW

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NOTES FROM THE FIELD

Well, one more harvest remains after this week and the weather has been more than cooperative. I can recall weeks and weeks of cold dreary weather at the end of past harvest seasons, but this year has been mild and enjoyable.

Vince and I have been busy cleaning up the fields in between harvests and now only a few rows of fall veggies remain in our 8 acres of land. The soil has been ploughed and cultivated in preparation for a garden next year. As many of you already know, I have purchased my own farm in Harriston and this will be my last year farming at Mapleton's. The land I've been using for the last four

years is now being turned over to another young farmer who will carry on growing vegetables there. No need to fear though, *reroot* will still be doing what we do best, just in a new location down the road. Over the winter months I'll be working out next year's pick-up locations and details and will get in touch with you all in January.....so stay tuned!

In other news, last week was the food preservation workshop hosted by Chef Chris Jess of the Food School exclusively for *reroot* shareholders. There was a good turn-out of folks who took part in preserving beets, pear sauce and an onion relish. Chris also

talked about the importance of preserving food and the different techniques one can use to do so: freezing, drying, fermenting, canning, and salting. In addition to preservation skills, participants learned how to hold a knife properly, cut an onion without crying and a variety of tips on using different *reroot* vegetables. The evening was greatly enjoyed by all and we hope to host a couple of such workshops next year.

Finally, I want to extend an invitation to all of you to come out for our Harvest Potluck to mark the end of another successful season. Hope to see you there!

~caitlin

THIS WEEK'S HARVEST:

- Carrots
- Celery
- Onions
- Shallots
- Potatoes
- Leeks
- Winter Squash
- Spinach
- Peppers
- Radicchio

VEGGIE BIOGRAPHY

Squash!

Squash is a classic fall veggie and is very versatile in its uses. Please see page 2 of the newsletter for distinctive qualities of the different types of squash we grow.

Winter squash can be stored for a number of months if

kept in a cool, dry, dark place with good ventilation. Acorn, sweet dumpling and butternut squash store the best.

To bake a squash, cut it in half, scoop out the seeds and pulp, and place the halves, cut-side down, on a

baking sheet with a little bit of water. Bake at 350F until the halves are completely soft (about 45 min-1 hour, depending on size).

Once cooked, squash can be served sliced, stuffed, pureed, or used in baking.

Harvest Potluck

Sunday, October 24th,
2-5pm

Mapletons Organic Dairy
Come and celebrate a bountiful harvest season with your farmers and fellow shareholders at *reroot* organic CSA. Bring a dish to share, plates and cutlery, and the whole family.

2pm- jack-o-lantern carving

3:30pm- early dinner

See you there!

DIFFERENT SQUASHES AND THEIR USES...

Here is a run-down of the different squash we grow and their distinctive cooking qualities:

Acorn squash is acorn-shaped with green to yellow-gold skin, with deep furrows. Yellowish flesh. Sweet-tasting, somewhat dry. Peel after cooking, the cooked skin is easier to peel. The flesh takes well to sweet or nutty

grained inner flesh that is orange when ripe. This squash has a sweet rich flavor and can be baked, mashed or steamed.

Buttercup squash: Dark green with grayish stripes or flecks. Shape is a flattened round with a turban shape on top. Orange flesh. Some what dry but sweet meat. This squash takes well to glazing

glazes or stuffings. It is the best squash to just bake and eat.

Butternut squash Large cylindrical shape, tan colour. Squash has bulbous end. Deep orange flesh. Sweet, rich squash flavour. It is very versatile and easy to handle. Its orange flesh is thick, dry, fine-grained, and sweet. Because of its density and ease of

after baking, also mashing and pureeing for other dishes.

Delicata (Sweet Potato): Has elongated shape with longitudinal grooves. Green and tan-striped skin. Very tender yellow flesh. Mild, slightly sweet, corn-like flavour.

Spaghetti squash is between a winter and summer

preparation, butternut is the squash to use when you want to dice or slice or present squash in any form other than a purée or a roasted chunk. It makes great soup!

Hubbard squash is often sold in pieces because it can grow to cumbersome sizes. This popular New England squash usually has a gorgeous, gray-blue shell, with a fine-

squash, with a semi-soft bright yellow shell and stringy yellow interior that separates into spaghetti like strands when cooked. Sweet, mild, crunchy flavour. Bake in halves with the cut side down, then take two forks and scrape interior...it will separate into "spaghetti". Excellent with a white or tomato sauce, or tossed with butter and herbs. Blend into

grained flesh that's dry, somewhat mealy, and very flavorful. It's perfect for pies.

Heart of Gold

An early winter squash that combines a sweet dumpling with an acorn squash to produce a small acorn shaped vegetable. The outer skin is cream colored with dark green stripes covering a fine-

stir fry mixtures or chill the leftovers to toss into a salad.

Kabocha squash has a brilliant yellow-orange flesh, like a pumpkin's. Both the texture and flavor of Kabocha squash is similar to a sweet potato: the soft, moist fluffy flesh is surprisingly sweet and slightly nutty.

BAKED RADICCHIO AND MOZARELLA PASTA

INGREDIENTS

2 tablespoons unsalted butter

2 medium garlic cloves, minced

1 medium white onion, small dice (about 1 cup)

7 medium Roma tomatoes

1 head radicchio, ends trimmed and sliced crosswise into 1/2-inch strips

1/2 cup heavy cream

1 pound penne rigate

8 ounces fresh mozzarella, small dice (about 1 1/2 cups)

1/2 cup finely grated Parmigiano-Reggiano

INSTRUCTIONS

Heat the oven to 400°F and arrange a rack in the upper third. Bring a large pot of salted water to a boil over high heat.

Melt butter in a medium saucepan over medium heat. When it foams, add garlic and onion, season well with salt,

and cook until onion is translucent, about 4 minutes. Add tomatoes and let simmer until slightly reduced and thickened, about 10 minutes. Add radicchio and cream and cook until radicchio is wilted, about 5 minutes. Taste and adjust seasoning as necessary.

Meanwhile, cook pasta in the salted water for about half the time recommended on the packaging and drain. (Do not rinse.) Set aside. Once the sauce has finished simmering,

combine it with the half-cooked pasta and mix until the pasta is evenly coated. Place the pasta mixture in a 13-by-9-inch baking dish and sprinkle the mozzarella and Parmigiano over top. Place in the oven and bake until the mixture is bubbling, the pasta is al dente, and the top is golden brown, about 20 minutes.