

# THE REROOT REVIEW

VOLUME 5, ISSUE 16

SEPTEMBER & OCTOBER 2011

## NOTES FROM THE FIELD

Happy Autumn!

The autumn season officially arrived last week with the passing of the fall equinox—the day during which day and night are of equal lengths. We've already noticed a big change as it is barely light out when we've been hitting the fields on harvest days. We've been busy though, beginning the garden clean-up in preparation for winter and harvesting our storage crops like potatoes, squash, carrots, parsnips, etc....

Speaking of which— this Sunday, October 2nd marks our annual Squash Toss. It's a great day to come out and enjoy the farm while helping us bring in our big harvest of squash. It is fun

for all ages and just the right about of fun and work! Join us at 12:30 and bring along a pair of work gloves and a mug to enjoy some soup and cider afterwards. Don't forget to wear your grubbies too!

Again this season we will be offering some bulk storage crops for sale for anyone wishing to stock up for the winter. Let us know what you'd like and we'll have it ready for you at the next CSA pick-up

Squash- \$25/ bushel

Potatoes- \$0.75/lb

Onions- \$0.90/lb

Garlic- \$7/lb

We also have apples available for sale at the pick-up

or for bulk order by the bushel or half bushel. These apples are grown by our good friend Paul Day at his beautiful orchard in Drayton. He is not certified organic but follows organic practices when managing his trees so no harmful sprays are used.

They are \$2/lb or \$45/ bushel and he grows a wide variety.

In other news, I snuck away for a few days over the weekend to enjoy a canoe trip in the Kawarthas. The fall colours are out in full swing up there and a great taste of what's to come here in the next few weeks.

happy eating!

~caitlin

## THIS WEEK'S HARVEST:

- *Tomatoes*
- *Celeriac*
- *Potatoes*
- *Onions*
- *Peppers*
- *Cabbage*
- *Acorn Squash*
- *Garlic*
- *Shallots*
- *Swiss Chard/Kale*
- *Herbs*

## VEGGIE BIOGRAPHY

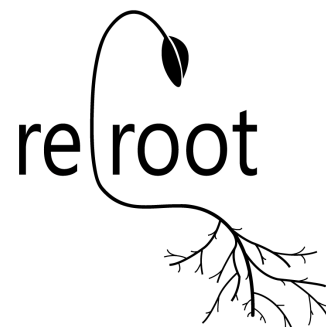
Celeriac!

A large, knobby root vegetable, the base of the stem of certain types of celery. It is from the celery family and tastes quite similar, but has a slightly nutty, milder and sweeter taste.

To prepare celeriac, peel it like a potato, rinse and keep in acidulated water until ready to use to prevent it from discolouring. It can be roasted, boiled and mashed, steamed, made into soup or used to flavour stocks.

Grate celeriac, blanch for a few minutes in boiling wa-

ter, then cool and serve as a salad with a vinaigrette, or grate and serve raw with a rémoulade sauce (mayonnaise with Dijon mustard, capers, gherkins, anchovies and herbs).



## CELERIAC SOUP (THE BEST!)

### Ingredients

- 50g butter
- 1 onion, chopped
- 1 leek, thinly sliced
- 1 celeriac, peeled and finely chopped
- 1/2 tsp celery seed
- 1 litre chicken stock
- 1 tbsp double crea,

- 1 tbsp Worcestershire sauce
- Chopped parsley, to serve

### Instructions

Heat the butter in a large saucepan, add the onion and leek and cook for 10 minutes over medium heat. Add the celeriac, celery seed and some salt and cook, covered, for 10 minutes, without letting them brown. Add the chicken stock, bring to a boil and simmer for about 15 minutes, until the

vegetables are tender. Puree the soup in a blender. Reheat gently, then add the double cream and Worcestershire sauce. Season to taste. Garnish with chopped celery leaves and parsley if desired.



## SMASHED CELERIAC

### Ingredients

- 1 celeriac, peeled
- olive oil
- 1 handful of fresh thyme, leaves picked
- 2 cloves of garlic, finely chopped
- sea salt and freshly ground black pepper
- 3–4 tablespoons water or stock

### Instructions

Slice about 1cm/1/2 inch off the bottom of your celeriac and roll it on to that flat edge, so it's nice and safe to slice. Slice and dice it all up into 1cm/1/2 inch-ish cubes. Don't get your ruler out – they don't have to be perfect. Put a casserole-type pot on a high heat, add 3 good lugs of olive oil,

then add the celeriac, thyme and garlic, with a little seasoning. Stir around to coat and fry quite fast, giving a little colour, for 5 minutes. Turn the heat down to a simmer, add the water or stock, place a lid on top and cook for around 25 minutes, until tender. Season carefully to taste and stir around with a spoon to smash up the celeriac.

## SCALLOPED CELERIAC AND POTATOES

### Ingredients

- Butter for greasing the baking dish
- 1 pound celeriac, peeled, halved, sliced about 1/8 inch thick
- 1 pound baking potatoes, peeled, sliced about 1/8 inch thick
- Salt
- Freshly ground black pepper
- 1 cup grated Gruyère or domestic Swiss cheese, divided
- 1/2 teaspoon dried thyme
- 2 cups chicken, beef, or vege-

table stock

- 2 tablespoons butter

### Instructions

Preheat the oven to 350° F. Grease a 2-quart baking dish with butter. Place the celeriac and potatoes in alternating layers in the baking dish, seasoning every few layers with salt and pepper. At about the halfway point, add 1/3 cup cheese in an even layer; sprinkle with the thyme. Continue with the celeriac and potatoes, until you have used all of your slices (don't go all the way to the top edge; leave a little room to allow the liquid to boil).

Pour the stock over the celeriac and potatoes. Dot with butter. Cover with foil and bake for 45 minutes. Remove the foil and bake for 15 minutes more. Sprinkle the remaining 2/3 cup cheese over the top layer, add several grindings of fresh pepper, and bake until the cheese turns golden, about 15 minutes. Let stand for 10 minutes before serving.