

# Fair Fields News

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## On the Farm

September is here. For many people, this signals a quickening in the pace of work, a return to school or both. In a market garden, September brings cooler weather, large harvests, and gradually increasing pressure to get things ready for winter.

Projects that were on the back burner during the busy spring and summer months become more of a priority. For us, this means finishing the greenhouse, planning a better wash station, and mulching the perennial herbs. We are also cleaning up parts of the garden, getting ready to plant oats that will cover the soil against the winds and rain of the winter.

We will also be getting garlic both to give you some this fall, and to plant for next year's CSA, our farm stand,

and for ourselves next year. We'll likely get certified organic garlic from Pfenning's, a large scale Ontario organic producer some of you may already be familiar with. It should be better than the garlic from China that is all that is available in most supermarkets.

This week's feature vegetable is celery. It is worth noting the difference between growing celery sustainably and industrial production of this popular vegetable. In industrial farming operations, celery is grown with lots of fertilizers and huge amounts of water. This makes it plump and juicy, but reduces the celery flavour. Good for celery sticks, but not as good for flavouring soups, stews, salads and other foods.

Celery grown organically and lightly irrigated tends to take longer to reach maturity and is not as large. It also packs a lot more flavour. Some people find it a little intense on its own, but it gives a wonderful flavour to things like cream of celery soup, stews, stir-fries and other cooked dishes.

The other thing you will notice with our celery is that the stems are darker than conventional celery. This is because we did not blanch it this year. Blanching vegetables as they grow involves depriving parts of the plant of light so that they grow paler, milder and more tender. We have done this with leeks, but it is hard work with celery. We may explore this next year...

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## *This Week's Harvest*

- ◆ Basil
- ◆ Beets
- ◆ Beans
- ◆ Carrots
- ◆ Celery
- ◆ Chard
- ◆ Eggplant
- ◆ Herbs
- ◆ Kale
- ◆ Melons?
- ◆ Onions
- ◆ Peppers
- ◆ Potatoes
- ◆ Squash?
- ◆ Tomatoes

## *Feature Produce – Celery*

Wild celery was prized as food and for medicinal purposes in ancient Egypt, Greece and Rome. Celery is a member of the parsley family, along with carrots, parsnips and celeriac (which we will likely feature in future).

Celery is a very good source of dietary fibre to keep the digestive system working and is low in calories. It is also a good source of Vitamins A, B6, C and K, and of several minerals including manganese, magnesium and phos-

phorus. Celery is an excellent source of potassium, which is important for heart health.



## Stir-fried Celery with Ginger & Coriander

2 tbsp vegetable oil  
1 inch fresh ginger, peeled & finely chopped  
6 stalks of celery, thinly sliced  
1 tsp coriander seeds, crushed  
Juice of 1/2 large orange  
1 tbsp chopped fresh cilantro (coriander leaves)

Heat oil in a wok over high heat. Add celery and stir-fry for 2

minutes. Add crushed coriander seeds and stir-fry for 3 more minutes until celery is browned.

Reduce heat and add orange juice, salt and pepper. Toss, then cover and simmer for 4 minutes or until liquid is absorbed.

Stir in the cilantro and serve.

**From Riverford Farm**  
**Serves 4**

### *Fair Fields Wish List*

- ◆ **Pint boxes**
- ◆ **Milk crates**
- ◆ **Fold-up table**
- ◆ **Sandwich board**
- ◆ **Chalk board**

*Thanks for your previous donations!*

## Roast Celery & Potato Soup

8 celery stalks cut into 2 inch pieces  
1/2 bulb fennel cut into 2 inch chunks  
2 large garlic cloves  
3 tbsp olive oil  
1 tsp salt  
1/2 tsp black pepper  
3 medium potatoes, peeled & cut into 1 1/2 inch dice  
6 C chicken or vegetable broth  
1/2 C light cream  
2 tsp lemon juice  
Salt and pepper for additional seasoning if needed  
Celery leaves and fennel fronds for garnish

Place the cut celery, fennel and cloves of garlic in a 9x13 inch roasting pan. Add the salt, pepper and olive oil and toss to thoroughly coat everything. Roast in a 350F oven for 40-45 minutes, stirring occasionally, until the edges of the vegetables just begin to brown.

While the vegetables are cooking, cook the potatoes in the broth until tender, about 10-12 minutes. Set the pan aside to cool.

When the vegetables have finished roasting add them to the potatoes and broth. Let everything cool a bit.

In a blender puree the soup in batches, and strain through a mesh strainer. Return to the pot and bring to a boil. Stir in the cream and the lemon juice. Re-season if needed and garnish each bowl with celery leaves and fennel fronds.

**From Food52.com**  
**Makes almost 2 quarts**

You are Invited!

### *Fair Fields 1st Annual Pot Luck Picnic*

4 p.m. Saturday, September 22nd

*An optional work bee will be organized for earlier in the day for CSA members who would like to help in the garden or hoop house.*

**Please let us know if you plan to attend!**

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