

# Fair Fields News

Volume 1, Issue 7. September 28 & 29, 2012

## On the Farm

The fall colours have set in at the farm, and so has frost. We had our first frost this Wednesday and it caught us somewhat unawares. It wasn't predicted in the forecast, a tool we sometimes rely on a little too much....

Though it looks to get warmer in the coming week, this first chill put the fear of frost in us. So, starting Thursday evening after dinner, we made a hurried attempt to harvest as many of the frost-sensitive vegetables we could. All of the pumpkins and squash are in the house, along with the shallots and

onions. Expect the Jack o' Lantern pumpkins before Halloween!

You will notice this week an abundance of peppers, tomatoes and a few other items in this transition harvest. For any of you not sick of tomatoes and peppers, there will be more to come as we have finally covered our greenhouse in plastic to protect them from the cold.

While some crops are killed by frost, others are more hearty. Some, like spinach, parsnips, carrots and kale, will become sweeter as their sugar levels rise in response

to the cold.

Another benefit of frost is that there is less to harvest... So as with many other things the changing of the seasons is bittersweet.

For you parsnip lovers, we're sorry that ours this year are unlikely to win any beauty contests. Many of them met with compacted soil, the legacy of having an airstrip on this farm's main field. We hope that their roots will at least have helped to break up the hard pan created in the past so future tap roots can grow long and true.

## This Week's Harvest

- ◆ **Beets**
- ◆ **Carrots**
- ◆ **Cauliflower or Celery**
- ◆ **Celeriac**
- ◆ **Lettuce**
- ◆ **Onions**
- ◆ **Parsnips**
- ◆ **Red peppers**
- ◆ **Shallots**
- ◆ **Spinach**
- ◆ **Tomatoes**
- ◆ **Squash**

*(Some substitutions or additions may occur.)*

## Feature Produce – Celeriac (Celery Root)

Celeriac, also known as knob celery or celery root, is a warty root vegetable that originated in the Mediterranean Basin. It is related to carrots, parsley and parsnips.

Celery root contains relatively little starch (4-6%), few calories and lots of fibre. This vegetable also provides vitamins C and B6, cal-

cium, magnesium, potassium and several other important minerals.

Celeriac tastes like mild celery. It can be eaten raw or cooked, roasted or mashed, and added to soups or stews.

Celeriac is best peeled with a paring knife. Like parsnips, it browns rapidly after peeling, but dropping it into some

water with lemon juice will prevent this discoloration.

This vegetable can be stored in the refrigerator for 3-4 months.



## *Celeriac & Potato Gratin with Thyme*

1 tbsp butter, softened  
2 large shallots, thinly sliced  
Salt and pepper  
1 celeriac peeled, halved, & thinly sliced  
1 lb potatoes, peeled & cut into thin slices  
1 tbsp chopped fresh thyme  
1 cup heavy cream  
1/2 cup chicken or vegetable broth

Preheat oven to 375°F (190°C).

Butter a 7-8 inch oval baking dish.

Sprinkle half the shallots on the bottom of the dish and season with salt and pepper. Arrange half of the celeriac and potato slices on top of the shallots, sprinkle half the thyme on top, and season with salt and pepper. Repeat layering with the remaining shallots, celeriac, potatoes and thyme, and season again with salt and pepper.

Bring the cream and broth to a simmer in a saucepan and pour over the vegetables. Dot the butter on top and cover tightly.

Bake until the vegetables are almost tender when pierced with a fork, about 35 minutes. Raise the temperature to 400°F (200°C). Press the vegetables down with a spatula to an even thickness. Continue to bake, uncovered, until the gratin is golden brown, about 30 minutes. Let stand for 5 minutes before serving.

***From Cooking from the Farmers' Market***  
***Makes 3-4 servings.***

## *Celeriac & Cabbage Slaw*

1 celeriac (about 1 pound), peeled & finely shredded (about 3 cups)  
1/2 small green cabbage, thinly sliced  
2 carrots, peeled & shredded (about 2 cups)  
1/2 C finely chopped flat-leaf parsley  
2 tbsp lemon juice  
Salt and pepper  
2 tbsp Dijon mustard  
2 tbsp mayonnaise  
2 tbsp cider vinegar  
1/2 C vegetable oil  
1/4 tsp paprika  
Flat-leaf parsley sprigs for garnish

Put the celeriac, cabbage, carrots and parsley in a large bowl. Sprinkle with lemon juice and season generously with salt and pepper. Toss well.

In a small bowl, mix the mustard and mayonnaise together. Stir in the vinegar and when incorporated, whisk the oil into the mixture until the dressing is creamy and thick and all of the oil has been emulsified.

Pour the dressing over the vegetables and toss well. Add paprika and toss again. Taste and adjust the seasonings, if necessary. Serve chilled or at room temperature, garnished with parsley sprigs. If you refrigerate the slaw for several hours, you may want to refresh it with a sprinkling of lemon juice before serving.

***From Eat Greens***  
***Makes 6-8 servings.***