



Backyard Bounty Connections

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Have something to share?

Backyard Bounty Connection is open to submissions: Articles about local food, recipes, event listings, pictures of your gardens and other submissions are most welcome. Email info@backyardbounty.ca and put 'Backyard Bounty Connection submission' in the subject line.

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Please feel free to circulate this newsletter!

Garden Report

A lot has happened in the last few weeks. We have had to say goodbye for now to our fabulous assistant farmers, Tom and Trish as they head to the University of Guelph. Tom is studying in the Organic Agriculture program and Trish is in the Psychology program with the aim to work in horticultural therapy. The best of luck to the two of you! We will also have to say sad good-byes to Scott at the end of this season as he explores other endeavors. Although we will miss Scott, this is a great opportunity to work with new people, as BB is hiring two new senior farmers. Please contact us for the job description if you are interested. In the spring we will also be hiring two assistant farmers and two interns. Stay tuned for details!

The days are getting shorter and cooler still, but we can begin to harvest exciting things like leeks and eggplants. As vegetable growth slows down, so does the weed growth which provides us some opportunity to get other things done. One of these will shortly be looking for more yard space to farm for next year. If you or anyone you know is interested in sharing their yard with Backyard Bounty, by all means get in touch with us and we can discuss the possibility. It is a really great way to give back to the community, help the natural environment, support a small business and the local economy, and even get some tasty veggies!

Finally, we have a baker selling fresh, whole grain and natural breads at our CSA pick up again! Lucie's Bakery has started selling bread at the Waterloo Neighbourhood Market each Tuesday from 4:30 to 6:30 pm until the end of October.

Returning to the Waldorf Market

In April and May this year, Backyard Bounty sold vegetables at a small market at the Trillium Waldorf School at 540 Victoria Road North. Now that the students have returned to school, so has Backyard Bounty, and with us we have brought a number of other vendors including Polestar Hearth, Alex and Dan Catering, Green Things, BabaZooBee and several others. More vendors are welcome! The market is for everyone, not just parents, so spread the word! It is 12noon to 5pm each Wednesday, at least until the end of October.



Our carrot garden at École élémentaire L'Odysée. Many different spaces can be used as productive vegetable gardens.

2011 CSA Harvest Shares

Next year, you can enjoy fresh produce from the backyards of Guelph each week by purchasing a CSA Harvest Share. The regular prices for the 2011 seasons will be \$295 for a half share and \$495 for a full share. Returning members will be charged the 2010 prices of \$250 for a half share and \$450 for a full share until the end of February. New members have discounted prices of \$275 and \$475 until the end of February. At the beginning of March, the prices for both will be the new regular prices. There are options for paying in installments, so please contact us for more details.

Visit our website:

www.backyardbounty.ca



In this weeks share! And...Recipes

This weeks share includes spinach &/or arugula, beets, rapini, garlic, herbs, tomatoes &/or ground cherries, flowers and finally, eggplant!

Featured Vegetable: Eggplant!

We grew Long Purple and Rosa Bianca eggplant this year. Seeds were started indoors in March and April, transplanted in May and June and will continue to be harvested into October.

Solanum melongena is a fruit that is native to India. Also referred to as aubergine, melongene, brinjal, or guinea squash, Eggplant can have a slightly bitter taste. By first salting and rinsing the vegetable before cooking it, the bitter taste can be reduced.

(health.learninginfo.org) However, some varieties are less bitter and do not need this treatment. The fruit is capable of absorbing large amounts of cooking fats and sauces, allowing for very rich dishes.

The salting process will reduce the amount of oil absorbed. Eggplants have a low calorie content and are good sources of vitamin C, potassium and calcium. The plant is a part of the nightshade family, as are potatoes and tomatoes. Interesting fact: On average, 20 lbs (9 kg) of eggplant contains about the same amount of nicotine as a cigarette! (nejm.org)

Jamie Oliver's Eggplant Parmesan:

- 3 med-large eggplants, cut in ½-in slices
- Olive oil
- 1 large onion, finely chopped
- 1 large clove garlic, thinly sliced
- 1½ tsp dried oregano
- 1 28-ounce can no-salt plum tomatoes
- 1 tbsp red wine vinegar
- ½ cup (packed) fresh basil leaves (or not)
- Salt and freshly ground black pepper
- ½ cup grated Parmigiano-Reggiano
- 1/3 cup fine dry bread crumbs

- 1 tbsp chopped fresh oregano leaves
- 1. Preheat oven to 450. Brush eggplant with oil. Bake in single layer 10 to 15 minutes, flip and repeat. Reduce oven temperature to 375.
- 2. Sauté onions in olive oil until soft. Add garlic and dried oregano and sauté 30 sec. Add can tomatoes, breaking up whole tomatoes. Cover, reduce heat to low, and simmer 15 to 20 minutes. Add vinegar, basil and salt and pepper to taste.
- 3. Into a baking pan, make thin layers of tomato sauce, parmigiano, eggplant. End with a little sauce and a parmigiano. Combine bread crumbs and oregano, with olive oil to moisten. Sprinkle on top.
- 4. Bake until eggplant mixture is bubbly and center is hot, 30 to 45 minutes. Remove from heat and allow to rest for 5 minutes before serving.



Rural Romp—This Saturday!

Backyard Bounty a part of the Rural Romp at the Farmers' Market

On September 25th, Backyard Bounty will be participating in the Rural Romp by having samples for you to try, and combo baskets of veggies prepared for you to purchase. Join the Romp and explore the beautiful countryside with chances to win prizes including gift certificates from local restaurants, farms and retail stores! All of the details are in the Guelph Wellington Local Food Map that can be found at www.guelphwellingtonlocalfood.ca. For more information call 519-821-6638 ex 335 or email info@guelphwellingtonlocalfood.ca.

A homeowner's thoughts

I was very impressed to see our backyard in the newsletter. We are in our second season now with backyard bounty and it feels very good to know that so much is coming from our backyard. We had tried gardens several times but were usually lacking in both time and knowledge with respect to the successful result of vegetables and the fight against weeds. The only thing that benefited from our previous gardens were the rabbits. Last year we had limited success with a tomato garden but this year it is amazing to look at row after row of wonderful greens. It has

also been very informative as to some of the different varieties of vegetables that have come our way that we historically had not tried before. I hope that next year we might even encourage our children to take a more active role in the backyard bounty program either in a physical manner or in the very least learning the basics of a successful garden.

I think that the program is excellent. You have turned a large backyard that took forever to cut the grass into a garden of colour and fresh produce. I cannot think of a better use of the backyard. It is won-

derful when a plan has so many benefits and very few if any negative aspects. Congratulations on a very successful year in our backyard!!!!

The Pfeiffer Family



Our garden at the Pfeiffer's property

Local Just Got Closer!