

THE REROOT REVIEW

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NOTES FROM THE FIELD

Hello everyone. Caitlin and I hope you are all as excited about the upcoming first harvest as we are. It has taken us by surprise this year as we have been so busy working on expanding the CSA and a variety of other projects. These include building a new farmstand/CSA pick-up area, a wash station, organizing u-pick strawberries and working on what we hope will be a lasting farming partnership between Caitlin and I, and Mapleton's.

This spring has been quite the opposite of the last, with the lingering effects of La Nina bringing us cool wet weather. As you may remember, this time last year was very toasty with

many days reaching into the 30s and a few clouds in the sky, who held on to their precious little water droplets. Crops were humming along taking full advantage of the heat and looking forward to a little human intervention on the moisture front (i.e. irrigation). This year we are praying for some warm dry weather, it has been hard to get on the land to cultivate, weed, plant, transplant and sometimes even walk! The cool weather has also slowed things down and some frost and a recent hail storm have caused damage in the strawberries and those tender little greens, spinach, mesclun and Chinese cabbage.

On the brighter side the garden is coming together and one crop in particular is making us excited, those strawberries. Yes, the fruit set is heavy, despite the frost, and we eagerly wait its ripening, happening as you read this. We are hoping to have some very nice berries in about two weeks time, so get out your best strawberry recipes and get ready for Strawberry Fest! Mmmm... Also looking good are many of our brassicas, especially our tatsoi, pak choi, arugula, mizuna, collards and kale.

~devan

THIS WEEK'S HARVEST:

- *Tatsoi*
- *Pak Choy*
- *Mesclun Mix*
- *Arugula*
- *Mizuna*
- *Herbs*

VEGGIE BIOGRAPHY

Tatsoi!

Also known as spinach mustard, spoon mustard or rosette bok choy, tatsoi is an asian variety of brassica rapa. It is grown as a green and can be used in a variety of ways. Picked when very young it is often eaten fresh in salads, and is part of

many salad mixes to give flavour and ad nutritional value. When mature it is good steamed, or cooked in soups or stir-fries.

Tatsoi is one of the most cold tolerant Asian greens, making it a good early and late season crop.

Nutritionally tatsoi is similar to other Asian greens being high in vitamins A and C, as well as calcium, potassium, phosphorus and iron. It is fairly perishable and so should be stored in the fridge and eaten fresh.

WILTED ASIAN GREENS

Serves 3

2 tbsp rice vinegar (not seasoned)

1 1/2 tbsp soy sauce

1 tsp sugar

3/4 tsp finely grated peeled fresh ginger

3/4 tsp Asian sesame oil

3 cups pea shoots or pea sprouts

3 cups *tatsoi*

3 cups *mizuna*

Heat vinegar, soy sauce, sugar, ginger, and sesame oil

in a small saucepan over moderately low heat, stirring, until sugar is dissolved (do not let boil). Pour hot dressing over greens in a large bowl and toss well. Serve immediately.



SOY BEEF WITH TATSOI SALAD

600g piece eye fillet steak, sinew removed

1/4 cup (60ml) soy sauce

1 tsp peanut oil

2 cups bean sprouts, trimmed

3 spring onions with bulb, thinly sliced

80g baby tatsoi leaves* or

baby Asian salad leaves*

1/2 firmly packed cup coriander leaves

Dressing

1 small red chilli, seeds removed, thinly sliced

2 tbs fish sauce

1 tbs peanut oil

1/4 cup (60ml) lime juice

1 tsp caster sugar

Cut the steak into two long strips, then toss with the soy sauce and marinate at room temperature for 5 minutes. Heat oil in a large non-stick frypan over medium-high

heat. Add steak and cook for 3 minutes each side until rare and slightly charred, or until cooked to your liking. Transfer to a plate and rest for 10 minutes.

Meanwhile, whisk the dressing ingredients in a large bowl. Add sprouts, onion, tatsoi and coriander. Thinly slice the beef and add to the salad, toss gently to

combine and serve immediately. bowl. Add sprouts, onion, tatsoi and coriander. Thinly slice the beef and add to the salad, toss gently to combine and serve immediately.

