

# THE REROOT REVIEW

VOLUME 2, ISSUE 3      JULY 2008

## NOTES FROM THE FIELD

Summertime is finally here, and the warm weather is heralding the arrival of new crops. On the top of this list is, of course, strawberries.

This year is reroot's first year harvesting strawberries. Because they are treated as a biannual crop, strawberries aren't harvested until the year after they are planted. So while we planted these berries last year, we weren't able to enjoy the fruits of our labour until now. We've already planted next year's strawberries, so that next year's shareholders can also enjoy this first herald of summer.

Being new to strawberry growing has come with its

own set of lessons. Namely that strawberry blossoms, like any other blossom, are severely affected by frost. The warm April weather brought out the blossoms early, but late frost in May killed many of these blossoms and with them, our first fruits. Lesson learned – next year we will watch for the threat of a late frost and cover our strawberries to keep the blossoms safe. Our goal is to have strawberries available for the first pick-up next year.

While our only other new crop this week is peas, the warm summer weather means that other crops are just on the horizon. In the next few weeks you will see kohlrabi, kale, collards,

zucchini, cucumber, and beets in your share. We look forward to having these available soon.

We have been fortunate this year with pests and insects, but are busy squishing potato beetle in our eggplant. Potato beetle is a serious pest in potatoes, but will also seek out other members of the nightshade family, such as eggplants and tomatoes. Luckily we seem to be keeping them at bay.

The sunny weather has been as good for us as it has for the plants. It has been nice to see the sun, and a welcome change from the last few weeks of rain. We hope you are also finding time to enjoy some sunshine!

## THIS WEEK'S HARVEST:

- *Pak Choy*
- *Tatsoi*
- *Mesclun Mix*
- *Spinach*
- *Chard*
- *Broccoli*
- *Radishes*
- *Head Lettuce*
- *Strawberries*
- *Peas*
- *Herbs*

## VEGGIE BIOGRAPHY

Spinach!

Spinach is an early vegetable, delicious eaten raw or cooked. Because it prefers cool weather and moist soil, it is available early in the season, and until a late frost or snow cover in the fall.

Related to beets and Swiss chard, spinach originates in the Middle East. While it has been cultivated in Persia for 2000 years, it wasn't until the late 16th century that spinach became popular in Europe. Its mild flavour and versatility meant it quickly became a staple in

many dishes, particularly in Greece.

Apart from being tasty, spinach is also highly nutritious. It contains chlorophyll as well as vitamins A and C., vitamins that are all best retained by little or minimal cooking.

## CREAMY LEMON BALM SOUP

Serves four. Taken from Farmer John's Cookbook.

### Ingredients

1 tbsp olive oil  
1 small onion, sliced  
2 cups finely chopped spinach  
1/2 cup finely chopped lemon balm leaves  
4 cups stock  
3/4 cup sour cream  
1/2 tsp salt  
1/4 tsp pepper

Heat oil and cook onion until lightly golden. (15 min) Add spinach, lemon balm and cook until greens are just wilted. Pour in the stock and heat until simmering. Add sour cream, salt, pepper and heat until soup is warmed through. Avoid boiling soup, as it will curdle the sour cream. Serve in bowls and top with pepper, and a lemon balm sprig as garnish.



## SPINACH SALAD WITH ORANGE HONEY VINAIGRETTE

Taken from From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce.

Serves 4-6

### Ingredients:

1 tbsp honey  
2 tbsps frozen orange juice concentrate  
1 tsp minced shallot  
1 tbsp red wine vinegar  
1 tbsp balsamic vinegar

1/2 cup olive oil  
1 bunch spinach, large stems removed  
1 small red onion  
2 oranges, sectioned  
1/3 cup roasted almonds

Whisk honey, concentrate, shallots, and vinegar in a bowl. Gradually whisk in oil. Season to taste with salt and pepper. Thor-

oughly clean spinach and dry in a lettuce spinner, or on kitchen towels. Toss spinach with onions, oranges, almonds, and just enough dressing to lightly coat. Serve and enjoy!

## STRAWBERRY SOCIAL

Please join us for an afternoon full of strawberries at the farm.

**Saturday, July 5th**

~3pm strawberry picking

~4:30pm strawberry potluck— bring your favourite strawberry dish and recipe to share.

Please bring a dish and cutlery to enjoy the strawberry treats as well as farm appropriate clothing.

Hope to see you all there!

