

THE REROOT REVIEW

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NOTES FROM THE FIELD

Greetings fellow earthlings and welcome to the third week of pick-ups.

We were pleased to see some of you out at the Strawberry Social this past Saturday and enjoyed trying some of your favourite strawberry dishes. For those of you who were unable to make it, we are planning to have another time for free picking closer to the end of strawberry season. We are also open for u-pick (CSA members only) throughout the week for \$2/quart.

Besides harvesting, which now occupies much of our time, the past few days have been filled with weeding and transplanting. The al-

liums, a family that includes onions, leeks and shallots, received their first thorough weeding of the season and will be happier for it.

Among the crops we transplanted were more fennel, lettuce, broccoli and our first planting of cauliflower, but don't tell the kids...

With such a wet spring it may come as a surprise that we are now rushing to setup our drip irrigation system. Drip irrigation introduces water directly around the base of the crop. Our system consists of a large delivery hose and many small lines with small holes at regular intervals. Unlike sprinkler systems, drip systems deliver the water straight to the soil not to

the air, so very little water is lost to evaporation. Another way we further reduce water consumption is by using waste water used for cooling in the Mapleton's ice cream operation. However they get it, the plants will be happy for a drink.

Something that has us excited is our new rototiller, which is used for cultivating small areas and for fine seed bed preparation. The money for this purchase came from a no interest loan from my Grandma. Another good example of the support provided to us by friends and family.

Thanks Grandma,
Devan & Kirsten

THIS WEEK'S HARVEST:

- *Boc Choy*
- *Zucchini*
- *Mesclun Mix*
- *Spinach*
- *Chard*
- *Broccoli*
- *Daikon Radish*
- *Head Lettuce*
- *Strawberries*
- *Peas*
- *Bunching onions*
- *Chinese Cabbage*
- *Beets*
- *Herbs*

VEGGIE BIOGRAPHY

This weeks featured vegetable is the humble beet, *beta vulgaris*, a versatile vegetable that should be locally available for most of the year as it produces early and late and can be easily stored for long periods of time. Greens should be eaten fresh as they are quite per-

ishable, but the roots themselves can be stored for long periods of time in a root cellar or in a bag in your refrigerator.

Beets contain large amounts of nutrients, such as vitamins A and C, as well as the carotenes. The greens are

also high in calcium and iron.

The greens can be used in the place of chard or spinach, though they are not as good in salads. The roots can be cooked many ways, roasted being one of my favourites as it brings out their natural sweet flavour.

GRATED RAW BEET SALAD

Serves four. Taken from Farmer John's Cookbook.

Ingredients

4 medium beets, peeled
 1/2 cup olive oil
 3 tbsp white wine vinegar
 1 tbsp chopped shallot
 1 tsp Dijon mustard
 1 small clove garlic (minced or pressed)
 Salt
 Pepper
 1-2 tbsp finely chopped dill

Put the grated beets in a large salad bowl. Combine the olive oil, vinegar, shallot, mustard, and garlic in a large jar. Shake the jar until the olive oil and vinegar are thickened. Pour the dressing over the beets and toss until well coated. Season with salt and pepper and let marinate and the refrigerator to marinate for an hour. Add dill and serve over fresh greens.



BAKED BEET-AND-CARROT BURGERS

Taken from Farmer John's Cookbook

Makes 12 patties

Ingredients:

1/2 cup sesame seeds
 1 cup sunflower seeds
 2 cups peeled grated beets
 2 cups grated carrots
 1/2 cup minced onions
 2 lightly beaten eggs
 1 cup cooked brown rice

1 cup grated cheddar cheese
 1/2 cup vegetable oil
 1/2 cup chopped parsley
 3 tbsp flour
 2 tbsp soy sauce
 1 clove minced garlic
 Pinch cayenne pepper
 Preheat oven to 350. Heat sesame seeds on dry skillet, until just toasted. Transfer to a dish to cool. Return

skillet to heat; toast sunflower seeds and add to dish with sesame seeds to cool. Combine the beets, carrots and onions in a large bowl. Stir in the toasted sunflower and sesame, eggs, rice, Cheddar, oil, flour, parsley, soy sauce and garlic. Mix together (hands work best!) and shape into 12 patties.

Arrange these on a greased baking sheet and bake until brown around the edges, about 20 minutes.

VOLUNTEERING

Some of you have expressed an interest in coming out and joining us in the fields. We wish you all to know that we welcome your help any time; we always have more work than we know what to do with. Please let us know when you plan on coming so we can make sure we are around.

Next year we hope to introduce the option of a working share whereby a reduction in share price will be given in exchange for a certain number of hours worked. We will let know of this option when we sort out the details.

