

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Hello Everyone,

No more tasteless imported Chinese garlic, yeah!!! The scapes we had some weeks ago were a good starter but we are excited to finally have some mature bulbs. We will have to wait a couple more weeks to harvest and cure the whole lot, but we are starting with the fresh stuff this week.

Other new crops this week are kale and fennel, the latter is one of my favourites. Many of you will be happy to know that we also have some small green tomatoes, tomatillos, and peppers on the vine. And the beans are flowering like mad. We will keep you posted on how they all de-

velop.

We gave the tomatoes a lot of attention this week, as they had not been weeded in a while, and needed suckering. For those of you unfamiliar with growing tomatoes, suckering involves removing all of the lateral branches of the plant, leaving only the growing tip on top and the leaves and flowers on the stalk. We do this because tomatoes otherwise have a tendency to go crazy and grow wildly in every direction. Hopefully we will trellis the beefsteaks soon to tame them further. Now all they need is some hot dry weather. Anyone?

The area for next years gar-

den is coming along nicely.

We recently disked in the oats and peas, planted to help increase organic matter, improve soil structure and fix nitrogen (peas). Next we will spread manure and also some gypsum, which is a good source of calcium and sulphur. The next cover crop we will plant there will be buckwheat, a crop that smothers weeds and absorbs nutrients that would leach away from bare soil. After the buckwheat begins to flower and release its heady sent we will incorporate it and prepare the soil for the last round of oats and peas. Next year, vegetables!

~Devan and Kirsten

## THIS WEEK'S HARVEST:

- *Fennel*
- *Cucumber*
- *Zucchini*
- *Chard*
- *Carrots*
- *Beets*
- *Head Lettuce*
- *Bunching onions*
- *Kale*
- *Garlic*
- *Herbs*

## VEGGIE BIOGRAPHY

Licorice lovers will be happy that this weeks veggie is Fennel. This plant is used for food, medicine, as an herb, and even as an insect repellent. In Italy the bulb is sliced and eaten as a digestive aid after a meal, and the same is done in India with the seeds

Nutritionally, fennel is very low in calories, but is high in vitamin A, calcium, potassium and iron.

Some of you may notice a similarity between the leaves and stalk of fennel and that of carrots, dill, celery and parsley. These all belong to the Umbel

family, along with Anise, which shares fennels licorice flavour.

Quite common in mediterranean cuisine, fennel is lovely in salads, roasted to bring out its sweetness, and in soups. I enjoy it best sliced and dipped into olive oil and salt.

## FENNEL BEAN AND PASTA SALAD

### Ingredients

-Fennel bulbs, leafy tops removed and reserved

-1 small onion

-Olive oil

-1 can (28 ounces) kidney beans, drained

-2-3 cups cooked pasta

-1 teaspoon lemon pepper

Chop reserved fennel tops and add to cooked mixture with remaining ingredients.

Serve chilled.

Makes 4-6 servings.

Thinly slice fennel bulbs and onion; sauté in olive oil.



## CARROT FENNEL ORANGE SOUP

### Ingredients:

2 tablespoons butter

1 medium fennel bulb, thinly sliced (reserve a few fronds)

4 cups slice carrots

1 garlic clove, sliced thin

4 cups water or broth

1/2 teaspoon salt

1/3 cup orange juice

1/4 cup sour cream

Heat butter in a large saucepan over medium heat. Add fennel and cook until soft and beginning to brown. Add water, broth and salt; bring to simmer, cover, and cook until carrots and fennel are tender, about 20 minutes. Puree mixture in a food processor or blender. Stir in orange juice and sour cream until

smooth and creamy. Re-heat on low heat, but do not boil. Serve each bowl garnished with fennel fronds.

Makes 4 servings.

## WISH LIST

If any of you have the following items lying unused around your house, reroor organic CSA will happily give them a good home!

- Scales
- Elastic bands
- Pint, quart, peck, bushel...baskets
- Heat-reflective tarps
- Gardening tools
- Chalk boards

