

THE REROOT REVIEW

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NOTES FROM THE FIELD

Welcome to Week #7 of the harvest. Rain, followed by some sun has kicked the garden into high gear, and the overload of zucchini that we have been predicting is finally here. In addition to bountiful zucchini and cucumber harvests, this week you'll also notice beans in your share this week.

This past weekend a '100-mile Bus Tour' visited to farm for a local food BBQ, and a tour of all the great projects we have going on. Despite a brief hail storm (yep, another one! But no damage this time!) the visitors feasted on an array of treats from the garden and the rest of the farm, and thoroughly enjoyed themselves.

In the meantime, Devan and myself were enjoying ourselves at the Hillside music festival in Guelph, an annual event to take a break from the farm and enjoy good music and good friends.

We took turns scooping Mapleton's ice cream to a never-ending line-up of festival-goers, and returned re-vitalized, although a little tired, to our big garlic harvest.

This week we harvested about 1200 heads of garlic from the garden that had been planted last October. They are now hanging in the pick-up shed curing and should be appearing in your shares weekly from now on.

Coming soon will be new

potatoes. We have dug the first of them and they are coming along nicely, so you may even see them as soon as next week.

In other garden news, we planted the last of the carrots, beets and beans yesterday, and other than some successions of salad mix, have almost finished the planting for the season. The tomatoes, peppers, and eggplants are coming along nicely and should be ripening in the next few weeks. The squash and pumpkins are also growing well and have now created a carpet of green in their part of the garden.

Happy eating this week!

~ caitlin

THIS WEEK'S HARVEST:

- *Cucumber*
- *Zucchini*
- *Chard*
- *Carrots*
- *Beans*
- *Salad Mix*
- *Bunching onions*
- *Cabbage*
- *Kohlrabi*
- *Garlic*
- *Herbs*

VEGGIE BIOGRAPHY

Introducing...Beans!

String beans are definitely a favourite of mine, and a welcome addition the harvest.

They are high in vitamins A, B1, and B2, calcium and potassium, and come in a

variety of colours...green, yellow and even purple.

Indigenous to Central America and the Andean regions of South America, beans are one of the three sisters (along with squash and corn).

String beans can be eaten fresh, steamed lightly, or added to any number of dishes. They can also be preserved by pickling (see recipe on the back page).

Beans can be stored in sealed bag in the fridge for about a week. They can also be frozen.

PICKLED BEANS

Ingredients

6-12 sliced garlic cloves
 6 tsp yellow mustard seeds
 3 lbs green beans, trimmed
 6-12 small hot peppers
 6 dill heads
 3 1/2 cups white wine vinegar
 2 tbsp pickling salt
 3 1/2 cups water.

If you've never canned before, read about it in a reputable cookbook before proceeding.

ing. Sterilize 6 pint jars. Divide garlic, mustard seeds, beans, peppers, and dill into jars. Bring vinegar, salt and water to a boil; pour over beans in jars, leaving 1/2 inch head space. Place lids on jars and process 5 minutes in a boiling water bath. Age the pickles at least one month before snacking on them.

Makes 6 pints



STRING BEANS IN HONEY-LEMON-MUSTARD VINAIGRETTE

Ingredients:

3 1/2 tbsp coarse sea salt
 1 small red onion, thinly sliced
 1 1/5 lbs string beans, trimmed
 1 tbsp cider vinegar
 Pinch freshly milled black pepper

Vinaigrette:

2 tbsp lemon juice
 1 tbsp Dijon mustard
 1 small garlic clove, crushed
 1 tsp mild honey
 1/2 tsp coarse sea salt
 1/8 tsp cayenne pepper
 3 tbsp extra virgin olive oil

Boil 3 quarts water, add 3 tbsp salt. Put onions in a bowl, cover with 2 cups boiling water, cover bowl for 10-15 minutes. Put beans in remaining boiling water and cook uncovered 4-6 minutes. Drain beans. Drain onions and toss with vinegar and 1 tsp salt and pepper. Combine lemon

juice, mustard, garlic, honey, salt and cayenne. Whisk until smooth. Slowly whisk in oil until creamy. Toss beans, onions and vinaigrette and let sit 15 minutes at room temperature before serving.

Serves 4-6

CANNING WORKSHOP

Interested in learning how to preserve some of the harvest to enjoy during the winter months? Come out to a canning workshop hosted by a local canning expert and learn some tricks of the trade.

Tuesday, August 12

7-9pm, immediately following the pick-up

At the farm!

\$10 donation to the canning expert

Beets, beans, relish!

Stay tuned for more details to come!

