

THE REROOT REVIEW

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NOTES FROM THE FIELD

Hello Everyone,

It's hard to believe we are approaching the mid-point of the season. There is so much work in the spring and early summer that it quickly flies by. August still comes with much work, however, by this point the garden seems to have a fair amount of inertia. Most everything is planted, the weed and pest pressure is less than it was and the harvest is bountiful. We are tired and have moved ahead enough on many projects that we have decided not to take any more on. Many ideas are still popping into our heads, but they can wait for the fall when the sleepy days offer some time and space or for the spring with

its rush of energy and excitement.

We are excited to start introducing nightshades this week, specifically tomatoes, new potatoes and maybe eggplant. The nightshade family includes many plants that are an important part of our food supply and our vices. Tomatoes, tomatillos, cape gooseberries, ground cherries, peppers, eggplants, potatoes, tobacco and the flower nicotina, are all members of this family, as is the deadly plant nightshade, from which comes the name. Upon arriving in North America, Europeans thought that this whole family was poisonous, as the only common member of the family in

Europe at that time was nightshade itself. This is hard to believe now as we associate potatoes with Ireland, tomatoes with Italy and many peppers with Asian cooking.

An important note to everybody who has received fresh garlic, eat it. It is still fresh, requiring a week or two more of curing time before it will keep for the long term. Some of it may already be cured enough, but some at room temperature will begin to spoil after 2-3 weeks. By the third week of august we will be giving cured garlic, which should last for almost a year. Enjoy it!

~Devan

THIS WEEK'S HARVEST:

- *Cucumber*
- *Zucchini*
- *Chard*
- *Carrots*
- *Beans*
- *Salad Mix*
- *Head Lettuce*
- *Bunching onions*
- *Green Pepper*
- *Eggplant?*
- *Fennel*
- *New Potatoes*
- *Garlic*
- *Herbs*

VEGGIE BIOGRAPHY

Zucchini. Lots of it...

Zucchini, *cucurbita pepo*, is a member of the squash family along with melons, cucumber and winter squash. It starts slow, but eventually grows prolifically, surprising and often overwhelming the grower... and in this case you, the consumers.

In addition to the typical green zucchini we are growing yellow zucchini, as well as patty pan and crook-neck squash. They can all be used interchangeably, the differences between them being mostly in appearance.

Summer squash is mostly water, but is also a great source of vitamins A and C, potassium and calcium.

For those of you who are overwhelmed by the quantity, try grating some and freezing it for later use in baking, egg dishes or soups.

ZUCCHINI FRITTERS

Ingredients:

- 1 3/4 cups all purpose flour
- 1/4 cup cornstarch
- 1 tbsp baking powder
- 1 tsp salt
- 2 cups chilled stout or dark beer
- 4 medium zucchini, cut diagonally into 1/4-inch thick slices
- 12 zucchini blossoms (optional)

Pour enough oil into a heavy large saucepan to measure 3 inches in depth. Heat oil over medium heat

until deep-fry thermometer registers 350°F.

Mix flour, cornstarch, baking powder and salt in a large bowl. Add stout. Whisk until smooth batter forms. Working in batches of 5 or 6 and using tongs, dip zucchini slices and blossoms into batter and add to hot oil. Cook until golden brown, about 2 minutes per side. Using a slotted spoon, transfer fritters to paper towels and drain. Sprinkle with salt.



BAKED ZUCCHINI HALVES WITH WILD RICE

Ingredients:

- 1 large zucchini, halved lengthwise
- 1 1/2 cups cooked quinoa
- 1/2 cup cooked wild rice
- 1/4 cup grated Parmesan
- 1 1/2 tsp olive oil
- 1/2 cup chopped onion
- 1 rib of celery, chopped
- 3/4 cup bread crumbs
- 1 tsp salt

Cut the center from each half of the zucchini with a paring knife, being careful not to puncture the bottom or the sides, and reserve the centre. Transfer the hollow halves to a baking dish. Chop the zucchini centres and combine them with the rice, quinoa, and Parmesan. Heat the oil in a medium skillet over me-

dium high heat. Add the onions and celery and cook for 5 minutes. Stir in the bread crumbs and salt, continuing to cook until the bread crumbs are well mixed in and heated through. Add the bread crumb mixture to the quinoa/rice mixture and stir to combine. Stuff hollow zucchini halves with the quinoa/

rice mixture. Cover with aluminium foil and bake for 40 minutes, then remove foil and continue baking for an additional 10-20 minutes until the filling is golden brown.

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!

