

THE REROOT REVIEW

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NOTES FROM THE FIELD

After a week of fairly consistent rain, we are happy to see the sun, at least for a bit.

The vegetables continue to grow very well in the garden, and we continue to rescue them, bit by bit, from the weed invasion.

Our tractor, a Farmall 140 cultivating tractor, has been working over time cultivating between the rows of crops. We are grateful to have it, and thus limit the hand weeding and hoeing to within the rows.

The long-awaited strawberries finally ripened at the end of last week, and we are now actively picking them. Strawberries are planted in the previous

spring and then spend a year growing and sending out runners before they are ready to be harvested. We mulch them over the winter to protect them from the freeze and thaw cycle that can damage the sensitive crowns. The past year, we used oat straw as mulch, as the oat seeds that are still in the straw are supposed to die over the winter, leaving clean, weed-free straw. This, unfortunately, was not the case this year and we now have a pretty healthy crop of oats coming up among the strawberries. Although it doesn't look very pretty, it is not competitive with the strawberry plants, so we decided to leave it in there for now.

This coming weekend I will be away from the farm at a gathering for young farmers from across Canada. As the Ontario Youth Advisor for the National Farmers Union, I have the opportunity to meet with others to discuss the challenges and opportunities facing young farmers in Canada today. It promises to be an interesting and fun experience. While I'm gone, I'll leave the garden in the capable hands of Ashley, my intern for the season.

Enjoy the harvest this week!

~happy eating!
caitlin

THIS WEEK'S HARVEST:

- *Spinach*
- *Salad Mix*
- *Lettuce*
- *Radish*
- *Broccoli*
- *Bok Choy*
- *Peas*
- *Strawberries*
- *Kohlrabi*
- *Chinese Cabbage*
- *Garlic Scapes*

VEGGIE BIOGRAPHY

Garlic Scapes!

Garlic scapes are the curl-cue flower stalk of the garlic plant. We snap the stalk off the plants about 3 weeks before we dig the garlic. This encourages the garlic to put more energy in bulb production, thus resulting

in 30% larger bulbs and more garlic for you!

For years gardeners cut off the stalks and put them in the compost, not realizing the many culinary uses for them. They have a milder garlic flavour and can be used fresh in salads, fried in

place or garlic or onions or in soups and stews.

Store unwashed scapes in a plastic bag in the fridge. They will keep two weeks or more!

SPINACH AND GARLIC SCAPE PESTO

3 cups packed fresh spinach leaves
 ½ cup parsley leaves
 2/3 cup grated parmesan cheese
 ½ cup walnuts
 10 chopped garlic scapes
 2 Tbs. basil
 1 cup extra virgin olive oil

Process until smooth, then drizzle in oil.

Makes 2 cups.

Pesto can be frozen for future use. Try freezing in ice cube trays for portion-sized servings



GARLIC SCAPE AND SPINACH FRITTATA

3 tbs. Olive oil
 10 eggs
 1 cup finely chopped raw spinach (½ lb)
 ½ cup grated Parmesan cheese
 1 Tbs. chopped parsley or basil
 ½ cup finely chopped Garlic Scapes or Garlic Greens
 Salt
 Pepper
 Preheat oven to 350° In a

large bowl mix egg, spinach, cheese, herbs, salt and pepper. Heat oil in 10-inch ovenproof skillet on the stove. Add the garlic scapes and sauté until tender on med. heat (about 5 minutes). Pour egg mixture in skillet with garlic and cook over low for 3 minutes. Place in oven and bake uncovered 10 minutes or until top is set. Cut into wedges and serve.

Wish List

The following is a list of things we could use in the garden. If you have any lying around, we'd love to have them!

- Elastic bands
- Plastic or wooden quart baskets

GARLIC SCAPE DIP

1 cup mayonnaise
 1 cup sour cream
 5 garlic scapes finely chopped
 1½ Tbs. dried dill (optional)
 2 Tbs. white vinegar (optional)
 Mix all ingredients, thin to desired consistency by adding milk.

OR
 ½ cup yogurt
 ½ cup mayonnaise
 ½ tsp. Dijon mustard
 1 garlic scape
 Variation: for a salad dressing, add 2 tbsp. apple cider vinegar.

