

THE REROOT REVIEW

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NOTES FROM THE FIELD

Welcome to week #4 of the harvest season. We hope that you have enjoyed the harvests so far!

Things continue to grow very well in the garden. Some of the fruiting crops such as zucchinis and cucumbers are beginning to produce while some of the leafy greens like spinach, that have filled your boxes thus far are slowing down.

The tomatoes and eggplants have begun to flower, so they should be along in early August. The beans will show up in your boxes even sooner, as the peas finish up for the season.

The pest pressure is pretty low in the garden at this point, many early season

pests have either found weedy relatives to feast on, or have slowed down in their reproductive cycle.

One pest that has just showed up is the Imported Cabbage Worm, a beautiful white moth that flutters about in the Brassica patch. The cabbage worm moth eats ragged holes in the leaves of cabbage, kale, collards and other brassicas and also can leave unsightly droppings on the plant. Now that we've seen them in action, we'll get right to work deterring them from settling into our patch.

In other news, those of you who were members last year might have noticed a reduction in the strawberries you've received in your

share. We have been experiencing a fairly poor strawberry season with small berries, slow ripening, and an affliction we refer to as 'cat-face' - berries with puckered bottoms. There are still berries in the patch, and you are more than welcome to pick what is there. We are researching the problems and hope to have solutions for next year's strawberry season. In the meantime, enjoy the other bountiful treats you'll find in your share this week!

~happy eating!
caitlin

THIS WEEK'S HARVEST:

- *Spinach*
- *Salad Mix*
- *Lettuce*
- *Beets*
- *Broccoli*
- *Peas*
- *Kohlrabi*
- *Napa Cabbage*
- *Bunch Onions*
- *Cucumbers*
- *Summer Squash*
- *Garlic Scapes*

VEGGIE BIOGRAPHY

NapaCabbage!

Napa cabbage, (*Brassica rapa pekinensis*) is a member of the cabbage family that originated in China several millennia ago. It is also

known by the names Chinese cabbage, cabbage, and Peking cabbage. The flavor of Napa cabbage is somewhat milder and a bit sweeter than that of regular green cabbage. Napa Cab-

bage contains very few calories, is low in sodium and high in Vitamin C, Vitamin A, Manganese, Folate and Fiber.

NAPA SLAW

INGREDIENTS:

2 tbsp (25 mL) rice vinegar
 2 tsp (10 mL) granulated sugar
 1 tsp (5 mL) sesame oil
 1/2 tsp (2 mL) salt
 Pinch hot pepper flakes (optional)
 3 cups (750 mL) shredded Napa cabbage
 1 small carrot, shredded
 1/2 cup (125 mL) thinly sliced sweet red pepper

DIRECTIONS:

In bowl, whisk together vinegar, sugar, oil, salt, and hot pepper flakes (if using). Add cabbage, carrot and red pepper; toss to coat. Let stand for 15 minutes before serving.



ASIAN CHICKEN SALAD

INGREDIENTS

1/4 cup(s) reduced-sodium soy sauce
 3 tablespoon(s) rice-wine vinegar
 1 1/2 tablespoon(s) brown sugar
 1 1/2 teaspoon (s) sesame oil
 1 1/2 teaspoon(s) chile-garlic sauce or black bean sauce

3 tablespoon(s) canola oil
 1 tablespoon(s) minced fresh ginger
 2 clove(s) garlic, minced
 1 tablespoon(s) tahini paste
 3/4 cup(s) reduced-sodium chicken broth, or reserved chicken-poaching liquid
 2 tablespoon(s) sesame seeds
 8 cup(s) shredded napa cab-

bage (1 small head)
 1 1/2 cup(s) grated carrots (2-3 medium)
 5 radishes, sliced (about 1 cup)
 1/2 cup(s) chopped scallions
 3 1/2 cup(s) shredded skinless cooked chicken (about 1 1/2 pounds boneless, skinless chicken breasts)

DIRECTIONS

1. To prepare dressing: Combine soy sauce, vinegar, brown sugar, sesame oil and chile-garlic sauce in a glass measuring cup; stir to blend. Heat canola oil in a small saucepan over medium-high heat. Add ginger and garlic; cook, stirring, until fragrant, 1 to 2 minutes. Add the soy

sauce mixture to the pan; bring to a simmer. Whisk in tahini and broth (or poaching liquid); cook until reduced slightly, 3 to 4 minutes. Let cool.

2. To prepare salad: Heat a small dry skillet over medium-low heat. Add sesame seeds and cook, stirring, until lightly browned and fragrant,

1 to 2 minutes. Transfer to a small plate to cool.

Combine cabbage, carrots, radishes, scallions and chicken in a large shallow bowl. Stir dressing to recombine and drizzle over the salad; toss to coat. Sprinkle the sesame seeds on top.

