

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

It's hard to believe that we are already a quarter of the way through the harvest season. Time is flying in the garden, and despite the cool weather, the garden is in full swing.

We have for the most part finished planting now, with the exception of a couple more plantings of lettuce. To ensure you have twenty weeks of tasty produce, we plan succession plantings of many crops such as lettuce, beans, carrots, beets, and broccoli. It is exciting to transition from planting mode into full-time weeding and a rush of keen volunteers at the farm has helped us catch up in the weed department.

This week, in addition to myself and Ashley, we also have our WWOOFer Ann back and Minh, a masters student doing her thesis on new farmers. WWOOF stands for World-Wide Opportunities on Organic Farms and is an organization that connects interested travellers with organic farms that accept volunteers in exchange for room and board around the world. As a farmer, it is a great way to get to know new people, and as a WWOOFer, it is a great way to travel cheaply.

Last week we hosted a group of about 20 farm interns from the area for a day of education, socializing, and farm touring. In exchange for our time, they

weeded a couple beds for us. It's amazing how quickly the work gets done when there are many hands working at it.

In addition to the weeding last week, we also trellised our tomato patch to make for easy picking. There are numerous little green tomatoes starting on the plants so now all we need is a little heat wave to get them ripening!

A quick reminder that we host 'Fridays at the Farm' every Friday from 4-8pm with live music, a little marketplace, wagon rides, kids activities and of course ice cream! Hope to see you there!

~caitlin

## THIS WEEK'S HARVEST:

- *Salad Mix*
- *Lettuce*
- *Beets*
- *Broccoli*
- *Kohlrabi*
- *Carrots*
- *Bunch Onions*
- *Cucumbers*
- *Summer Squash*
- *Swiss Chard*

## VEGGIE BIOGRAPHY

Beets!

The sweet taste of the beet is a result of it having the highest sugar content of all vegetables. However they are also very low in calories.

Beets are loaded with vitamins A, B1, B2, B6 and C.

The greens have a higher content of iron compared to spinach. They are also an excellent source of calcium, magnesium, copper, phos-

phorus, sodium and antioxidants.

Store beets and greens in a sealed plastic bag in the fridge.

## COLD BEET SOUP

Beet greens have a delicious earthy flavor, and add wonderful texture to the soup.

### INGREDIENTS

5 medium sized beets (bigger than a billiards ball, smaller than a baseball), and their greens (stems and leaves)

1 cucumber, quartered and sliced

2 hard boiled eggs, chopped

1 small onion, minced. Sweet onion if you have it.

1 quart of buttermilk  
fresh dill, chopped

salt and freshly ground black pepper to taste

### DIRECTIONS

Trim the greens from the beets, wash and chop both the leaves and stems. Sauté the beets with a tsp of olive or canola oil, and some salt and pepper. Once the stems are tender, take them off the heat and set aside to cool.

Wrap the washed beets in aluminum foil and set in a baking pan. Bake beets in a

350 degree oven for about 45 minutes, or until you can pierce through the beet with a knife. Remove from oven, then unwrap the beets in a big bowl of icy cold water to cool. Once they are cool enough to handle, peel and grate the beets. Mix the greens and beets together in a large bowl.

Add the cucumber, eggs, and onion.

Now it starts getting shocking

– add the buttermilk and stir. The color will bloom into a shocking hot pink. Add the dill, but be sparing – a little goes a long way. Cover and put into the fridge to cool. Serve the soup with small boiled potatoes, served hot.

## BEET GREENS

*While this recipe calls for discarding the stems, if you want you can use them too if they aren't too woody. Just cut them into 1-inch segments and add them to the onions after the onions have been cooking for a minute.*

### INGREDIENTS

1 pound beet greens  
1 strip of thick cut bacon, chopped (or a tablespoon of

bacon fat)  
1/4 cup chopped onion  
1 large garlic clove, minced  
3/4 cup of water  
1 Tbsp granulated sugar  
1/4 teaspoon crushed red pepper flakes  
1/6 cup of cider vinegar

### DIRECTIONS

Wash the greens in a sink filled with cold water. Drain greens and wash a second

time. Drain greens and cut away any heavy stems. Cut leaves into bite-sized pieces. Set aside.

In a large skillet or 3-qt saucepan, cook bacon until lightly browned on medium heat (or heat 1 Tbsp of bacon fat). Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add

water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Bring mixture to a boil.

Add the beet greens, gently toss in the onion mixture so the greens are well coated. Reduce heat to low, cover and simmer for 5-15 minutes until the greens are tender. Stir in vinegar.  
Serves 4.

