

# THE REROOT REVIEW

VOLUME 3, ISSUE 6      JULY 2009

## NOTES FROM THE FIELD

It's hard for me to focus on writing the newsletter this week as I'm sitting down to do it after a long day harvesting garlic. Today we spent 9 hours harvesting 6 200 foot rows of beautiful, big, and delicious bulbs of garlic that you will see appearing in your shares this week. That is approximately 2400 garlic bulbs! Although some of that will be reserved as seed for next year. Garlic is one of those crops that grows so well in our climate, yet more often than not the bulbs you see in the grocery store are imported from China. The garlic we grow is a hard-neck variety called 'Music' which grows well, stores well and certainly tastes

better than the Chinese varieties you might be used to.

In addition to the garlic, you will also notice the appearance of a few other crops in your shares. Both cabbage and cauliflower are ready to be harvested, so they are on the menu for the week. Over the last couple weeks we have been painstakingly tying the leaves around the cauliflower heads as they emerge to ensure they aren't yellowed by the sun. This process is called blanching.

In other news, due to our happy pollinating bees, the few raspberry bushes we have beside the greenhouse are producing like crazy.

We expect they will be around for the next week or so, and you are welcome to come and pick a few pints if you wish.

Other than that, the fruit in our garden, namely tomatoes, peppers and eggplant, are moving along at a slow speed. We simply have not had the heat needed to get these crops fruiting (although their leaves look fantastic!). Hopefully to next few weeks will bring some sun to help the fruit along.

Happy eating!

~caitlin

## THIS WEEK'S HARVEST:

- *Salad Mix*
- *Lettuce*
- *Beets*
- *Cauliflower*
- *Cabbage*
- *Carrots*
- *Bunch Onions*
- *Cucumbers*
- *Summer Squash*
- *Garlic*

## VEGGIE BIOGRAPHY

Summer Squash!

Summer Squash, also known as zucchini are members of the Cucurbitaceae family and relatives of both the melon and the cucumber. Sum-

mer squash come in many different shapes, sizes and colours but all have similar flavour and texture. Summer squash can be eaten raw, but is most often included in

cooked dishes. It is a good source of vitamin B6, vitamin c, folate, riboflavin and manganese.

ROASTED ZUCCHINI WITH GREEN ONIONS, FETA CHEESE, AND BASIL

**INGREDIENTS**

4 medium green zucchini  
 2 medium yellow zucchini  
 (called yellow summer squash in the U.S.)  
 8-10 green onions  
 6 cloves garlic, finely minced  
 1-2 tsp. sea-salt  
 2 T extra-virgin olive oil  
 1 cup feta cheese (measure after crumbling, loosely packed)  
 1/4 cup of fresh basil, optional  
 (other herbs such as oregano or parsley could also be used)

**DIRECTIONS**

Preheat oven to 375 F  
 Wash zucchini and trim off stem ends. Cut zucchini lengthwise down the middle and then cut each piece into half-moon pieces about 1/2 inch thick. (Original recipes cut into lengthwise pieces.)  
 Clean the green onions and slice into diagonal pieces about 2 inches long.

Put zucchini and onions into a bowl. Mix together olive oil, salt, and minced garlic and toss with squash.

Choose a roasting pan that will hold the vegetables in a single layer, and spray with non-stick spray or mist with olive oil. Arrange vegetables on roasting pan and crumble feta cheese over. Roast about 25 minutes or until the vege-

tables are barely tender. Stir the vegetable-cheese mixture once or twice during roasting so melted feta is coating some of the squash by the time it's done. Serve hot, with basil or other fresh herbs sprinkled over if desired.

Serves 6

ZUCCHINI SALAD WITH TOMATO AND BASIL

**INGREDIENTS**

1 or 2 medium zucchini, washed and sliced in slices slightly less than 1/2 inch thick  
 salt, for drawing water out of zucchini  
 3-4 ripe tomatoes, sliced 1/2 inch thick  
 1/4 cup basil, cut into thin pieces (about 12 large basil leaves)  
 sea salt to taste

**Dressing:**

1/4 cup top quality extra virgin olive oil  
 2 T top quality balsamic vinegar

**DIRECTIONS**

Wash zucchini and slice slightly less than 1/2 inch thick, then put in colander in single layer. Sprinkle on a generous amount of table salt

and let sit for 30 minutes.

After 30 minutes, shake off each zucchini slice and wipe dry with a paper towel.

While zucchini drains, slice tomatoes and basil. Wisk together olive oil and balsamic vinegar. To arrange salad, make a layer of zucchini slices on the plate, then a layer of tomato slices. Depending on

how big your zucchini and tomato slices are in proportion to each other you may need a few pieces of tomato for each zucchini. Drizzle a generous amount of balsamic vinaigrette over each salad. You may not need all the dressing. Season with sea salt, then sprinkle with basil strips and serve immediately.

