

THE REROOT REVIEW

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NOTES FROM THE FIELD

It's another exciting harvest this week with a bunch of new vegetables making an appearance in your shares. New items on the menu include fennel, beans, and eggplant.

Fennel is a beautiful vegetable that we've been watching each week, waiting for the perfect size to harvest for you. That week is here and we hope you enjoy the unique flavour fennel offers.

Eggplant is another exciting vegetable that always gives me great joy to harvest. This year we planted the eggplant into a biodegradable plastic mulch to give it the extra heat it likes to grow. We also opted to cover it with row cover in

its early days to protect it from the potato beetle, an annoying pest that, despite its name, much prefers eggplant to potatoes. The extra heat provided by both the mulch and the row

cover has hurried the eggplant along to the fruiting stage much sooner than its heat-loving pals the tomatoes and peppers.

Beans are the final new addition to your share.

They've been a bit slow to come on this year with the cool weather, but the first of our plantings is ready for harvest and delicious (we had them for lunch today).

We grow three different colours of beans; green, yellow and purple. The purple beans are beautiful

to look at, but beware, cooking them results in a disappointing colour change. Good thing they're still tasty even if they are green.

Everything else continues to grow well. We are hoping for a hot August to jumpstart some of our heat-loving crops. The weeds and harvesting twice a week keep us pretty busy these days, and we love to have company in the garden as we work on these tasks. If you'd like to come work with us for a day (or an hour) give us a call!

Happy eating!

~caitlin

THIS WEEK'S HARVEST:

- *Salad Mix*
- *Beans*
- *Cauliflower*
- *Red Cabbage*
- *Carrots*
- *Bunch Onions*
- *Fennel*
- *Eggplant*
- *Cucumbers*
- *Summer Squash*
- *Garlic*
- *Kale/Swiss Chard*

VEGGIE BIOGRAPHY

Fennel!

Greek myths state that fennel was not only closely associated with Dionysus, the Greek god of food and wine, but that a fennel stalk carried the coal that passed down knowledge from the gods to men.

As a very good source of fiber, fennel bulb may help to reduce elevated cholesterol levels. And since fiber also removes potentially carcinogenic toxins from the colon, fennel bulb may also be useful in preventing colon cancer. In addition to its fiber, fennel is a very

good source of folate, a B vitamin and potassium, a mineral that helps lower high blood pressure. The three different parts of fennel—the base, stalks and leaves—can all be used in cooking. It is best used fresh, but can be stored in the crisper for a few days.

ROASTED FENNEL

Ingredients

2 fennel bulbs (thick base of stalk), stalks cut off, bulbs sliced

Olive oil

Balsamic vinegar

Instructions

1 Preheat oven to 400°F.

2 Rub just enough olive oil over the fennel to coat.

Sprinkle on some balsamic vinegar, also to coat. Line baking dish with aluminum

foil. Lay out piece of fennel and roast for 15-20 minutes, until the fennel is cooked through and beginning to caramelize.

Serves 4.



CARROT FENNEL SOUP

Ingredients

2 medium fennel bulbs with fronds

1 pound carrots, quartered lengthwise

1 medium onion, quartered

1 garlic clove

5 tablespoons extra-virgin olive oil, divided

1/2 teaspoon sugar

2 1/2 cups chicken broth

2 1/2 cups water

1 teaspoon fennel seeds

Instructions

Preheat oven to 450°F with rack in lowest position.

Chop enough fennel fronds to measure 1 tablespoon and reserve. Discard stalks and remaining fronds. Slice bulbs 1/4 inch thick and toss with carrots, onion, garlic, 3 table-

spoons oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spread in a 4-sided sheet pan and roast, stirring occasionally, until browned and tender, 25 to 30 minutes.

Blend half of vegetables in a blender with broth until very smooth. Transfer to a medium saucepan. Repeat with remaining vegetables and

water. Thin to desired consistency with extra water and simmer 2 minutes. Season with salt and pepper.

Meanwhile, finely grind fennel seeds in grinder and stir into remaining 2 tablespoons oil. 3 Serve soup drizzled with fennel oil and sprinkled with reserved fronds.

