

THE REROOT REVIEW

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NOTES FROM THE FIELD

After a wild weekend of weather, I'm hoping the garden is still in tact for the harvest this week! Luckily, we managed to avoid the hail and tornadoes here, and hopefully this hot weather is what we need to get those tomatoes ripening.

We are coming to the end of our planting this season, with a couple more succession plantings of lettuce and salad mix and some fall spinach. There is still much to come in the harvests including peppers, tomatoes, squash, onions and potatoes.

The potatoes are coming along and we are hoping to harvest some new potatoes in the next couple of weeks.

We team up with Mapleton's to grow the potatoes as they have all the specialized equipment including planters, hillers and diggers. This saves us much back-breaking work and is another example of the great collaboration we have going on at the farm.

In other news, we have a few exciting upcoming events that might interest you. On Friday August 28th from 4pm-8pm, we will be hosting a sauerkraut making workshop during Fridays at the Farm. Come prepared with some clean wide-mouthed mason jars and take home some delicious sauerkraut made with reroot's cabbage. Also, learn about other food that

can be fermented as a good alternative to canning or freezing.

Sunday, September 13th, we will be hosting an Open Garden Day from 11am-3pm. This is a good time to tour the garden and see where your food is coming from. There will be wagon rides around the garden, and time to wander and check out the crops. Bring a friend who might be interested in reroot organic CSA.

Stay tuned for more details on these and other farm events.

Happy eating!

~caitlin

THIS WEEK'S HARVEST:

- *Head Lettuce*
- *Salad Mix*
- *Beans*
- *Beets*
- *Carrots*
- *Bunch Onions*
- *Eggplant*
- *Cucumbers*
- *Summer Squash*
- *Garlic*
- *Kale/Swiss Chard*

VEGGIE BIOGRAPHY

Beans!

Commonly referred to as string beans, the string that once was their trademark can seldom be found in modern varieties.

Green beans are an excellent source of vitamin C, vitamin K and manganese.

They are also a very good source of vitamin A, dietary fiber, potassium, folate and iron. In addition, green beans are a good source of magnesium, thiamin, riboflavin, niacin, copper, calcium, phosphorus, protein, and omega-3 fatty acids.

Beans are great eaten fresh, but can also be frozen to enjoy in the winter months. To freeze, trim both ends, blanch for 3 minutes, then place in ice water to stop the cooking process. Pack in bags and freeze.

Enjoy!

GREEN BEANS, FETA, AND PECANS

Ingredients

1 1/2 pounds fresh green beans, trimmed and cut into 1-inch pieces
 2/3 cup olive oil
 1 teaspoon dried dill weed
 1/3 cup white wine vinegar
 1/2 teaspoon minced garlic
 1/4 teaspoon salt
 1/4 teaspoon freshly ground black pepper
 1 cup coarsely chopped pecans, toasted
 1/4 cup diced red onion
 1 cup crumbled feta cheese

COOK green beans in large saucepan of boiling water, about 4 minutes. Drain, immerse in cold water, drain, and pat dry.
COMBINE olive oil, dill, vinegar, garlic, salt and pepper in a small bowl. Whisk to blend.
PLACE beans in a shallow serving dish. Toss with dressing.
SPRINKLE with pecans, red onion and feta, toss and serve.
 Serves 4 - 6



SESAME BEANS

Ingredients

2 tablespoons olive oil
 1 teaspoon chopped garlic
 1 1/2 pounds beans, trimmed
 3 tablespoons light soy sauce
 1/4 cup water
 1 teaspoon sesame seeds

Heat a large skillet over medium-high heat. Add oil and tilt pan to coat. Stir in garlic; cook 30 seconds. Add green beans and sauté, about 2 minutes. Pour soy sauce along with 1/4 cup water. Sprinkle with sesame seeds. Reduce heat to medium and cover pan. Cook for 8 – 10 minutes, shaking pan occasionally.

Uncover, and stir beans to coat. Serve warm.

Serves 6.

