

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Welcome to the first week of the 2010 harvest season. We are off to a great start this year and are eager to share the fruits (and veggies) or our labour with you. Each week, we'll include a newsletter along with your share that outlines what has been happening in the garden; offers details on a 'veggie of the week' and provides tasty recipe ideas for making use of your share contents.

This spring has been a warm and early one and we are beginning the harvests earlier than ever. We have been appreciating the rain over the last few weeks as prior to that, we had already begun to irrigate the crops after 2 weeks of hot, dry weather. The heat for

the most part has benefited the crops, although we lost a few Brussels sprout seedlings that overheated under the row cover we put over them.

The pests in the garden have been relatively mild thus far. We have managed to keep the susceptible plants protected however you may notice a few holes in the bok choy and tatsoi leaves care of the flea beetle

Almost all of the major plantings for the season are in, we are just waiting for the soil to dry up enough to plant the winter squash and then the garden will be almost 4 full acres with a little room left for some later successional plantings.

Everybody's favourite, the

strawberry crop appears to be doing fantastically. After a disappointing harvest last year due to cool wet weather, the early heat brought on a good flush of blossoms and the plants are now laden with green fruit. We are anticipating them ripening in about 2 weeks, and we'll keep you posted on when u-pick is open to shareholders.

Working alongside me this year are my interns Vince and Melisa. They've been in the garden since the beginning of May and the 3 of us are working hard to grow you some great produce and look forward to meeting you at the pick-ups.

~happy eating!  
caitlin

## THIS WEEK'S HARVEST:

- *Spinach*
- *Salad Mix*
- *Head Lettuce*
- *Radish*
- *Bok Choy*
- *Tatsoi*

### Produce for the Food Bank

Reroot organic CSA will be donating leftovers from the Elora Farmers' Market to the Centre Wellington Food Bank. In addition, a few shareholders have gotten together to organizing donating a share to the food bank. If you would like to donate some money towards a share, please let us know. There will be a donation box available at the pick-ups.

## VEGGIE BIOGRAPHY

Bok choy, sometimes referred to as Peking Cabbage, and often mistaken for Chinese cabbage, is in fact, a centuries old cruciferous Chinese vegetable from the Brassica family. They grow in heads and traditionally have white stems and dark oval leaves,

as opposed to their closely related brethren, Chinese cabbage, which has pale leaves and broad, pale green stems.

Bok choy, is one of many choys out there, from Shanghai Bok Choy to Yow Choy, which all have their similarities and simply differ

in taste, from mild to more bitter, and then size and colour. It is ideally suited for use in stir-fry and slaws.

In addition to it's wonderful taste and versatility, nutritionally, bok choy is high in vitamin C, vitamin A, vitamin B9 (folate) along with being a source rich in fiber,

potassium and beta-carotene. Like the rest of the Brassica family members, bok choy is very high in calcium, containing as much of the hard to find nutrient in 1 cup as is in 1/2 cup of milk.

Storage: Keeps 3-5 days in a plastic bag in the fridge

## STIR-FRIED BOK CHOY

### Ingredients

- ¾ cup vegetable broth
- 2 tbsp mirin (rice wine) or dry sherry
- 1 tbsp cornstarch
- 1 tsp soy sauce
- 1 tsp sugar
- 2 tbsp vegetable oil
- ½ cup scallions
- 2 cloves garlic; minced
- 6 cups packed bok choy
- 1 cup bean sprouts

In a medium bowl, stir together the broth, mirin, cornstarch, soy sauce and sugar; set aside.

In a wok or large skillet, heat oil over high heat. Add the scallions and garlic; cook, stirring, 10 seconds. Add the bok choy and sprouts; cook, stirring, until softened, about 3 minutes.

Add the sauce; cook, stirring, until thickened, about 1 minute.



## MEET YOUR FARMERS



Hello everyone, my name is Melisa Luymes and I grew up just one mile from Mapleton's Organic, but left for university in Toronto and then spent four years teaching English and travelling. Now I

have come back to my roots and I want to learn about organic vegetable farming and be a part of the movement towards community agriculture and local food. I plan to get my MA in Sociology at U of Guelph in the fall. Though it is hard work a lot of the time, I've enjoyed planting your food with Caitlin and Vince and I love seeing it grow. I'm as excited as

you are to see the fruit (well, veggies) of our labour! See you at the pick-ups!



Born and raised in the Great White North, Timmins, Ontario, then transplanted to Kitchener-

Waterloo, Vince Tkaczuk has been working towards his master plan of returning to small town, community based living. Planning on spending a majority of his time living within an off the grid, self-sustainable community, he knew that small scale, organic agriculture would work to play a vital role in this plan. That's why he chose to seek out an internship at reroot

organic CSA this season.

Sensing a true disconnect between people and the natural world, most notably in this particular case, food and food production, has led him to try to learn as much as he can about growing healthy, vital and nutritious edibles for both himself and those around him.



Caitlin Hall has been growing vegetables organically for 6 years, 3 of those being at reroot organic CSA. She started the CSA out of a desire to grow tasty nutritious food for folks in her own community. While she has

been borrowing land at Mapletons Organic Dairy since 2007, she has recently purchased a farm in Harriston, Ontario and her operation now includes naturally-raised chickens and turkeys, as well as 5 beehives.

