

THE REROOT REVIEW

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NOTES FROM THE FIELD

I'm sitting down after a fine meal of juicy tomatoes from the garden to write this newsletter. That's right, as I'm sure you have noticed, the tomatoes have arrived. Despite the early onset of blight, our tasty tomatoes have begun to ripen and we hope to continue harvesting them for you until the first frost. Same goes for the peppers and eggplant, other 'heat-loving' crops.

While the tomatoes are definitely the highlight of this week's harvest (and the season as far as I'm concerned), there are lots of other new and great crops making their first appearances.

Edamame are fresh soy beans, harvested green and

hard to find fresh. This is the first season we've grown edamame and we're excited to hear what you have to say about these tasty treats.

Shallots are also new in the share this week. They are a flavourful allium somewhere in flavour between an onion and a garlic bulb. The secret ingredient in many great dishes, shallots can be hard to find in the grocery store but our field is bursting with them! In addition to being super tasty, once cured they store even better than onions.

In other news, the squash is ripening, the leeks are growing and our second string bean crop is well on its way.

On the livestock front, our Thanksgiving turkeys are growing like crazy and we're enjoying watching them peck around our pastures. We also have a 2nd batch of chickens that will be ready in mid-September. Let us know if you'd like to place an order for any of our pasture-raised poultry.

We also have the first of our eggs available for sale at upcoming CSA pick-ups. Just ask us and we'll hook you up with the freshest eggs you'll ever taste!

And with that, I wish you happy eating this week!

~caitlin

THIS WEEK'S HARVEST:

- *Shallots*
- *Carrots*
- *Beets*
- *Potatoes*
- *Onions*
- *Peppers*
- *Edamame*
- *Summer Squash*
- *Tomatoes*
- *Swiss Chard*

VEGGIE BIOGRAPHY

Edamame!

Edamame is a green vegetable more commonly known as a soybean, harvested at the peak of ripening right before it reaches the "hardening" time. The word Edamame means "Beans on Branches," and it grows in clusters on bushy

branches. In East Asia, the soybean has been used for over two thousand years as a major source of protein. Edamame is consumed as a snack, a vegetable dish, used in soups or processed into sweets. Best enjoyed as a snack or side dish, the pods are lightly boiled in

salted water, and then the seeds are squeezed directly from the pods into the mouth with the fingers. Edamame are high in vitamins A, B, and C and is also a complete protein.

Enjoy!

Free-Range Eggs for Sale

We've raised our hens from day-olds and they have finally started to lay...that is when they're not too busy pecking around the barn yard. These are truly free-range eggs, as our hens have free run of the whole farm (although they seem to prefer hanging out on our deck). We will have eggs available for sale at upcoming CSA pick-ups, for CSA members only. If you are interested, please ask us, we'll have them in the cooler.

\$4/dozen

Organically-grown Apples for Sale

Our neighbour and friend grows more than 30 varieties apples organically in his orchard. We tried his apples last year and they were great. We'll have some to sell at markets this season, but wanted to extend the offer to you, to order larger quantities if you wish. In the next couple weeks he'll have Macintosh, Cortland, Spy and Ida Red ready to pick and is offering them at

\$30/bushel

Let us know if you'd like to order some, and we can arrange it for you.



BOILED EDAMAME

1 pound fresh edamame, in the pod
salt, preferably kosher or sea salt

Bring a large pot of water to a boil. Add edamame and continue boiling until beans are crisp-tender, about 10 minutes. To prevent overcooking, start checking for doneness approximately 7 minutes af-

ter cooking. (To check, remove one carefully, dip in cold water to cool, and taste.)

When done, run cold water over, or put in ice water, to stop cooking. Drain well; pat excess moisture off, and sprinkle with salt to taste. (Start with 1/2 teaspoon.)

To eat, hold pod by stem end, and slide the individual beans out with your teeth. Discard pod.

PORK & EDAMAME STIR-FRY

3/4 lb thinly sliced pork, cut into bite-size pieces
1 Tbsp sake
1 Tbsp soy sauce
2 tbsps vegetable oil
1/2 inch fresh ginger root, minced
4 small green bell peppers (about 1/4 lb), cut into bite-size pieces 1/4 lb

edamame, boiled and shelled
1 1/2 tbsp water
1 1/2 tbsp sake
2 Tbsp soy sauce
1 Tbsp sugar
1 tsp katakuriko starch/
corn starch
2 tsp water
Season pork with 1 tbsp of sake and soy sauce in a

bowl. Heat 1 tbsp of vegetable oil in a large skillet and stir-fry the pork until changes its color. Remove the pork from the skillet. Mix measured water, sake, soy sauce, and sugar in a cup and set aside. Heat 1 tbsp of vegetable in the skillet and fry minced ginger, then stir-fry green

peppers on high heat until softened. Put the pork back in the skillet and add edamame. Stir-fry all the ingredients, and pour the mixed seasonings over. When it boils, add the mixture of katakuriko starch and 2 tsp of water and stir quickly. Stop the heat. Makes 4 servings