

THE REROOT REVIEW

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NOTES FROM THE FIELD

After a very, very, VERY wet week we've arrived at week #4 of the harvest season. We have seen an unbelievable amount of rain hit the garden and for the first time in my four seasons farming here, I saw standing water in the tomato patch. For a summer that was predicted to be hot and dry, this is certainly some unexpected weather! Despite all the rain, the garden continues to grow well and produce abundantly. Between our 3 weekly harvests we are finding time to tackle the weeds who appreciate the moisture as much as the veggies do! The strawberry crop continues to produce

but wet weather is no friend to ripe strawberries and we have been having some rotting issues. Depending on the weather, we hope to harvest them this week for you again. In addition, you will find more broccoli, turnips and garlic scapes in your share this week. We remove the garlic scapes from the plant to encourage it to produce a larger bulb. The scape is a delicious early treat and will only be included in your share for a couple weeks, so enjoy it while it lasts. New in the share this week are baby beets. Both the root and the leaves can be enjoyed from these fresh babies.

The summer squash and cucumbers are coming along well and should be producing in the next week or so. We have released them from the protective row cover keeping them safe from the cucumber beetle. They look healthy and happy and are flowering like crazy. In other news, Fridays at the Farm has begun at Mapletons and boasts weekly entertainment and good food from 4-8pm every Friday. Come out for an enjoyable evening at the farm!

Happy eating!

caitlin

THIS WEEK'S HARVEST:

- *Salad Mix*
- *Head Lettuce*
- *Garlic Scapes*
- *Bunch Onions*
- *Swiss Chard*
- *Broccoli*
- *Peas*
- *Baby Beets*
- *White Turnips*
- *Radishes*
- *Strawberries?*

VEGGIE BIOGRAPHY

Garlic Scapes!

A delicious mid-June treat, the garlic scape is the flower stalk of the garlic plant.

Many gardeners, unaware of the culinary benefits of the scape, simply compost them as they're removed to encourage the garlic bulb's growth. Others have dis-

covered the many great uses for the scape which has a milder version of the garlic bulbs great flavour.

Scapes can be eaten raw in salads or salsas but are also tasty lightly sauteed in a number of dishes. They can be stored for up to a month in a sealed bag in the fridge,

but are best eaten fresh. To use, cut off the flower bulb and chop up the stalk. Part of the allium or lily family, scapes have all of the well-documented health benefits of garlic.

Eat up your scapes while they last, the bulb will be along soon.

CREAMY GARLIC SCAPE SOUP

1/2 cup roughly chopped garlic scapes
2 small white potatoes, finely diced.

1 tspn olive oil
2 tspn fresh thyme
1/2 cup white wine
3 cups chicken stock
2 cups water
pinch of salt

Garnish

1 tspn olive oil
6-8 scapes, roughly chopped

In a pot, add the potato, scapes, thyme, salt, white wine, chicken broth, and water.

Bring to a boil, lower to a simmer and cook until the scape and potato are tender, about 45 minutes.

Using an immersion blender, purée the soup.

Sauté your chopped scapes for 30 seconds in a pan of heated olive oil. Any longer than 30 seconds and you'll kill the scapes' wonderful flavour –

the goal here is to simply remove some of the bite.

Ladle the soup into bowls, top with the sautéed scapes and a sprig of thyme and pepper.

SWISS CHARD AND SCAPE FRITATTA

3 Tbsp. olive oil
10 eggs
1 cup (1/2 lb.) chopped raw swiss chard
1/2 c. grated Parmesan cheese
1 Tbsp. chopped parsley or basil
1/2 c. finely chopped garlic scapes
salt and pepper to taste

Preheat oven to 350°. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes and saute until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes. Place in oven and bake

uncovered for 10 minutes or until top is set. Cut into wedges and serve.

GARLIC SCAPE PESTO

Ingredients:

1 cup garlic scapes (about 8 or 9 scapes), top flowery part removed, cut into 1/4-inch slices
1/3 cup walnuts
3/4 cup olive oil
1/4-1/2 cup grated parmigiano
1/2 teaspoon salt
black pepper to taste

Place scapes and walnuts in

the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiano to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week in an air-tight container in the refrigerator.

