

THE RERoot REVIEW

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NOTES FROM THE FIELD

Well, didn't the weather just turn around since last week? The ground dried up hard and the heat has been too much for the spinach, lettuce and three dehydrated people in the garden. Some of the lettuce heads now look like mini-Christmas trees in the field. I'd never seen that before so it made me happy, but I think it made Caitlin sad. Also, I came back this Monday to a row of pale yellow bouquets where the broccoli used to be. The earliest variety has passed on to the next stage of its life, but we didn't allow the later varieties to slip by us. This morning, I took the knife to every last one of them and they will be in your share this week. On the other

hand, the heat has done wonders for our strawberry patches and there is a little bit of a resurrection going on, however short-lived it may be. Everything else is looking great. It is amazing how much things can grow, even in one week. At this rate, you should be getting some fennel coming your way by week 6.

This week, we've been weeding, trellising the tomatoes, weeding, cultivating in the old rows of spinach and peas, transplanting more summer squash, harvesting, weeding and direct seeding some more carrots and salad mix. Also, Vince was tying up the cauliflower with its leaves to protect the head from yellowing in the sun.

Just this evening I had the opportunity to ride in an ultra light plane over my family's farm and over our garden as well. From 1000 feet it looks so small and it is a wonder how much can grow on 4 acres. The rows were so straight and neat; I didn't see a single weed! It's nice look at things from a distance like that sometimes. It puts everything in perspective.

I hope you are all doing well and enjoying the food. If you ever want to get your hands dirty, you know where to find us! You are always welcome.

~Melisa

THIS WEEK'S HARVEST:

- *Salad Mix*
- *Kale*
- *Bunch Onions*
- *Cauliflower*
- *Broccoli*
- *Peas*
- *Baby Beets*
- *Chinese Cabbage*
- *Summer Squash?*

VEGGIE BIOGRAPHY

Cauliflower!

Cauliflower is low in fat, and high in dietary fiber, folate, water and vitamin C, possessing a very high nutritional density. As a member of the brassica family, cauliflower shares with broccoli and cabbage several phytochemicals which are benefi-

cial to human health, including sulforaphane, an anti-cancer compound released when cauliflower is chopped or chewed. In addition, the compound indole-3-carbinol, which appears to work as an anti-estrogen, appears to slow or prevent the growth of tu-

mors of the breast and prostate.

Cauliflower can be roasted, boiled, fried, steamed or eaten raw. It is certainly best eaten freshly harvested.



CAULIFLOWER LENTIL RICE BAKE

Servings: 4 to 6

Ingredients:

2 tbsp (25 mL) vegetable oil
 2 onions, chopped
 2 cloves garlic, minced
 2 cups (500 mL) sliced mushrooms
 2 tsp (10 mL) ground cumin
 1/2 tsp (2 mL) turmeric
 1 can (28 oz / 796 mL) diced tomatoes
 4 cups (1 L) coarsely chopped cauliflower
 1 cup (250 mL) vegetable or chicken stock

1/2 cup (125 mL) red lentils
 1/2 cup (125 mL) long-grain rice

Salt and pepper
 1/2 cup (125 mL) shredded Cheddar cheese

Preparation:

In large saucepan, heat oil over medium heat. Add onions, garlic, mushrooms, cumin and turmeric; cook for 5 minutes, stirring occasionally. Stir in tomatoes, cauliflower, stock, lentils and rice; bring to full boil.

Transfer to 12-cup (3 L) casserole dish; cover and bake in 350°F (180°C) oven for 30 minutes or to desired doneness. Season with salt and pepper to taste. Sprinkle with cheese; bake, uncovered, for 5 minutes or until cheese is melted.



BUTTERFLY PASTA WITH CREAMY CAULIFLOWER

Servings: 4

Ingredients:

4 slices Black Forest-style ham
 3 cups (750 mL) cauliflower florets
 2-1/2 cups (625 mL) butterfly pasta
 1 tbsp (15 mL) vegetable oil

1/4 cup (50 mL) finely torn, fresh basil leaves

5 oz (150 g) goat cheese, crumbled

1/4 cup (50 mL) light cream
 2 tbsp (25 mL) chicken stock

Salt and pepper

Preparation:

Cut ham into 1-inch (2.5 cm) wide strips; cook in lightly

oiled nonstick pan for 2 minutes or just until dry in appearance. Set aside on plate. Meanwhile, drop cauliflower florets into large pan of boiling salted water; cook for 3 minutes or until tender-crisp. With slotted spoon, remove to colander. Return water in pan to brisk boil; add pasta and cook until al dente. Drain

and return to pan.

Meanwhile, in warm skillet, toss drained cauliflower with oil and basil. Add to cooked pasta along with goat cheese and cream; mix gently over low heat. Add stock and mix again just to heat through. Mix in ham. Season to taste with salt and pepper.

reroot Organically Raised Chicken For Sale \$4.25/lb

reroot has, for their very first time, raised some happy free-range chickens who are now ready for your dinner table. Our chickens are fed only certified organic feed and are raised in small batches with careful attention paid to their health and well-being. As soon as they are old enough, they spend their days (and nights) on green grass and are moved to fresh pasture every day where they can peck at bugs and nibble at greens. Our first batch was slaughtered last week and are now available frozen. They are small but tasty ranging in weight from 3-5lbs. We would be happy to bring some to the next pick-up for you...let us know how many you'd like!

Our next batch will be available fresh the weekend of September 11/12 and should be a little larger... put your order in now!

