

# THE REROOT REVIEW

VOLUME 4, ISSUE 6      JULY 2010

## NOTES FROM THE FIELD

Never mind the latest crash diet, if dropping a few pounds is someone's goal, then working outside during the month of July is the answer. It's fairly common knowledge that farmers are hard workers with very disciplined personal constitutions, but if I ever see an overweight farmer I'll be laying down odds that say it's their close personal friend John Deere doing most of the field work and not them.

Before the radiator blows though, you sometimes need to seek some shelter from the heat and humidity for a spell. So one day last week, we opted to test out the South American tradition of the siesta. Traditionally, many siesta practices include having a large lunch, often the largest meal of the day, then following that, when the sun is at it's highest point and is sending off

it's peak ultraviolet radiation, you are to take a couple hours of rest to recharge the batteries. Now our interest didn't particularly lie in massive feedings, but the dodging of the sun at it's strongest, then sneaking back out to work when it's waning certainly piqued it.

Our focus this week was on a couple overdue items that demanded our attention. We now, once again, have a carrot crop...well, to be honest, we've always had a carrot crop but it's only since we gave it a thorough weeding this past week that it's actually become visible again. We also took the time to uncover all of the winter squash from underneath the row covering that was protecting them from harmful pests. This task had to be done at or near nightfall because suddenly immersing previously covered

plants to direct, and in the case of this week, extreme sunlight can shock them, sometimes to death, an outcome that robs us of the wonderful veggies they would have otherwise produced.

As you noticed, cucumber and summer squash are arriving in larger and larger bounties each week. The tomato plants are coming along nicely with more small, green orbs emerging on them daily. New to shares this week are fresh garlic and fennel. Garlic needs no introduction and no real dedicated recipe; just use it in everything! Fennel on the other hand, is featured this week and is followed by a couple interesting recipes. Enjoy.

Be Healthy & Keep Well,  
Vince

## VEGGIE BIOGRAPHY

Originally from the shores of the Mediterranean, fennel is a very hardy, aromatic and flavourful perennial herb. Fennel is one of those "use it up" vegetables in the sense that near every part of it can be eaten in some way.

The leaves of the fennel plant look very similar to dill but slightly thinner. The hollow

stalks of the plant, which can reach heights of up to 2.5 meters, along with the bulb of the plant, have a crisp hardness to them. Like dill, fennel goes well with dishes with fish.

Popular in Pakistan and India, roasted fennel seeds are consumed as after-meal digestives and breath fresheners.

Fennel also has it's place in history. In the Greek myth in which Prometheus stole fire from the gods, it was with the stalk of a fennel plant that he accomplished this feat.

This vegetable, that is high in Vitamin C, folate, fiber and potassium, is best stored in the crisper and should keep fresh for about 4-5 days.

## THIS WEEK'S HARVEST:

- *Salad Mix*
- *Swiss Chard*
- *Cauliflower*
- *Fresh Garlic*
- *Carrots*
- *Fennel*
- *Summer Squash*
- *Cucumbers*



## FENNEL CUCUMBER SALSA

Servings: Yields 4 cups

**Ingredients:**

- 1 english cucumber, diced
- 1 fennel bulb, diced
- 1 avocado, diced
- 1/2 red onion, chopped
- 1/2 cup banana peppers, diced
- 1 bunch cilantro, chopped
- 2 tbsp honey
- 3 tbsp fresh lemon juice
- Salt and pepper to taste

**Directions:**

Combine the cucumber, fennel, avocado, red onion, banana peppers, cilantro, honey, lemon juice, salt, and

pepper in a bowl. Allow mixture to sit 20 minutes before serving.



## KALE CHIPS

**Directions:**

Preheat oven to 350.

Wash kale and cut off stems. Cut out the main stem of the kale and tear kale into chip sized pieces.

Place into bowl and drizzle and toss with olive oil, covering the majority of pieces.

Place kale, single layered on baking sheet and sprinkle with seasoning of choice, be it sea salt, parmesan or seasoning salt.

Bake for 8-15 minutes depending on oven, just until the edges of kale chips are beginning to brown and kale is crispy to the touch. Enjoy!

Experiment with seasonings!

## BAKED FISH WITH FENNEL AND GARLIC

Servings: 4

**Ingredients:**

- 1 pound trimmed fennel
- 1 pound fish fillets
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 3 tbsp olive oil
- 1 clove garlic, slivered
- 1 tbsp lime juice
- 1 tbsp butter
- 1/4 cup water
- Lime wedges or slices

**Directions:**

Preheat oven to 450.

Mince enough fennel leaves to equal 3 tablespoons.

Sprinkle both sides of fish with salt and pepper.

Heat oil on low heat in small saucepan with garlic then cook until garlic is golden not browned.

Remove from heat and stir in 2 tablespoons minced fennel leaves and lime juice.

Cool 10 minutes or longer then set fish in baking dish just large enough to hold it comfortably.

Pour oil mixture over fish and let marinate 15 minutes turning occasionally.

Trim fennel base then cut off stalks and peel them.

Cut bulb and stalks into strips about 1/2" wide and 1-1/2" long.

Melt butter in skillet and toss fennel to coat then add water, salt and pepper.

Cook over moderately low heat covered until tender about 15 minutes stirring occasionally.

Remove cover and stir over moderate heat a few minutes to evaporate liquid.

Meanwhile bake fish in center of oven until opaque in center about 10 minutes.

Arrange fish and fennel together on plate and sprinkle with remaining minced tops.

Place lime on platter and serve at once.

### **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!

