

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Just when we thought that it couldn't get any wetter, last Thursday we received more than 3 inches of rain in the garden. The swampy conditions in the field made it near to impossible for us to harvest new potatoes for our Saturday shareholders. Never fear, we will make it up to in future weeks. We have been working the harvesting of our fruiting crops in around the wet weather. Working around fruiting crops like zucchini, cucumber, beans and tomatoes when their leaves are wet is a sure way to spread leaf diseases that lurk in this humid moist weather. We start early to harvest leafy vegetables for you and wait until late morning, when the plant leaves have dried

to harvest fruiting vegetables. Despite our efforts to avoid handling the tomatoes when they are wet, we have unfortunately think we've seen the first signs of blight on the leaves of a few varieties. Late blight is a fungal disease which kills leaves and blemishes fruit on infected plants. Blight absolutely LOVES the type of weather we've been having, so it is not entirely a surprise to see it surfacing. 2009 was a terrible blight year and many tomato growers were completely wiped out. It is a very contagious disease with fungal spores traveling more than 30 miles. We are working hard to control the blight in our crop by removing infected leaves and spraying

compost tea and copper on the foliage to prevent spreading. There is lots of green, healthy-looking fruit developing on our plants and we are excited to watch them ripen and then harvest them for your shares in August. New in your share this week is beans. We pick our beans when they are young and tender and they are producing like crazy this year. We grow green, yellow and purple varieties to keep your dinner table interesting. Sadly though, the beautiful purple beans fade to a boring green colour when cooked. Fortunately, they still taste great!

Happy eating!

~caitlin

## THIS WEEK'S HARVEST:

- *Head Lettuce*
- *Salad Mix*
- *Beans*
- *Garlic*
- *Carrots*
- *Beets*
- *New Potatoes*
- *Summer Squash*
- *Cucumbers*

## VEGGIE BIOGRAPHY

Cucumbers!

Cool and crunchy members of the cucurbit family, cucumbers are a refreshing treat to eat straight out of the garden.

The flesh of cucumbers is primarily composed of water but also contains ascorbic acid (vitamin C) and

caffeic acid, both of which help soothe skin irritations and reduce swelling. Cucumbers' hard skin is rich in fiber and contains a variety of beneficial minerals including silica, potassium and magnesium.

The silica in cucumber is an essential component of

healthy connective tissue, which includes muscles, tendons, ligaments, cartilage, and bone. Cucumber juice is often recommended as a source of silica to improve the complexion and health of the skin.

Cucumbers are best eaten fresh on their own or in

salads. They will keep in the crisper of the fridge for a week or two and can be preserved by pickling or making relish.

Enjoy your cucumbers!

## BULGARIAN COLD CUCUMBER SOUP

### Ingredients:

1 1/2 cups cucumbers, pared and seeded  
 2 tbsp olive oil  
 1 tsp salt  
 1/4 tsp white pepper  
 1 clove garlic, minced  
 2 tbsp fresh dill, chopped  
 1/4 to 1 cup chopped walnuts  
 1 to 1 1/2 c up yogurt or sour cream

Mix together oil, salt, pepper, garlic, dill, and walnuts. Marinate cucumber in this mixture for 2-6 hours in the refrigerator. Puree mixture in blender. When ready to serve, mix in cream. Put 1-2 ice cubes in each bowl and pout in soup.



## CHICKEN IN CUCUMBER AND LEMON SAUCE

### Ingredients:

2 large cucumbers, peeled, halved, approx. 4 cups  
 7 tbsp butter  
 1/2 cup flour  
 1/8 tsp pepper  
 6 skinless, boneless chicken breast halves (or any skinless, boneless chicken)  
 1 tsp olive oil  
 1 cup chicken stock  
 1 cup whipping cream  
 2 tbsp plus 1 tsp fresh lemon juice  
 2 tbsp minced dill

Place cucumbers in colander. Sprinkle with salt, toss, and let drain 1 hr. Pat cucumbers dry. Melt 3 tbsp butter in heavy large skillet over medium heat. Add cucumbers and saute until light brown, about 7 min. Set aside.

In small cup, mix 1 tbsp flour and 1 tsp butter to smooth paste, set aside. Place remaining 1/2 c flour in shallow baking dish with pepper and season with salt. Coat chicken and shake off excess. Melt

remaining 3 tbsp butter with oil in another heavy large skillet over high heat. Add chicken and saute until brown. Add 1/2 cup stock. Reduce heat to medium, cover and simmer until chicken is cooked through (about 4 minutes). Transfer chicken to platter.

Add remaining 1/2 cup stock to chicken skillet. Increase heat to high and boil until reduced to 1/4 cup (about 3 minutes). Add cream & bring to boil, stirring constantly.

Reduce heat and simmer until thickened to sauce consistency (about 2 minutes), stirring frequently. Stir in lemon juice and 1 tbs dill. Season to taste with salt and pepper.

Add chicken and cucumbers to sauce, heat through. Transfer to plates. Spoon sauce & cucumbers over chicken. Sprinkle with tbs. dill.

## CUCUMBER-MINT SALAD

### Ingredients:

1 large cucumber  
 1 small onion, chopped fine  
 1 tbsp chopped fresh mint  
 1/4 cup white vinegar  
 1 tsp sugar  
 1/2 tsp salt  
 1/2 tsp lemon pepper seasoning

Peel cucumber and chop into 1/4-inch cubes. Combine all ingredients in bowl and mix. Serve at room temperature. Serves 4.

