

THE REROOT REVIEW

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NOTES FROM THE FIELD

French class is in session on the farm. That's not some weird allusion to high school language electives, but rather a reflection on our new visitors/helping hands on the farm. This week we welcomed the arrival of three WWOOF-ers (that's not a long typo, I'll expound in a moment), Kim and Julie, a couple traveling from France as well as Alex from Belgium.

The WWOOF program is an international network of, as the acronym describes, World Wide Opportunities on Organic Farms. In a nutshell, WWOOFers get to board and eat in exchange for labour on organic farms around the world, in locations of their choosing. A very economi-

cal way of traveling while also meeting new people and experiencing unique organic farming methodology along the way. All three of our new visitors are fluent in both English and French so communication has not been an issue and hopefully, us at reroot, will come out of this visit being a little closer to bilingual! Kim, Julie and Alex all look forward to meeting you as they will be accompanying us at the markets for the next little while.

Our tomatoes are putting forth their best effort in fending off the blight that most of the region is starting to experience. Last week I suited up with a backpack crop sprayer and walked to the field feeling

like John Goodman in Arachnophobia, to spray an organic copper solution to help stave off the spread. Things seem to be at a standstill at the moment. On another positive note though, onions have crash-landed in the shares this week and there shouldn't be a shortage of them. We transplanted nearly 10,000 of them (again, not a typo) so hopefully we'll have them for many weeks to come.

Lastly, if you're looking for something to do this weekend the Local Food Festival at the Drayton Fair is going on. We'll be there, maybe you will too!

Be Healthy & Keep Well,
Vince

THIS WEEK'S HARVEST:

- *Head Lettuce*
- *Beans*
- *Garlic*
- *Carrots*
- *Onions*
- *Summer Squash*
- *Cucumbers*
- *Swiss Chard*

VEGGIE BIOGRAPHY

Beans!

Commonly referred to as string beans, the string that once was their trademark can seldom be found in modern varieties. Available in green, yellow and purple, beans are a nutritious summer treat. They are an excellent source of vitamin

C, vitamin K (good for healthy bones) and manganese. Beans are also very good source of vitamin A dietary fiber, potassium, folate, and iron. And, green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein,

omega-3 fatty acids and niacin. Fresh beans are best eaten during its early stage of immaturity, when its flesh is tender and has a sweet taste and a crispy texture.

Beans are easy to prepare and consume, as they are eaten and prepared in vari-

ous ways: from canned, frozen and fresh to boiled, fried and steamed, with various spices and meats or with other veggies and greens.

Store wax beans in a refrigerated crisper or plastic bags for 1-2 days after harvest.

YELLOW WAX BEANS AND CARROTS

Ingredients

1 1/2 c. carrot coins
 2 c. cut wax beans
 1 sm. fresh onion
 1 sm. bunch parsley
 1/2 tsp. sugar
 Salt to taste
 1 tbsp. butter
 1 sm. bunch summer savory

Combine all ingredients except butter in 1 quart saucepan. Add a little water, cover and cook for about 15 minutes or until tender. Drain, remove parsley, summer savory and onion. Add butter, shake and serve.



BAKED FRENCH ONION SOUP

2 ounces of butter
 1 pound of onions, sliced
 1/2 clove garlic, crushed
 1 teaspoon flour
 4 cups beef stock
 salt and pepper to taste
 2 ounces of Gruyere cheese, grated
 1 teaspoon Dijon mustard
 4 slices French bread

Melt the butter in a large saucepan and add the onions. Slowly brown the onions. It is important to brown the onions VERY slowly. It takes about an hour to do. Just check them every once in a while. They should end up very soft, golden brown and transparent. Add the garlic after the onions have been cooking for about 45 minutes.

After the onions are cooked, turn up the heat to medium, stir in the flour and cook for 1 minute or until the flour is golden brown.

Add the stock, and stir until it boils. Season with salt and pepper and simmer the soup for 20 to 30 minutes.

Preheat the oven to 400°F. Mix the grated cheese with the mustard and pepper.

Spread this on the bread slices and put one slice of bread on the bottom of each onion soup bowl, or put all of the bread in a large soup tureen. Pour the soup in. The bread will rise to the top.

Bake the soup in the oven, uncovered until the bread and cheese mixture is well browned and bubbling.

STRING BEANS IN HONEY-LEMON-MUSTARD VINAGRETTE

Ingredients:

3.5 tbsp coarse sea salt
 1 small onion thinly sliced
 1.5 lbs string beans, trimmed
 1 tbsp cider vinegar
 2 tbsp lemon juice
 1 tbsp Dijon mustard
 1 small garlic clove, crushed
 1 tsp. mild honey
 1/2 tsp coarse sea salt
 1/8 tsp cayenne pepper
 3 tbsp extra virgin olive oil

Boil 3 quarts of water, add 3 tbsp salt. Put onions in a bowl and cover with 2 cups boiling water, cover bowl with a plate and leave for 15 minutes. Put beans in remaining boiling water and cook uncovered 4-6 minutes. Drain well and toss with vinegar and 1 tsp salt and pepper.

Combine lemon juice, mustard, garlic, honey, salt and cayenne. Whisk until smooth, slowly whisk in oil until creamy. Drain onions and squeeze dry. Toss well and let sit 15 minutes. Serve at room temperature.

Serves 4-6

