

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Well at week #10 we've reached the halfway point of the harvest season, and while it seems like we're old hands at harvesting, there is still so much more to come!

This week we have a few newcomers to the shares including the first of the tomatoes and onions. Tomatoes require a lot of heat to ripen and while it has been a fairly warm summer, the last week has been a little cooler which delayed our first tomato harvest a little. Never-the-less, they are coming on strong now and will be a regular in your share until the first frost. The onions have again plumped up to a healthy size and have started to die back, a natural process that

happens before harvest. In the next couple weeks we will be pulling all the onions from the ground and curing them on tables in the loft of our barn.

In other news, we've worked up a new piece of land here at the farm that will be home to part of our veggie garden next year. We are working to establish a good crop rotation that will involve a season of garden followed by a season of cover crop to ensure we are replenishing the nutrients and organic matter back to our soil.

On the livestock front, the last of our Berkshire pigs left for the butcher this morning. We have had a very successful first year

raising these friendly fellows and plan to have a few more next season. We actually are keeping 2 of our females from this year who will become our sows and we plan to have piglets in the early spring. Our last batch of chickens for the season will be ready on Aug. 26, we still have a few available from this batch if you are planning to fill your freezer for the winter. On the egg front, our young hens are now laying well and we have lots of eggs to go around. Ask us at the CSA pick-up if you'd like to buy some.

happy eating!

~caitlin

## THIS WEEK'S HARVEST:

- *Head Lettuce*
- *Tomatoes*
- *Zucchini*
- *Cucumber*
- *White Onions*
- *Beets*
- *Eggplant or Cabbage*
- *Green Peppers*
- *Garlic*
- *Kale, Chard*
- *Herbs*

## VEGGIE BIOGRAPHY

Cucumber!

A member of the cucurbit family, the cucumber is a cool, refreshing summer vegetable. They are a common ingredient in cuisines from all corners of the world making them the 4th most widely cultivated

vegetable crop. Cucumbers are a valuable source of conventional antioxidant nutrients including vitamin C, beta-carotene, and manganese.

When consuming cucumbers, enjoy their seeds and skin as well as their juicy

flesh as this is where much of their nutrient content is stored.

Store cucumbers in the refrigerator to prevent them from going limp.

### 'Put Your Hoe Down' Barn Bash

Join us for a fun evening at the farm!

4pm- Wander the Garden

6:30pm- Potluck

8pm- Music and Dancing in the barn

Saturday, August 27th

Hope to see you there!

## KOREAN PICKLED CUCUMBER

### INGREDIENTS

- 1 tablespoon rice vinegar
- 2 teaspoons soy sauce
- 2 teaspoons sesame oil
- 1/2 teaspoon salt
- Pinch of cayenne pepper
- 3 Israeli or Kirby cucumbers, peeled and thinly sliced (about 2 cups)
- 1 scallion, white and light green parts, thinly sliced
- 2 cloves garlic, crushed and peeled

### INSTRUCTIONS

In a shallow dish whisk together the soy sauce, vinegar, sesame oil, salt, and cayenne. Add the cucumber, scallion, and garlic. Stir to combine. Press down and spread out cucumbers in dish. Cover and refrigerate for at least one hour but up to 2 days.



## GAZPACHO

### INGREDIENTS

- 6 ripe tomatoes, peeled and chopped
- 1 purple onion, finely chopped
- 1 cucumber, peeled, seeded, chopped
- 1 sweet red bell pepper (or green) seeded and chopped
- 2 stalks celery, chopped
- 1-2 Tbsp chopped fresh parsley
- 2 Tbsp chopped fresh chives
- 1 clove garlic, minced
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 2 Tbsp freshly squeezed lemon juice
- 2 teaspoons sugar
- Salt and fresh ground pepper to taste
- 6 or more drops of Tabasco sauce to taste
- 1 teaspoon Worcestershire sauce (omit for vegetarian option)
- 4 cups tomato juice

### INSTRUCTIONS

Combine all ingredients. Blend slightly, to desired consistency. Place in non-metal, non-reactive storage container, cover tightly and refrigerate overnight, allowing flavors to blend.

## 5-MINUTE COLD CUCUMBER SALAD

### INGREDIENTS

- 1/2 medium red onion, sliced thin
- 1 medium clove garlic, chopped
- 1 medium cucumber, halved, seeds removed, and sliced
- 1 medium tomato, cubed
- 1 medium red bell pepper, diced
- 1 TBS feta cheese
- 6 kalamata olives, cut into halves or quarters
- 2 TBS fresh lemon juice
- Sea salt and pepper to taste
- Fresh or dried dill (optional)

### INSTRUCTIONS

Combine all ingredients and serve chilled.