

THE REROOT REVIEW

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NOTES FROM THE FIELD

Hi Everyone,

I hope you've been feasting on the first CSA pick-up because more veggies await you!

It's been an action-packed week here at the farm. Aside from tending the vegetables, we have moved the chickens from the barn to an outside chicken tractor. Our chicken tractor looks like a mini, half covered green house sitting on the lawn. In the morning and evening, we move the contraption a few feet across the lawn, this way the chickens get to feast on the critters in a different patch of grass twice a day. The soil also benefits from the nutrient-rich fresh chicken manure.

As for the field, the vegetables are just bursting out! The row covers that we laid down to prevent flea beetle damage are being stretched to the max by the Brussels sprouts and cabbages. The broccoli is healthy and almost ready for the pickin'. The kohlrabi, this weeks' featured vegetable, look magnificent with their dark purple skin and big green leaves. We've also been watching the zucchini grow before our very eyes.

One lesson we are reminded of over and over again here is that nature just isn't predictable. Last week we were busy transplanting the entire morning, we had plenty more to do, but the field looked so dry that we weren't sure if the plants

would make it. So, in the afternoon, instead of continuing our transplanting we decided to lay down irrigation for the thirsty plants. We spent hours unrolling the knotted-up irrigation system. As we were working on our last row of the day (and our last ounce of patience), what do we feel but rain drops falling on our heads. Of course it happens like this, we all exclaimed, of course!

Luckily, all of us were treated with a beautiful sunny weekend. We got a chance to rest up a bit and get ready for another exciting week on the field.

Until next time, Yvonne

THIS WEEK'S HARVEST:

- *Spinach*
- *Head Lettuce*
- *Radish*
- *Bok Choy*
- *Salad Mix*
- *Arugula*
- *Baby Turnips*
- *Kohlrabi*

VEGGIE BIOGRAPHY

Kohlrabi

This strange looking brassica may remind you of a turnip, but it is not a root vegetable. Instead, kohlrabi was selected for it's swollen stem. It is in the same family as broccoli, cauliflower, kale, and Brussels sprouts. It's skin can be

purple, green or white, but the flesh is always pale yellow.

Kohlrabi tastes like the inner white part of the broccoli stem but milder and sweeter. It is crisp and juicy too.

It is one of the most com-

monly eaten vegetable in Kashmir. It can be eaten raw or cooked. The leaves can also be eaten like cabbage.

reroot organic farm products for sale

Free-range eggs- \$4/dozen

Pastured chicken- \$4/lb

Pastured Berkshire pork- \$7/lb

Sausage

Garlic Sausage

Pork Chops

Butterfly Chops

Ham

ELISABETH BOND'S KOHLRABI

Ingredients

- 1 lb kohlrabi, peeled
- 1 tbsp butter
- 2 tbsp oil
- 1 tbsp sugar
- 1 tsp flour
- Stock or water
- Salt, pepper
- chopped parsley

Instructions

Halve and slice the kohlrabi thinly to make half-moon pieces. Heat the butter and oil in a heavy frying pan, stir in the sugar and keep stirring until you have a golden-brown caramel; the heat should be high, but take care the sugar does not blacken. Put in the kohlrabi, with any leaves, and stir it about—the heat should still be

high— until it is well coated and a nice brown colour. Lower the heat and cover the pan until it is well coated and a nice brown colour. Then lower the heat and cover the pan until the kohlrabi has cooked and most the liquid evaporated. Sprinkle on the flour, then enough stock or water to make a binding sauce. Bring to a boil and cook a minute or two longer. Add salt, pepper and plenty of parsley.

KOHLRABI AND LIME SLAW WITH ROASTED PEANUTS

Ingredients

- 6 cups Kohlrabi, thinly sliced in to half moons
- 1/2 small red cabbage, trimmed, cored, and shredded (about 6 cups)
- 1 tbsp kosher salt, plus more to taste
- 1 bunch fresh spinach, stemmed and cut into 1/2-inch wide ribbons (about 4 cups loosely packed)
- 1/4 cup fresh lime juice (about 2 small limes)
- 1 tablespoon Dijon

- 1/2 teaspoon ground cumin
- 1/4 cup peanut oil
- 1/2 cup roasted unsalted peanuts, coarsely chopped
- Freshly ground black pepper

Instructions

In a large bowl, toss kohlrabi and red cabbage with the salt. Transfer the cabbage to a colander and let it drain for two hours.

If you're worried about the cabbage being too salty when you're done with the salting process, taste a piece of cabbage and if it concerns you, rinse and drain the cabbage well.

Put the salted, drained cabbage back into a large bowl and add the spinach. In a medium bowl, whisk the lime juice, mustard and cumin together. Add the peanut oil in a thin stream, whisking constantly until the ingredients are thoroughly emulsified. Toss the salad with the dressing and add the roasted peanuts. Season to taste with salt and pepper.

This salad is best served immediately, but it does keep surprisingly well in the fridge for a day or two.

ROASTED RADISHES

Ingredients

- a bunch of radishes (7-10) cleaned and quartered
- 2 tbsp Olive oil
- 1 tbsp Maple syrup
- 1 tbsp Soy sauce
- 1 tbsp Apple cider vinegar
- Pinch Cayenne pepper
- 1 minced garlic

Salt and pepper to taste

Instructions

Preheat the oven at 375F

In a small casserole dish or bread pan, mix together all ingredients. Put in oven for about 30 minutes. Radishes should be soft but not mushy. Enjoy!

