

THE REROOT REVIEW

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NOTES FROM THE FIELD

Hello All,

We hope you have been taking advantage of this hot weather to spend some time at your local swimming hole, we definitely have!

As you know, the cucurbits have arrived. We have been enjoying all the zucchinis in the garden. Now, the cucumbers are popping up in abundance. Time to get those dusty canning jars cleaned and ready to be filled with pickles!

This week, we've been busy putting in our last transplants. We are in full-time harvesting mode now. The Brussels sprouts have pea size heads and the melons are also fruiting. Also, if you've used up all your garlic scapes, do not fear,

garlic harvest is near!

As for the animals, our chickens in the chicken tractor are being sent to the slaughter house this week. They have had lots of sun and pasture and, hopefully, a fine life. Everyone else is healthy and looking good.

We've been feeling pretty on top of our farm tasks (fingers crossed), so we have had time to do some fun activities. Since our strawberries were only planted this year, we have been busy picking the flowers *off* in order for them to grow strong roots. In lieu of our own strawberries, we have been going to our closest strawberry u-pick farm. We picked 40 quarts in total. I guess we can't

get enough of harvesting! A delicious strawberry pie was had and lots were frozen.

Also, Anita and I tried our hand at making mead, or honey wine. We got local unpasteurized honey from Cedarwood Honey, tannins from our crabapple tree, and some dried blueberries and started our fermentation adventure! Now two carboys are bubbling away in our living room. If you happen to be in the area in a few months, you may get a taste of our experiment.

Remember, there's always time to try new things and enjoy life!

Yvonne

THIS WEEK'S HARVEST:

- Peas
- Bunch Onions
- Salad Mix
- Arugula
- Zucchini
- Broccoli
- Cauliflower
- Cucumber
- Beets
- Kale, Chard
- Herbs

VEGGIE BIOGRAPHY

Zucchini

Zucchini is a popular summer squash belonging to the family *Cucurbita pepo*. It can grow up to a meter in length, but is usually harvested at half this length or less.

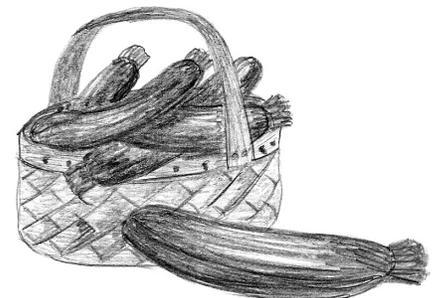
The inhabitants of Central and South America have

been eating zucchini for thousands of years, but the zucchini we know today was developed in Italy.

The word zucchini is derived from the Italian word *zucchino*, meaning small squash.

Zucchini is a very versatile

vegetable. It can be grated into sauces, sautéed, and baked into bread.



DOUBLE CHOCOLATE ZUCCHINI BREAD

Ingredients

2 cups all purpose flour
 1/2 cup unsweetened cocoa powder, sifted
 1 cup sugar
 2 tsp baking powder
 1/2 tsp salt
 2 large eggs
 1/3 cup vegetable oil
 3/4 cup buttermilk

1 tsp vanilla extract
 2 medium zucchini, shredded (1 – 1 1/4 cups)
 1 cup chocolate chips

Instructions

Preheat oven to 350F. Lightly grease a 9×5-inch loaf pan.
 In a large bowl, sift together flour, cocoa powder, sugar, baking powder and salt.
 In a medium bowl, whisk together eggs,

vegetable oil, buttermilk and vanilla. Add to dry ingredients and stir until almost fully combined. Add in the zucchini and chocolate chips and stir until evenly distributed in the batter (batter should be fairly thick).

Bake for 50-55 minutes, or until a toothpick inserted into the center comes out clean or with only moist crumbs attached.

Turn loaf out of pan and cool on a wire rack before slicing.

QUICK PICKLES

Ingredients

4 crushed garlic cloves
 1 pound cucumbers, rinsed well, lightly scrubbed if necessary and refrigerate overnight to crisp
 2 cup white vinegar
 1 cup water
 1/2 cup r
 3 tablespoons Kosher salt
 1 teaspoon coriander seed

1 bay leaf
 1/2 teaspoons whole black peppercorns
 2 teaspoons dill seed
 1 small Thai chili optional

Instructions

1. Make brine in medium-sized stainless steel pot by combining all ingredients except cucumbers. Bring to boil and reduce heat to simmer for 15 minutes.
 2. Trim cucumber ends and discard. Cut cucumber into half inch thick slices. Place

cucumbers in non-reactive bowl like stainless steel or glass.

3. Heat brine until boiling. Pour over cucumbers. Place heavy plate on top to keep cucumbers submerged in liquid. Allow to cool and then place in refrigerator. The longer they sit, the more flavor of the brine infuse cucumbers.

BEEF LATKAS

Ingredients

6 cups coarsely shredded peeled beets (about 6 medium)
 6 tablespoons all purpose flour
 1 1/2 teaspoons salt
 1 1/2 teaspoons ground cumin
 3/4 teaspoon ground coriander
 3/4 teaspoon baking powder
 1/4 teaspoon ground black pepper
 3 large eggs, beaten to blend

 Canola oil (for frying)

Instructions

Place beets in large bowl; press with paper towels to absorb any moisture. In another large bowl, whisk flour and next 5 ingredients. Mix in beets, then eggs.

Pour enough oil into large skillet to cover bottom; heat over medium heat. Working in batches, drop beet mixture by 1/4 cupfuls into skillet; spread to 3 1/2-inch rounds. Fry until golden, about 5

minutes per side. Transfer latkes to baking sheet. (Can be made 6 hours ahead. Let stand at room temperature. Rewarm in 350°F oven until crisp, about 10 minutes.)

Serve with sourcream and hot sauce.