

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Hello All,

I hope everyone has been finding fun ways to stay cool during this hot and humid dry spell. With no rain in sight, we've been irrigating the garden regularly, doing our best to keep the plants happy and well-hydrated. Hopefully we get better at doing the same for ourselves! While we're not always good about drinking lots of water out in the field (usually resulting in mild heat stroke or at least a slight dulling in brain functionality), we make up for it with ice cream, freezies and other cold, sweet treats.

Things in the field look great, and we're continuing to harvest a dizzying abundance of zucchinis, cucumbers and beets, among oth-

ers. One particularly exciting event this week was the harvesting of our beautiful garlic! In all, we pulled 6000 beautiful bulbs of garlic out of the ground, ones that had been resting beneath the surface since last fall. You'll taste the first of them in your share this week and the rest or laid out in the barn to cure.

Last week, we bid farewell to our White Rock chickens. As I was lifting the hefty 7-pounders out of the chicken tractor, I thought back to the day we got them as day-old chicks. Oh how the little ones grow... Those of you who have ordered chicken will be receiving them this week... come prepared with a cooler!

A quick note on a new event for our CSA mem-

bers: our local chef friend Jake Tyson of South Street Cafe will be hosting a sauerkraut-making workshop. Sauerkraut, for those who aren't familiar, is a fermented cabbage snack, great with burgers or sausages. Jake will walk you through the recipe, and introduce you to the canning technique that will help you preserve your sauerkraut, giving it a long shelf life. The workshop will take place Wednesday July 27th, from 6:30-8:30pm at the café in Harriston. Participants will be treated to a glass of wine and get to take a jar of the finished product home!

Enjoy those veggies!

~anita

## THIS WEEK'S HARVEST:

- *Garlic*
- *Salad Mix*
- *Zucchini*
- *Cauliflower or Cabbage*
- *Cucumber*
- *Candy Cane Beets*
- *Fennel*
- *Daikon*
- *Kale, Chard*
- *Herbs*

## VEGGIE BIOGRAPHY

### Daikon Radish

This mild-flavoured cousin of the red radish hails from Asia, and is a popular staple in Japanese, Chinese and Indian cuisine, among others. The name of the vegetable comes from Japanese,

"Dai", meaning "big", and "kon", meaning "root". Daikon is rich in vitamin C, phosphorus and potassium, and is also a good source of magnesium. Aryurvedic medicine (traditional Indian medicine) also believes that daikon works to strengthen

the liver and enhance digestion. This white radish is rich in enzymes that help to break down fatty oils and starchy foods.



## PAN-FRIED DAIKON CAKE WITH SPICY SOY SAUCE

### Ingredients

- 1 1/2 pounds daikon (Asian white radish), peeled, cut into 1-inch pieces
- 2 pork pepperettes, cut into 1/4-inch cubes (about 3 ounces)
- 1/2 cup finely chopped green onions (about 3 large)
- 1 1/2 cups water, divided
- Nonstick vegetable oil spray
- 1 1/2 cups rice flour
- 1 cup soy sauce
- 1 tablespoon Asian sesame oil
- 2 tablespoons (or more) vegetable oil, divided
- 1 cup fresh cilantro leaves
- 1 tablespoon grated peeled fresh ginger, juices included
- 1 tablespoon hot chili sauce (such as sriracha)
- 1 tablespoon sesame seeds, toasted

### Instructions

Heat heavy large skillet over medium-high heat. Add sausage cubes to skillet and sauté until fat renders and sausage browns, about 5 minutes. Add green onions and dried shrimp; stir 1 minute. Add daikon with juices and 1/2 cup water; bring to boil. Reduce heat to medium; cook until daikon is soft and liquid is almost evaporated, stirring frequently, about 25 minutes.

Meanwhile, spray 9-inch-diameter cake pan with 1 1/2-inch-high sides with nonstick spray. Whisk rice flour and remaining 1 cup water in large bowl until well blended. Stir in daikon mixture. Season to taste with salt and pepper. Spread daikon mixture evenly in prepared pan. Place cake pan on bamboo steamer rack set over wok filled halfway with simmering water or on metal rack set over simmering water in pot. Cover with lid; steam over medium heat until cake is set and firm to touch, occasionally adding more water to wok or pot as needed, about 45 minutes. Remove pan from steamer; cool cake in pan 1 hour. Cover and refrigerate daikon cake in pan overnight.

Whisk soy sauce and sesame oil in small bowl. Heat 1 tablespoon vegetable oil in small skillet over medium heat. Add cilantro, ginger with juices, and chiles or hot chili sauce; stir 30 seconds. Mix ginger mixture into soy sauce mixture.

Run small knife around daikon cake to loosen. Invert onto cutting board. Cut cake into 1/2-inch-thick slices (not wedges), then cut each slice crosswise into 2-inch-long pieces.

Heat 1 tablespoon vegetable oil in large nonstick skillet over medium-high heat. Working in batches, add daikon cake slices to skillet and cook until golden brown, adding more oil to skillet for each batch as needed, about 5 minutes per side. Transfer slices to platter. Sprinkle with sesame seeds. Serve herb soy sauce alongside for dipping.

## ZUCCHINI RELISH

### Ingredients

- 1 1/4 lbs zucchini, 4 cups finely chopped
- 2 medium onions, finely chopped
- 1 sweet red pepper, finely chopped
- 2 tablespoons pickling salt
- 1 1/4 cups granulated sugar
- 3/4 cup cider vinegar
- 1 teaspoon dry mustard
- 1 teaspoon celery seed (not celery salt)
- 1/2 teaspoon hot pepper flakes
- 1/2 teaspoon turmeric
- 1 tablespoon water
- 2 teaspoons cornstarch

### Instructions

Combine zucchini, onion and sweet pepper in a large non-reactive bowl. Sprinkle with salt, stir well. Let stand 1 hour. Drain through a sieve, rinse and drain again, pressing out excess water. Combine drained vegetables, sugar, vinegar, mustard, celery seed, hot pepper flakes

and turmeric in a large stainless steel saucepan. Bring to a boil over high heat. Reduce heat and boil gently, uncovered until vegetables are tender - about 15 minutes.

Blend water and cornstarch; stir. Cook 5 minutes or until liquid thickens and turns clear, stirring often. Ladle into hot, sterilized jars to within 1/2" of rim. Wipe rims, add hot lids and rings. Process in boiling water bath 10 minutes for half-pint jars, 15 minutes for pint jars.

## PICKLED DAIKON

### Ingredients

- 1 cup rice vinegar
- 1 cup water
- 1 cup sugar
- 1/4 teaspoon turmeric
- 1 pound daikon radish
- 1/4 cup kosher salt

### Instructions

In a small saucepan over medium heat add the vinegar, water, sugar, and turmeric. Bring to a boil, stirring to dissolve the sugar. Remove from heat and allow it to cool. Meanwhile, peel the daikon radish and slice into 1/4-inch thick rounds. (If your daikon is very large, slice the rounds into semicircles.) Place in a colander with salt and mix well. Place the colander over a bowl and let drain for 1 hour. Rinse the

salt off with a couple of changes of water and dry the daikon well. Put into a sterilized glass jar. Pour the cooled brine through a coffee filter (or a cheesecloth lined strainer) into the jar to cover the radish slices. Refrigerate at least 4 hours, preferably overnight. Will keep for about 2 weeks.