

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Phew! After an almost unbearably hot week last week, we are back to more manageable temperatures. And the best news of all...after almost 4 weeks of no rain, we had a lovely inch of gentle drops fall on our dry land Saturday night! This week we also welcome Sophia, a volunteer from Berlin, Germany who will be staying with us and helping in the garden for the next two weeks.

The garden continues to grow very well and produce abundantly. We've been busy tackling the weeds which was a great job to do when the soil was so dry. The winter squash, beets, carrots, sweet corn and beans are now all weed free and nearing ripeness. We

also finished mulching the u-pick herb and flower garden so it is ready for picking!

We've continued to luck out in the pest department. We've been busy picking Colorado Potato Beetles off of our eggplants and the white cabbage worm moths have begun flying around our Brassica patch, but other than that, things are looking great!

New this week in your share are eggplants and carrots and possibly beans (still trying to decide if they're ready to be picked this week or next). The eggplants are beautiful this year, and we hope you enjoy them. Our first planting of carrots did not germi-

nate very well, most likely due to the cold, wet, spring we had. However there are still many sweet carrots ready to be harvested and we have another planting coming along nicely to be harvested into the fall.

An exciting event this Wednesday is our Sauerkraut Making Workshop. Join us and Chef Jake Tyson of South Street Café in Harrison to learn all about preserving cabbage with fermentation. We'll enjoy a glass of wine and everyone will take home a jar of the finished product. We hope you can make it!

Enjoy the veggies this week!

~caitlin

## THIS WEEK'S HARVEST:

- *Bunch Onions*
- *Head Lettuce*
- *Zucchini*
- *Cucumber*
- *Chinese Cabbage or Fennel*
- *Carrots*
- *Eggplant*
- *Garlic*
- *Kale, Chard*
- *Herbs*

## VEGGIE BIOGRAPHY

Fennel!

Fennel is a sweet and crunchy garden treat commonly used in Italian or Mediterranean cooking. The white bulb, green stalk and feathery leaves are all edible and can be used in many tasty dishes. To prepare, cut off the stalks and

use in salad dressings or as a garnish for fish. Slice the bulb vertically and remove the touch inner core. The bulb can then be julienned, diced or quartered.

Fennel aids in digestion and also contains a good amount of vitamin C and phytonutrients that have anti-

inflammatory benefits and aid in the prevention of cancer.

Fennel will store in a sealed bag in the refrigerator for up to a week.

Give fennel a try!

### '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!

## CREAMY FENNEL SOUP

### Ingredients

2 cups stock  
1 bulb fennel  
1 clove garlic  
2 tbsp. chopped onions  
1 tbsp. lemon juice  
1 tsp. lemon zest  
1 1/2 tsp dill  
1 tsp. coriander  
1 quart non-fat yogurt

### Instructions

Clean and slice the fennel bulb, reserving any greens for garnish. Cook the fennel in the stock with the garlic and onions until soft. Puree in a blender with the lemon juice and zest, and the spices. Strain the puree if you wish a smoother texture. Combine well with the yogurt and chill. Serve garnished with chopped fennel greens or chopped cilantro.



## GREEK STYLE FENNEL

### Ingredients

3 bulbs fennel  
2 tbsp. olive oil  
1 clove garlic, minced  
2 lg. tomatoes, diced  
1/4 tsp. salt  
1/4 tsp. pepper  
2 tsp. fresh chopped basil  
1/2 cup feta cheese  
handful reserved fennel tops

### Instructions

Cut off the stalks and feathery leaves of the fennel. Chop and reserve some of the leaves for garnish.

Cut fennel bulbs vertically into 8 sections. In a skillet, heat olive oil, add garlic and fennel, and sauté for 3 to 4 minutes. Uncover, add salt, pepper and the fresh herb and

cook over low heat until most of the liquid is reduced.

Serve sprinkled with the garnish of feta cheese and reserved fennel tops.

## TIPS FOR PREPARING FENNEL

**Baking:** First, braise the fennel for about 5 minutes. Transfer to a baking dish and add just 1/2 cup of the cooking liquid. Cover tightly and bake at 350 degrees until just tender and beginning to brown. If desired, uncover toward the end to allow any excess liquid to evaporate, then sprinkle with breadcrumbs and grated Parmesan cheese, and brown under the broiler before serving. Cooking time: about 1 hour.

**Braising:** Braise fennel in broth, tomato sauce, vermouth or sherry (diluted 1-to-1 with

water); add lemon zest, garlic, or onion for extra flavor. Braised fennel is delicious hot, warm, or chilled. Place fennel slices, or halved or quartered small fennel bulbs, in a sauce pan and add just enough boiling liquid to barely cover the vegetable. Simmer uncovered, turning occasionally, until the fennel is tender, adding more liquid if necessary. Cooking time: 25 to 40 minutes.

**Sautéing:** Cut fennel into slivers and heat in a small amount of stock, tossing and stirring it frequently. For extra flavor, cook

chopped onion and garlic along with fennel. A sprinkling of lemon juice and zest makes a nice finishing touch. Cooking time: 10 to 15 minutes.

**Steaming:** Fennel steamed until crisp-tender can be covered with your favorite sauce or marinated in a vinaigrette, chilled, and served as a salad. To steam it, place whole or halved bulbs in a vegetable steamer and cook over boiling water until just tender. Cooking time: 20 to 30 minutes.