

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Here we are at Week 4 of the harvest season, and things are progressing well in the garden. Some new additions to the harvest this week are summer squash and beets. Summer squash, which includes zucchini as well as patty-pan and crook-neck squash, produce quite abundantly once they start, so you can expect to see lots of them over the next few weeks. There will also be a plentiful supply of beets throughout the rest of the season, including golden beets and 'chioggia' beets which are candy-cane striped inside.

As new vegetables appear in the harvest, others are coming to an end. The spinach is finished for the spring,

although may make a re-appearance in the fall. The peas are also on their way out, which will disappoint my dog Maya, who loves to follow me down the rows as I pick and munch on any over-ripe or dropped pods.

The rain finally arrived at the farm this past weekend, and when it came, it made up for lost time. We had more than 2 inches on Saturday, which will make the vegetables very happy. This irrigation has kept them content over the past few weeks, but there is no doubt that they needed a good rain.

As for pests in the garden, I am still battling the cucumber beetle which apparently

has been more of a problem than usual for other farmers in the area. However, the plants are all getting quite large now, and I am hoping the large tough leaves will slow them down a bit. I'm also contending with a few Colorado potato beetles who generally feed on potato leaves, but prefer eggplant even more if they have the option. Luckily, I had a helper in the garden today who donned some gloves and went to work squishing the beetles who were moving in on my eggplant.

I hope you are all continuing to enjoy the vegetables, please let me know if you have any questions or comments about the harvests.

~caitlin

## THIS WEEK'S HARVEST:

- Swiss Chard
- Kale
- Head Lettuce
- Mesclun Mix
- Broccoli
- Peas (Snow, Snap and Shelling)
- Cabbage
- Beets
- Green Onions
- Summer Squash
- Kohlrabi

## VEGGIE BIOGRAPHY

Introducing...Beets!

Some love them, and some hate them, but the hearty beet is a staple of garden vegetables. A versatile root, the beet can be eaten raw grated into a salad, pickled, boiled, steamed, baked, roasted, and sautéed. In addition, the beet

leaves are edible and delicious either tossed raw into salads or prepared similar to spinach or swiss chard.

Beet roots are high in carotene as well as vitamins A and C. It is best not to peel the beets before using, but rather scrub them clean as many trace minerals are

found just beneath the surface of the skin.

Beet greens offer vitamin C, calcium and iron.

Store beets with their leaves removed in a plastic bag in the fridge and they will keep for three months or longer.

## BEET CHOCOLATE CAKE

### Ingredients

2 cups sugar  
 2 cups flour  
 1/2 teaspoon salt  
 2 teaspoons baking powder  
 1 teaspoon baking soda  
 3-4 ounces unsweetened chocolate  
 4 eggs  
 1/4 cup oil  
 3 cups shredded beets

### Preparation

Heat oven to 325 degrees.  
 Grease two 9-inch cake pans.  
 Whisk dry ingredients together.  
 Melt chocolate very slowly over low heat or in a double boiler.  
 Cool chocolate; blend thoroughly with eggs and oil.  
 Combine flour mixture with chocolate mixture, and add beets.  
 Pour into pans. Bake until fork can be removed from centre cleanly, 40-50 minutes. Makes 10 servings.



## ROASTED BEET SALAD

### Ingredients:

6-8 small beets, tops trimmed  
 Olive oil  
 Salt and pepper to taste  
 1/4 cup pecans  
 1 tablespoon Dijon mustard  
 4 tablespoons white wine vinegar  
 1/2 cup extra virgin olive oil  
 4 cups baby salad greens  
 1/2 small onion, sliced thinly  
 1/4 cup crumbled blue cheese.

### Preparation:

Heat grill. Place beets in heavy foil; drizzle with olive oil and sprinkle with salt and pepper. Wrap tightly; grill until beets can be easily pierced with a fork, about 30 minutes. Meanwhile, toast pecans in a dry pan on the grill, tossing frequently. Finely chop the nuts. When beets have cooled, remove the skins, and cut into quarters. Combine mustard and vinegar in a bowl.

Whisk in olive oil until thickened. Add salt and pepper. Toss salad greens in a bowl with a little dressing. Portion the greens onto 2-4 plates. Top with beets, onions, blue cheese, and pecans. Drizzle with as much dressing as you like.

### WHAT TO DO WITH A KOHLRABI?!

- GRATE IT INTO A SALAD
- SLICE AND STEAM, THEN DRIZZLE WITH LEMON JUICE
- COOK AND MASH WITH POTATOES
- PICKLE IT
- SLICE RAW AND SERVE WITH DIP

## FARM GATHERING

Please join us for an afternoon at the farm.

Saturday, July 21st

Noon-3pm

Potluck, farm tour, and more....

At the farm

Please bring yourselves, any friends or family you'd like to introduce to the farm, a dish to share as well as plates and cutlery for yourselves, and farm-appropriate clothing.

Hope to see you all there!

