

THE REROOT REVIEW

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NOTES FROM THE FIELD

We have reached about the quarter mark in the harvests this week. I hope you all have been as happy with the vegetables as I have been.

New to the shares this week are carrots. They are still quite small, but are very sweet at this stage, so please enjoy.

I was hoping for one more harvest of peas, but it seems they have come to an end. Hopefully you've all had enough to satisfy you until next spring. If there are still a few kicking around your fridge, consider freezing them to enjoy in the winter months. To freeze, blanch the peas for 2 minutes, then submerge them in cold water to stop the

cooking process, place into airtight containers and then into freezer.

Freezing is also a good option for kale. Many people believe kale tastes sweeter after it has been frozen, and the leaves are easy to crunch into small pieces to add to soups or stir fry's.

One last freezing tip for parsley. If you have leftover parsley in your share, put it in the freezer in a plastic bag. In the winter when you're looking for some greens to add to a meal, just crush the parsley in the bag and voila! Parsley flakes!

The garden is still going strong, and I am looking forward to the ripening

peppers, eggplant and tomatoes. There are also some tiny watermelons beginning to form, as well as some baby pumpkins.

I hope to have the chance to show you all the garden this Saturday during our farm gathering. Please join us from noon-3pm for a potluck and a tour of the farm. There is lots to see both in the garden and the barn, and it will be a great chance to get to know each other a little better.

Hope to see you there!

~caitlin

THIS WEEK'S HARVEST:

- Mesclun Mix
- Broccoli
- Napa Cabbage
- Beets
- Green Onions
- Summer Squash
- Carrots
- Collards
- Fennel
- Parsley
- Dill
- Cilantro

VEGGIE BIOGRAPHY

Introducing...Dill!

Many people are shy about putting dill into their favourite recipes, but there's no need to be. And dill certainly isn't just for pickles and fish! This summery annual herb is as versatile as it is delicious. A perfect compliment to citrus, try

throwing it in your next salad dressing. Use it with some lemon juice and capers to make a flavoured mayonnaise that will really pump up the character of your next tuna or chicken salad. If you're making a soup with your beets this week, add dill as a garnish.

While fresh dill certainly packs more of a punch than the dried version, you might try freeze-drying some of your bunch to have on hand once the fresh is all gone. Add dried dill, or dill weed, to soups and sauces for a subtle dill flavour. Enjoy your dill this week!

ALMOND-STUFFED ZUCCHINI BOATS

Ingredients

2 zucchini
 1/2 cup red onion, diced
 2 tablespoons olive oil
 1/2 tablespoon grated ginger
 2 cups carrots, grated
 1/2 cup mushrooms, diced
 1/2 cup broccoli florets, diced
 1/2 cup almonds, chopped
 2 tablespoons tamari

In a large frying pan, sauté the onion and ginger in the olive oil over medium heat for about 5 minutes. Stir in the carrots, mushrooms, broccoli, and reserved zucchini flesh, and saute 5 to 10 minutes more. Add the almonds and tamari and saute for 5 more minutes. Remove from heat.



Preparation

Preheat oven to 350F. Cut the zucchini in half lengthwise. Using a spoon, scoop out the flesh. Dice and reserve the flesh for the stuffing.

Evenly stuff the zucchini halves with the sautéed vegetables and place them on a baking sheet. Place stuffed zucchinis in preheated oven and bake 35 to 40 minutes. Serves 4

CHOCOLATE ORANGE ZUCCHINI CAKE

Ingredients:

3 eggs
 2 cups white sugar
 1 cup vegetable oil
 2 teaspoons vanilla extract
 2 cups grated zucchini
 1 cup chopped walnuts
 1 cup semisweet chocolate chips
 1 tablespoon orange zest
 3 cups all-purpose flour
 1/4 teaspoon baking powder
 1 teaspoon baking soda
 1 teaspoon salt

1/2 teaspoon ground cinnamon
 1 teaspoon ground nutmeg
Preparation:

Sift together flour, baking powder, soda, salt, and spices. In a large bowl, beat eggs until light and fluffy. Add sugar, and continue beating until well blended. Stir in oil, vanilla, zucchini, nuts, chocolate chips, and orange rind. Blend in sifted dry ingredients. Turn batter into two greased 9 x

5 inch loaf pans. Bake at 350 degrees F for 50 minutes, or until cake tests done. Remove loaves from pans, and cool. Chill before slicing.

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!

