

THE REROOT REVIEW

VOLUME 1, ISSUE 5 JULY 2007

NOTES FROM THE FIELD

Week 6 has arrived and so have some of the fruiting crops. This week you'll see the first of the green peppers as well as a sampling of the tomatoes to come. As expected the summer squash has taken off, so hopefully you're all feeling creative with the zucchinis, patty pans and crooknecks.

Things are still growing well in the garden. The rain in the last few weeks has been great for the vegetables, but also for the weeds. I'm discovering that 2.5 acres is a little too large of a garden to keep weeded by myself, but luckily I've had the odd helper come out and lend a hand. This week we got the potatoes and the strawberries

weeded, and they are looking great. I planted the strawberries in May this year, and if everything goes well there should be lots of organic strawberries to pick next June.

Earlier this week, the winter canola that surrounds the vegetable garden was harvested. The farmer at Mapleton's planted the canola with the intention of pressing the seed for biodiesel. He is hoping to run some of his farm equipment with biodiesel next year, and I am hoping to run my greenhouse furnace with it as well. It is exciting to be a part of such an innovative and environmentally conscious farm.

The farm gathering this past Saturday was blessed with some fantastic weather. Unfortunately, not too many shareholders made it out to enjoy the potluck and have a look at the farm. Those that did make it were treated to a tour of Mapleton's ice cream plant as well as a peak into the barn, and a wagon ride around the pastures. There will be more farm events in the future that hopefully more shareholders can make it to.

Happy eating!

~caitlin

THIS WEEK'S HARVEST:

- Mesclun Mix
- Broccoli
- Savoy Cabbage
- Beets
- Green Onions
- Summer Squash
- Carrots
- Bok Choy
- Cucumber
- Green Peppers
- Turnip
- Tomatoes
- Parsley
- Dill
- Cilantro

VEGGIE BIOGRAPHY

Introducing...Carrots!

Carrots originated in middle Asia and were first eaten by the hill dwellers of Afghanistan. The early cultivated varieties were purple and pale yellow, with orange varieties not appearing until the 1600's in the Netherlands.

Carrots are high in vitamin A and beta carotene and are also a good source of fibre, potassium, calcium, and other trace minerals.

Carrots can be stored in a plastic bag in the fridge for up to four weeks. They can also be frozen. To freeze, blanche for 3 minutes,

rinse in cold water, drain and let dry, then pack into an airtight container and place in the freezer.

Some good companions for carrot dishes include: basil, cilantro, dill, fennel leaves, lemon balm, lovage, mint, parsley, tarragon and thyme. Enjoy your carrots!

HONEY-GLAZED CARROTS WITH FRESH MINT

Ingredients

- 1lb carrots
- 2 tablespoons butter
- 1 1/2 tablespoons honey
- Salt and pepper
- 1-2 tablespoons fresh mint

and most of the liquid has reduced to a glaze, 10-15 minutes. Season to taste with salt and pepper. Sprinkle mint on the carrots, toss well, and serve.

Makes 4 servings.



Preparation

Cut carrots into evenly sized rounds or sticks. Combine carrots, butter, honey, and 1/2 cup water in large skillet over medium heat. Bring to a simmer and cook until carrots are tender

CABBAGE SALAD WITH THAI DRESSING

Ingredients:

- 4-5 cups shredded savoy cabbage
- 4-5 cups shredded nappa cabbage
- 1/2 cup slivered green onions

Dressing:

- 2 teaspoons minced garlic, pressed to a paste
- 1 hot chilli, seeded and minced
- 3 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 1 tablespoon tahini
- 2 tablespoons olive oil
- 2 tablespoons dark sesame oil

2 tablespoons each chopped fresh mint, cilantro and basil.

Preparation:

Combine cabbages and green onions in a large bowl. Combine all dressing ingredients in a smaller bowl. Toss as much dressing as desired into the cabbage. Serve immediately or chill for 1/2 hour.

Makes 4-6 servings.

CUTFLOWERS PLEASE ENJOY THE BEAUTIFUL CUTFLOWERS FROM THE GARDEN. UNLIKE THE CONVENTIONAL CUTFLOWER INDUSTRY IN WHICH PESTICIDE USE IS RAMPANT AND UNREGULATED, THESE FLOWERS ARE SAFE AND ORGANICALLY-GROWN!

BOK CHOY FRIED RICE

Ingredients:

- 2 tablespoons peanut oil
- 2 tablespoons sesame oil
- 1/4 cup diced carrots
- 1 cup diced bok choy
- 1 1/2 cups leftover cooked rice
- 1/2 teaspoon minced ginger
- 3 tablespoons chopped green onions
- 1 egg
- Bottled chilli garlic paste
- 1 1/2 tablespoons soy sauce

Preparation:

Heat a wok over medium heat for a few minutes. Add 1 tablespoon each of peanut and sesame oil; coat bottom of pan. Add carrots; stir-fry 2 minutes. Add bok choy; stir-fry 2 minutes. Push vegetables to outer edge of pan, add remaining peanut oil. Add rice and ginger; stir-fry 2 minutes. Stir in green onion. Add remaining sesame oil, crack egg into hot oil, and scramble.

Mix egg into rest of mixture. Add a little chilli garlic paste, if desired and stir in soy sauce.

Serve hot. Makes 2 servings.

