

THE REROOT REVIEW

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JULY & AUGUST 2007

NOTES FROM THE FIELD

Here we are at Week #7 of the harvest season, and this week there are a few new treats in your shares. Although a little late, the beans have arrived in full force and should be around for a number of weeks to come. I have planted a variety of fresh beans including yellow, green and purple varieties. All are delicious both eaten raw or lightly steamed. A warning about the purple beans: when cooked, they lose their colour and look just like the green beans... people are often disappointed when their beautiful bean medley comes out of the pot a uniform green colour. Despite the colour change, they still taste delicious.

Also new this week is egg-

plant. I am growing a variety of different shapes and sizes of eggplant some long and thin, and others large and round so hopefully over the course of the rest of the season everyone will get a chance to try the different varieties.

The tomatoes have begun to arrive. The next few weeks you'll find a mixture of varieties of cherry, roma and slicing tomatoes in your shares. Many are heirloom varieties and are ugly-looking but more delicious than you can imagine.

After a brief period of rainy weather, the sun has been a permanent fixture at the farm for the last few weeks so I have begun irrigating again. As predicted 2007 is

turning out to be a very dry season, and I am constantly thankful that I invested in an irrigation system.

Last week I was fortunate to have a visit from an expert in the agriculture field.

Ruth, who is contracted by Mapleton's to perform soil and tissue tests and make recommendations for soil amendments and crop management took some time to visit my garden and offer some suggestions on pest control, cover cropping, and crop rotation. It was a great learning experience, and I am hoping to employ many of her ideas into my future plans for the garden.

Hope you enjoy the bounty of the harvest this week!
~caitlin

THIS WEEK'S HARVEST:

- Mesclun Mix
- Head Lettuce
- Swiss Chard
- Green, yellow, and purple beans
- Beets
- Green Onions
- Summer Squash
- Carrots
- Cucumber
- Eggplant
- Tomatoes
- Parsley
- Dill
- Cilantro
- Basil

VEGGIE BIOGRAPHY

Introducing... String beans!

What we refer to as "green" or "string beans" are actually the unripe fruits of the bean plant. They're nearly a wonder food: Low in calories, and high in fibre, calcium, potassium, phosphorus, thiamin, riboflavin, niacin, and vitamin A. The string bean originated in the hot climates of the

Americas, India and China, and was introduced to France by the Conquistadors in the 16th Century. Initially, the string bean was rare and expensive, and only became widespread in the 19th century after the French popularized it on their menus. Keep your beans dry and store them in the crisper so they don't rot. Typically, the younger beans are more

tender, and stringiness increases with age. The stem ends should be removed before consumption, as should the tips if they seem tough. Cook your beans until just tender, and serve in soups, stews, and quiche, or cold in salads and just on their own. Enjoy!

SALADE NICOISE

Ingredients

1 large head lettuce leaves, washed and dried
 1 pound green beans, cooked and refreshed
 1 tablespoon minced shallots
 1/2 cup red wine vinaigrette
 Salt and freshly ground pepper
 3 ripe tomatoes, cut into wedges
 3 potatoes, peeled, sliced, and cooked
 Two 3-ounce cans chunk tuna, 6 hard-boiled eggs, peeled and halved
 1 can flat anchovy fillets
 1/3 cup Niçoise-type olives
 2 to 3 tablespoons capers

3 tablespoons minced fresh parsley

Preparation

Arrange the lettuce leaves on a large platter or in a shallow bowl. Shortly before serving, toss the beans with the shallots, spoonfuls of vinaigrette, and salt and pepper. Baste the tomatoes with a spoonful of vinaigrette. Place the potatoes in the center of the platter and arrange a mound of beans at either end, with tomatoes and small mounds of tuna at strategic intervals.

Ring the platter with halves of hard-boiled eggs, sunny side up, and curl an anchovy on top of each. Spoon more vinaigrette over all; scatter on olives, capers, and parsley, and serve.



DILLY PICKLED BEANS

Ingredients:

2 lb. green beans
 1 c. white vinegar
 2 tbsp. pickling salt
 2 tsp. dill weed
 1/4 tsp. cayenne
 2 cloves garlic

In saucepan, combine vinegar, 3 cups water, pickling salt, dill weed, cayenne and garlic. Bring to boil. Cover beans with liquid. Adjust lids and process in water bath 10 minutes. Makes 4 pints.

Preparation:

Wash and drain beans; trim ends. Cover beans with boiling water; cook 3 minutes. Drain; pack lengthwise into hot jars.

SUMMER SQUASH TO PRESERVE
 SUMMER SQUASH FOR WINTER USE, TRY:
 -BLANCHING SLICED SUMMER SQUASH FOR 2-3 MINUTES AND THEN FREEZING.
 -FOR BREAD, FREEZE THE SQUASH RAW, EITHER WHOLE OR GRATED.

STRING BEANS ALMONDINE

Ingredients:

2 lbs. fresh green beans
 2-4 cloves garlic
 5-10 almonds, sliced and toasted
 2 tbsp. butter

Preparation:

Wash beans and cut off ends. Slice lengthwise or on the bias. Steam until tender. Refresh under cold water. Sauté garlic in the butter. Add almonds. Toss green beans in this mixture to coat.

