

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Week #8 of the harvest season has arrived, hope you are keeping up! New to the shares this week are hot peppers: jalapeno, chili, and cayenne. Hopefully they will help to add a little spice to your dishes.

Sweet peppers are also coming along slowly. I've been having trouble deciding whether to include the green peppers in your share, or to hold off in the hopes that they might turn colour if given long enough. Green peppers are actually under-ripe coloured peppers, however in our climate many stay green throughout the whole season. Some of the sweet peppers in the greenhouse have started to turn red, so hopefully you will see a

variety of colours, as well as shapes and sizes, in the harvest.

The summer squash and beans continue to come on strong, and there seems to be a never-ending supply of beets in the garden as well. The tomato plants are full of green fruit and are beginning to ripen so you will see an increasing number of tomatoes in the coming weeks.

This week I am headed off to a gathering at another organic farm in the area. As part of the CRAFT program (Collaborative Regional Alliance for Farmer Training), farmers and apprentices from thirteen organic farms get together once a month for a tour of a differ-

ent farm, a workshop on a farming-related topic and often a work project. It is a great way to meet other young people interested in farming and to build a community of supportive farmers in the area. Mapleton's hosted the CRAFT day in June, and I was able to show off my garden as well as to have a hand in weeding the peas. In future seasons I am hoping to host an apprentice at reroot organic CSA who will also have the opportunity to participate in the CRAFT program.

Hope you enjoy the veggies this week!

~caitlin

## THIS WEEK'S HARVEST:

- Mesclun Mix
- Cabbage
- Sweet Peppers
- Green, yellow, and purple beans
- Beets
- Green Onions
- Summer Squash
- Carrots
- Cucumber
- Hot Peppers
- Tomatoes
- Parsley
- Dill
- Cilantro
- Basil
- Okra

## VEGGIE BIOGRAPHY

Introducing... Cabbage!

The word "cabbage" comes from the Old French word "caboche", which means "head". This is a fitting derivation, as only the cabbage's head of immature leaves is suitable for consumption. The Romans called the cabbage "the first of all vegeta-

bles" because of its high vitamin and mineral content, and its medicinal properties—most notably, its usage in treating acute inflammation. Contrary to popular belief, cabbage hasn't been shown to cause flatulence, though the release of its sugars during

cooking does produce a characteristic odour which may be the source of the confusion. The cabbage originated from a type of wild mustard, and has been selected over time for its heading properties. Consider prolonging its presence in your diet by fermenting or preserving it.

## KOREAN KIMCHI

### Ingredients

4 tablespoons pickling salt  
6 cups water  
2 lbs. Napa cabbage, cut into 2-inch squares  
6 scallions, cut into 2-inch lengths, then slivered  
1 1/2 tablespoons minced fresh ginger  
2 tablespoons hot ground red pepper  
1 teaspoon sugar

### Preparation

Dissolve the 4 tablespoons of salt in the water. Put the cabbage into a large bowl, a crock, or a nonreactive pot, and pour the brine over it. Weight the cabbage down with a plate. Let the cabbage stand for 12 hours. Drain the cabbage, reserving the brine. Mix the cabbage with the remaining ingredients. Pack the mixture into a 2-quart jar. Pour enough of the reserved brine over the cabbage to cover it. Push a freezer bag into the mouth of the jar, and pour the

remaining brine into the bag. Seal the bag. Let the kimchi ferment in a cool place, at a temperature no higher than 68° F, for 3 to 6 days, until the kimchi is as sour as you like.

Remove the brine bag, and cap the jar tightly. Store the kimchi in the refrigerator, where it will keep for months.



## IRISH COLCANNON

### Ingredients:

2 pounds russet potatoes  
4 slices bacon, cooked and crumbled.  
1 Tbsp. olive oil  
1 leek, rinsed and chopped  
1 onion, chopped  
2 cloves garlic, minced  
2 cups shredded green cabbage  
1/3 cup butter  
1 cup hot milk  
1/2 tsp. salt  
1/8 tsp. white pepper

### Preparation:

Peel potatoes and cube. Place in saucepan and cover with cold water. Place on high heat and bring to a boil. Reduce heat, cover, and simmer for 15-20 minutes until potatoes are tender when pierced with a fork.

Sauté onion, garlic, and leeks in olive oil until tender crisp, about 3-5 minutes. Add cabbage, cover, and cook for 6-10 min-

utes until cabbage is tender.

When potatoes are cooked, drain and return potatoes to hot pot; shake over low heat for a few minutes to dry. Add butter and mash. Add milk and salt and pepper; beat until combined. Stir in bacon and cabbage mixture. Serve immediately, or place in serving dish and keep warm in 200 degrees F oven for 1 hour. Serves 6-8

## CAITLIN & TINA'S FAMOUS ASIAN SLAW

### Ingredients:

1/2 head cabbage  
2 medium beets, preferably Chioggia  
1 kohlrabi  
3 medium carrots  
2 Tbsp. toasted sesame oil  
4 Tbsp rice vinegar  
Pinch dried chili flakes (optional)  
Salt and pepper to taste  
Sprinkle of poppy seeds

### Preparation:

Wash and peel vegetables as necessary.

Grate or shred in a food processor and combine.

Dress mixture with remaining ingredients. Serve immediately, or allow flavours to harmonize in refrigerator for hours or days. Enjoy.

