

THE REROOT REVIEW

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NOTES FROM THE FIELD

This week marks the ninth harvest of the season. At this point, many of the vegetables you are seeing in your shares you've seen before, but hopefully there will be some new treats appearing throughout the remaining weeks. Still ripening in the field are winter squash, potatoes, tomatillos, parsnips, Brussels sprouts, rutabagas and a few other fall treats.

The summer seems to have flown by as we are already now talking about the fall. The fall fairs have begun in the neighbouring towns, and the pumpkins have begun to ripen.....I was even at a store the other day that already had their Halloween decorations up!

There is not too much to report on the garden this week. As per usual it seems, it is very dry. The drought this season has had a considerable impact on many of the crop farmers in the area, however the organic field crops have produced sufficiently due to healthy soils with high organic matter.

In addition to stunted growth, dry, hot weather is also favoured by many pests who feed on the already stressed plants. I have seen some of this in the garden including more aphids than I've seen before in the beans and celeriac; extremely prolific flea beetles and relentless cucumber beetles who are still feeding on the

mature squash, melon and cucumber plants. I have already learned a lot this year and have a number of new ideas for pest control next season.

Last week there were a few new additions to the farm in the form of a litter of piglets. I happened to be around while the sow was farrowing and was able to help the last three of the group of seven out into the world. They are unbelievable little things and very adorable. If any of you farm shareholders would like to have a look next week, just let me know and I'd be happy to introduce you. Enjoy the veggies!

~caitlin

THIS WEEK'S HARVEST:

- Head Lettuce
- Red Cabbage
- Sweet Peppers
- Green, yellow, and purple beans
- Beets
- Green Onions
- Summer Squash
- Carrots
- Cucumber
- Hot Peppers
- Tomatoes
- Eggplant
- Herbs
- Okra/Daikon Radish

VEGGIE BIOGRAPHY

Introducing... Okra!

A staple in the deep south, Okra is a far less common vegetable around these parts as it prefers hot growing conditions. A member of the Hibiscus family, the okra plant produces a beautiful yellow flower with a crimson prior to the edible

pod. Because of this beautiful flower, okra pods were known as "sun vessels" and its seeds were believed to contain therapeutic properties that, once consumed, floated through a person's body forever.

Okra is high in amino acids, Vitamin A and potassium.

Traditionally prepared as thick, gooey 'gumbo', okra can also be eaten raw or with minimal blanching. The pod can be left intact and the stem removed, or can be sliced into attractive rounds to float in a bowl of soup.

Enjoy the sampling of okra!

OKRA AND TOMATO SALAD

Ingredients

1/4 cup olive oil
 1 tbsp red wine vinegar
 1 tbsp lemon juice
 1/2 tsp salt
 1/4 tsp freshly ground black pepper
 1 small garlic glove
 1 tbsp sour cream
 1/4 lb tender young okra, stems trimmed, cut in half lengthwise
 1 large ripe tomato, cut into 1/2-inch-thick wedges
 Lettuce leaves
 Chopped fresh parsley

Preparation

Combine oil, vinegar, lemon juice, salt, pepper, and garlic in a small jar. Seal the jar and shake well. Let stand for 30 minutes. Remove the garlic clove and add the sour cream. Seal and shake well again. Place the okra halves and tomato wedges in a medium bowl. Pour the dressing over, mix gently and let stand for 15 minutes. Line a small salad bowl with lettuce leaves. Spoon the tomato and okra mixture into the centre. Sprinkle with parsley.

Serves 2 or 3



MELITZANOSALATA (GREEK EGGPLANT SALAD)

Ingredients:

1 medium eggplant
 1 large tomato, peeled, seeded, chopped
 1 green bell peppers, seeded, finely chopped
 1 small onion, grated
 1 large garlic glove, crushed
 1/2 tsp salt
 1/4 tsp freshly ground black pepper
 3 tbsp red wine vinegar
 1/4 cup olive oil

Sliced black olives
 Chopped fresh parsley.

Preparation:

Roast the eggplant over a gas flame (or under the broiler) until the skin has blackened and is crisp. Cool. Rub the skin off the eggplant with a damp paper towel. Chop the eggplant pulp. Place the eggplant in a bowl and add the tomato, pepper, onion and garlic. Combine the salt,

pepper, vinegar, and oil in a small bowl. Pour this dressing over the vegetables. Toss well. Garnish with olive slices and parsley. Serve well chilled.

Serves 2-4

Wish List

- Plastic quart baskets!!
- Elastic bands
- Scales
- Chalk boards
- Wooden cable spools (to store the irrigation line)

COLD PINK BORSCHT

Ingredients:

1 lb beets, trimmed
 2 medium cucumbers, peeled, seeded
 1 clove garlic, chopped
 1 cup milk
 16 ounces sour cream
 Salt and freshly ground black pepper
 Chopped chives or scallion tops
 Chopped fresh parsley

Preparation:

Place the beets in a saucepan and cover with cold, unsalted water. Heat slowly to boiling; reduce the heat and uncover. Simmer uncovered, until barely tender, about 35 minutes. Drain under cold water. Remove the skins and chop the beets fine; reserve. Finely chop 1 cucumber; reserve. Roughly chop the remaining cucumber and place it in the container of a blender or food processor. Add the garlic

and milk. Process until smooth. Combine the pureed cucumber mixture with the sour cream in a large bowl. Whisk until smooth. Add the chopped beets and cucumber and add salt and pepper to taste. Chill well before serving garnished with chives and parsley.

Serves 4-6

