THE REROOT REVIEW

NOTES FROM THE FIELD

I've just come in from the second harvest of the season, and am astounded at how quickly the veggies (and the weeds!) have been growing.

Due to the heat, I started harvesting this morning at 5:30am. Especially when dealing with greens it is important to get things harvested, washed and into the cooler before the sun has the chance to wilt them.

Speaking of wilting, it has been a good 3-4 weeks since we have had any substantial rain, and the plants are beginning to feel it. I have invested in a drip irrigation system to ensure that even during hot, dry spells, I can still get the vegetables the water they need. Unfortunately, due to a busy few weeks, thus far only the squash, melons, and cucumbers have been benefiting from the extra moisture. I am hoping to run irrigation lines to the rest of the crops in the next week.

Despite the irrigation, the members of the cucurbit family have been suffering under attack from the cucumber beetle. A common pest in organic vegetable gardening, this beetle can cause a lot of damage as it feeds on the young leaves and flowers of the plant preventing it from producing fruit. I have been treating the crops with a foliar spray of stinging nettle which will hopefully discourage the beetle.

Included in this newsletter are a few recipes, care of Tina Gentile. Tina works at Mapleton's with the livestock and field crops and is also my housemate. She's a fantastic chef and has volunteered to share some tasty recipes with you each week.

Hope you enjoy the bounty of the second harvest!

~caitlin

THIS WEEK'S HARVEST:

- Kale
- Swiss Chard
- Collards
- Spinach
- Head Lettuce
- Mesclun Mix
- Broccoli
- Peas (Snow and Shelling)
- Bok Choy
- Green Onions
- Daikon Radish
- Kohlrabi

VEGGIE BIOGRAPHY

Introducing…

Collard Greens!

Extremely rich in calcium and B vitamins, collards are a staple in "soul food" and Portuguese cooking- and for good reason! These prehistoric members of the brassica family are as delicious as they are ornamental. Because of their sturdy cell structure, collard leaves should be cooked before being eaten so as to release all their myriad nutrients, including protein, fibre, and vitamin C. In indigenous Brazilian cultures, the juice of the collard leaf is prized as a remedy for circulation and lung problems. Enjoy your collards this week!

CLASSIC SOUTHERN GREENS

- 1 Lb kale
- 3 tablespoons olive oil
- 6 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 4 teaspoons fresh lemon juice
- a few dashes hot pepper sauce, optional

Rinse collard greens and kale well in a large bowl of cold water. Drain and cut off tough stems. Cut leaves into 1/4-inch strips. You should have about 8 packed cups.

In a well-seasoned heavy skillet or wok, heat the oil over medium-high heat.

Add the garlic and cook, stirring, 30 seconds. Add half of the collard greens and cook, stirring, for about 30 seconds. Add half of the kale and cook stirring, for about 1 minute,

until they begin to soften. Add the remaining greens and cook, stirring constantly, for about 10 minutes, until the greens are tender.
Season with the salt, pepper, and lemon juice, and a few drops of hot pepper sauce, if desired
Serves 4.

MINTED PEAS

- 2 large onions, cut into 1/2-inch wedges
- 1 chopped sweet red pepper
- 2 tablespoons olive oil oil
- 1 Lb fresh peas
- 2 tablespoons minced fresh mint leaves

In a large skillet, saute onions and red pepper in oil until onions just begin to soften.

Add peas; cook, uncovered, stirring occasionally, for 10 minutes or until heated through. Stir in mint and cook for 1 minute longer.

THIS WEEK'S KOHLRABI IS DELICIOUS GRATED INTO A SALAD, OR CUT INTO SEGMENTS AND DRIZZLED WITH LEMON JUICE, SALT, AND PEPPER.

WISH LIST

If you have any of the following lying around your house, the CSA could certainly use….

- Pint, quart, peck, bushel, etc….baskets
- Elastic bands
- Scales
- Whiteboards markers, chalk or pastels
- …

reroot
organic CSA
community
shared
agriculture