

THE REROOT REVIEW

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NOTES FROM THE FIELD

Week five of the harvest has arrived and it is hard to believe we are a quarter of the way into the harvests. The garden is still full of tasty treats waiting to grace your dinner tables, and the re-root team is thus far keeping the weeds at bay.

New this year is a Farmall 140 cultivating tractor which speeds up the weeding process by quite a bit. It is a 1960's tractor I purchased of a retiring market gardener of 40 years, so it has a thing or two to teach me. It has also been fabulous having a crew of 2.5 (Devan and myself full time, and Kirsten part-time) in the field.

This past week we uncov-

ered our many rows of squash to find big, beautiful, flowering plants waiting to bear fruit for us. We cover all of the members of the cucurbit family to protect them from the cucumber beetle which loves to nibble leaves, stems, flowers, and fruit. Once the plant is big and strong, it can usually withstand some nibbling, so we uncover them to allow the pollinators access to the flowers.

This will likely be the last week for strawberries. Being our first season growing strawberries, I have been very happy with the yield and length of the picking season. There are still berries on the plants, and we encourage any CSA

members to come out this week for some free picking to help us clean up the patch. Organically managed berry patches are typically only picked for one season and then ploughed under due to the high weed pressure, but don't worry, next years patch had been planted and is well on its way to producing a bountiful crop for 2009.

Happy Eating!

~caitlin

THIS WEEK'S HARVEST:

- *Cucumber*
- *Zucchini*
- *Mesclun Mix*
- *Spinach*
- *Chard*
- *Carrots*
- *Head Lettuce*
- *Strawberries*
- *Peas?*
- *Bunching onions*
- *Collards*
- *Herbs*

VEGGIE BIOGRAPHY

Introducing....Carrots!

The carrot originated in middle Asia and was first eaten by the hill dwellers of Afghanistan. The early cultivated varieties were purple and yellow, with the first orange carrots appearing in the 1600's in the Netherlands.

Carrots are high in vitamin A and beta-carotene, as well as fiber, calcium, and potassium. For maximum nutritional value, eat carrots raw with skins in tact, as the carotene and trace minerals are stored just beneath the skins surface.

Organic carrots have a particularly sweet taste which is delicious when made into fresh carrot juice.

A little known fact...the carrot tops can also be eaten in a salad or stir fry, or dried and used as an herb.

Enjoy!

MOROCCAN CARROT SALAD

Ingredients

2 cups coarsely shredded carrots
 1/2 cup golden raisins
 2 tbsp chopped fresh mint
 2 tbsp extra virgin olive oil
 1 1/2 tbsp fresh lemon juice
 1 clove garlic minced
 1/2 tsp sugar
 1/4 tsp ground cinnamon
 1/8 tsp ground cumin
 1/8 tsp salt
 1/8 tsp ground red pepper

In a large bowl toss together the carrots, raisins and mint.

In a small bowl, stir together the remaining ingredients.

Pour the dressing over the salad and toss to combine.

Served chilled

Makes 2 cups, serves 4



SESAME CARROTS

Ingredients:

2 tbsp sesame seeds
 4 cups sliced carrots (1/4 inch thick)
 2 tsp butter
 1 tbsp honey
 1/4 tsp ground cardamom
 1/4 tsp salt

Cook the sesame seeds in a dry skillet over medium heat, until lightly browned, about 2 minutes.

Cook the carrots in boiling water until tender, about 5 to 7 minutes. Drain.

In a medium skillet, melt the butter over medium heat. Add the carrots,

honey, cardamom, and salt. Cook, stirring, until carrots are coated. Add the sesame seeds and toss.

Makes 4 cups
 Serves 6-8

WISH LIST

If any of you have the following items lying unused around your house, reroor organic CSA will happily give them a good home!

- Scales
- Elastic bands
- Pint, quart, peck, bushel...baskets
- Heat-reflective tarps
- Gardening tools
- Chalk boards

