

THE REROOT REVIEW

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NOTES FROM THE FIELD

The last week in the garden has been an eventful one. From scorching heat, to extreme weather warnings, to a brief and relatively benign hail storm ... it's kept us on our toes. The veggies continue to grow well and we have been blessed with the perfect amount of rain each week to avoid irrigating, while still keeping the plants happy.

The head lettuce this year are among the biggest and most beautiful I've seen in my years of growing. For that matter, most of the leafy vegetables are growing quite enthusiastically. The fruiting crops are also coming along, and you can expect to see some zucchinis in your shares next week.

Also coming along are the strawberries. They were off to a somewhat slow start with the cool weather and late frosts we had in June. They have lots of fruit on them and are ripening slowly, so we hope to have strawberries for you next week as well. Once they are abundant on the plants, we will invite you all out to do some strawberry picking.

This week we've lost our WWOOFER Ann, but have had the pleasure of working with Dee, Clive and their daughter Crystal in the garden. They're a family from Ajax who have come to spend a few days working on the farm to learn where food comes from. It seems

more and more people are showing interest in food and farming issues, which is certainly a good and necessary thing.

In terms of pests, the pest pressure has definitely slowed down and the flea beetle is of little concern. The cucumber beetle has made an appearance but we beat them to the plants and have them all safely covered with row cover. The real battle now is the weeds, which seem to love this weather even more than the crops. Think of us out there with our hoes as you enjoy the harvest this week.

~Happy Eating!

Caitlin

THIS WEEK'S HARVEST:

- *Spinach*
- *Salad Mix*
- *Lettuce*
- *Radish*
- *Swiss Chard*
- *Bok Choy*
- *Arugula / Mizuna*
- *Bunch Onions*
- *Peas*

VEGGIE BIOGRAPHY

Bok Choy!

Bok Choy, classified as a cabbage, bears little resemblance to the traditional round cabbage head we are used to in western culture. It is a staple part of Chinese cuisine and is often referred to as "white vegetable".

Bok Choy is high in vitamins A and C, beta carotene, dietary fibre, folic acid, and calcium. It also has some vitamin B6, iron and potassium and is known to aid in good digestion as well as being a powerful anti-oxidant.

Bok choy is best stored in the fridge in a sealed bag. It can be eaten raw, but is best lightly steamed and served with ginger, soy sauce or garlic.

SALAD GREENS WITH CHINESE SALAD DRESSING

1/3 cup sesame or olive oil
 1 tsp minced garlic, pressed to paste
 1-2tsp grated fresh gingerroot or 1/4 tsp powdered ginger.
 Dash of cayenne
 2 tbsp fresh lemon juice
 1 tsp sesame seeds
 1 tbsp chopped green onion
 Salad greens



Mix all ingredients (except greens); toss with greens. This is also good with bok choy, snow peas, or cucumbers. Makes about 1/2 cup dressing.

CULINARY USES FOR BOK CHOI

A small choy is mild enough to eat raw. The stems resemble celery without the strings.

- Include small choy leaves as a tasty addition to a raw vegetable platter.
- Add the uncooked, shredded leaves of a small choy to salads.
- Full-grown choy has a sharper flavour and texture

that softens with cooking.

- Steam choy and top with toasted sesame oil, butter salt, vinaigrette.
- Add it to stir-fries or other cooked dishes; put the stems in first, for 1 to 2 minutes near the end of cooking, then add the leaves for the last 1 to 3 minutes

Fridays at the Farm

Come and visit the farm Fridays from 4-8pm for

- Live Music
- Kids Activities
- Market
- Wagon Rides
- Fun!

Community Notice Board

As of next week, a bulletin board will be provided in the pick-up stand at the farm for CSA members to share information about events, services, products, etc...

If you have a business card, poster, pamphlet or notice, feel free to post it on the board.

