

THE REROOT REVIEW

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NOTES FROM THE FIELD

Welcome to the first week of the 2011 harvest which also marks the first ever CSA harvest off of our new farm! The past year has been a super exciting and sometimes challenging one as we made the transition from gardening at Mapletons Organic Dairy to becoming a self-sufficient operation on our beautiful farm in Harriston. The soil at our new place is a silt loam which is much lighter and easier to work with than the heavier clay loam we used to grow on, so we've been enjoying that.

We now have close to 3 acres planted in the garden and it is looking great. Our garden area is a former hay field which comes with some benefits as well as

some challenges. On the positive side we have very few weeds to contend with, which has made this spring nice and relaxed. On the challenging side, there is a common pest that inhabits the roots of sod in hay fields called the wireworm.

We've seen a number of wireworms in the garden as we've been planting and despite all we've read about the damage they can cause, they have in actuality caused very few problems. They chomped their way through a couple lettuce seedlings and onion transplants, and we planted our potato crop over at Mapletons Organic Dairy farm as a precautionary measure, but other than that, we think we have them beat!

In addition to your weekly share of vegetables, we will also have eggs, pastured chicken and pastured Berkshire pork available for sale. The first batch of chickens will be available the second week of July, pork is available now, and eggs are available on a limited basis until our new laying hens begin to lay in mid-July. Please inform us at the pick-up or call at least a day in advance if you'd like us to bring you some of these tasty products to the following pick-up.

Thanks for your support of local food and farming. We look forward to feeding you this season.

~happy eating!
caitlin

THIS WEEK'S HARVEST:

- *Spinach*
- *Head Lettuce*
- *Radish*
- *Bok Choy*
- *Tatsoi*
- *Arugula*
- *Kale*

reroot organic farm products for sale

Free-range eggs- \$4/dozen

Pastured chicken- \$4/lb

Pastured Berkshire pork- \$7/lb

Sausage

Garlic Sausage

Pork Chops

Butterfly Chops

Ham

VEGGIE BIOGRAPHY

Bok choy, sometimes referred to as Peking Cabbage, or pac choy, is in fact, a centuries old cruciferous Chinese vegetable from the Brassica family. They grow in heads and traditionally have white stems and dark oval leaves.

Bok choy, can be eaten raw

in slaws, braised, steamed and stirfried.

In addition to it's wonderful taste and versatility, nutritionally, bok choy is high in vitamin C, vitamin A, vitamin B9 (folate) along with being a source rich in fiber, potassium and beta-carotene. Like the rest of

the Brassica family members, bok choy is very high in calcium, containing as much of the hard to find nutrient in 1 cup as is in 1/2 cup of milk.

Storage: Keeps 3-5 days in a plastic bag in the fridge

ORIENTAL BOK CHOY SALAD

Ingredients

1/2 c. butter
 2 tbsp. white sugar
 1 oz sesame seeds
 2 pkgs. Ramen noodles (broken up), do not use flavor packet
 1 sm. pkg. slivered almonds
 2 lbs. bok choy lettuce (chopped coarsely)
 5 to 6 green onions, tops and all chopped

Instructions

In large skillet melt butter over medium heat. Add sesame seed, noodles, almonds and sugar. Stir all the time until lightly browned. Set aside to cool to room temperature. Toss bok choy and onions together, mix and chill until ready to serve. Just before serving, break up the crunchy mixture, add to bok choy, pour dressing over, mix and serve.

Sauce

3/4 c. vegetable oil
 1/4 c. red wine vinegar
 1/2 c. white sugar
 2 tbsp. soy sauce

Mix well and chill until serving



GARLIC STIR-FRIED BOK CHOY

Ingredients

1 teaspoon sesame oil
 1 tablespoon extra virgin olive oil
 1 onion, coarsely chopped
 2 garlic cloves, coarsely chopped
 1 tablespoon ginger, freshly grated
 2 cups shiitake mushrooms, chopped, stems removed
 6 cups bok choy, chopped into 2 inch strips

2 red pepper, sliced into thin strips
 2 tablespoons tamari sauce
 1 tablespoon lemon juice
 1 teaspoon maple syrup
 1/4 cup cashews for garnish

Instructions

1. Chop all vegetables before beginning to cook.
 2. Heat both sesame oil and olive oil in a large pot over medium heat.

3. Add the onion and stir-fry for two minutes or until soft.
 4. Add the mushrooms and continue to toss for two minutes.
 5. Add the garlic, ginger and red peppers. Toss for a further two minutes until peppers are just beginning to soften.
 6. Add remaining ingredients, and cover for two to three minutes to steam bok choy

MEET YOUR FARMERS

In addition to the familiar folks behind reroot organic farm, the 2011 season brings some fresh faces to the fields.

Caitlin Hall started reroot organic CSA in 2007 on rented land at Mapletons Organic Dairy. Now entering her 5th season as the farmer at reroot she is enjoying the challenges involved in the inaugural season at her very

own farm. In addition to growing vegetables she enjoys

Yvonne Lau hails from Montreal, Quebec. She is a traveling farmer who's spent time at farms across Canada and can often be found cycling around the countryside. She enjoys cooking and is looking forward to learning the ropes at reroot organic farm.

Anita Wong is new to the farming scene and is passionate about learning to grow food. Making the move from Toronto, she's looking forward to working outside, watching things grow and exploring some of her interests including forest gardening.

