

THE REROOT REVIEW

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NOTES FROM THE FIELD

We've been feeling the beginnings of fall weather around here. The mornings have a bite to them and the evenings ask for a sweater. It's quite a pleasant change from the dry hot heat. The garden is looking thankful for the rainstorm this past weekend. Our soil has not looked this moist in a very long time!

In the garden, we are hard at work harvesting all the onions which will then be cured for storing. We decided to lay them on mesh seedling tables in the greenhouse to make room for the barn party this coming Saturday. The sweet corn ears are looking plump and almost ready to eat. New this week are edamames! Different varieties of tomatoes

are also ripening so you may see purple, green, and strangely shaped tomatoes in your share. Believe me, the strange shaped heirlooms are some of the most delicious varieties around.

The animals are doing great. When the last of the chickens go, everyone left is here for the winter. Elvis, our peacock has begun his fall moult and been shedding his tail feathers everywhere. Feel free to collect one if you happen to spot one of the bright coloured feathers when you're here.

Also, we've been busy preparing for the barn party. The barn has been cleaned out and we even swept the dusty corners that don't get much attention during the

full weeks. It's surprising what one can find when cleaning a barn. For instance, as I was forking up some loose hay, a pungent smell wafted up; I looked down and saw ten or so eggs rolling onto the floor. I guess it was somebody's secret laying place!

We hope you can make it out this Saturday. There will be live music, delicious food, and great company.

Have a wonderful week,
Yvonne

THIS WEEK'S HARVEST:

- *Salad Mix or Head Lettuce*
- *Tomatoes*
- *Zucchini*
- *Cucumber*
- *White Onions*
- *Carrots*
- *Edamame*
- *Green Peppers*
- *Garlic*
- *Melon*
- *Kale, Chard*
- *Herbs*

VEGGIE BIOGRAPHY

Edamame

Edamame is the Japanese word for 'twig bean.' It is the young soybean crop. It is a popular dish in Japan, China and Korea. Edamames are high in protein, fibre, carbohydrates, folic acid, magnesium and vita-

min K. Pods are usually boiled or steamed, then salted or served with a sauce like soy sauce. They are a fun and delicious snack!



'Put Your Hoe Down' Barn Bash

Join us for a fun evening at the farm!

4pm– Wander the Garden

6:30pm– Potluck

8pm– Music and Dancing in the barn

Saturday, August 27th

Hope to see you there!

EDAMAME FALAFEL OR GREEN BURGER!

INGREDIENTS

- 2 cups (340 g) shelled
- edamame
- 1 can (15 ounces, or 420 g) chickpeas, with liquid
- 8 ounces (227 g) sliced mushrooms
- 1/2 cup (65 g) finely ground raw cashews
- 1/2 cup (60 g) nutritional yeast
- 4 cloves garlic
- 1/2 teaspoon ground cumin
- 1/4 teaspoon liquid smoke (optional)
- 1 teaspoon Bragg's Liquid Aminos or soy sauce
- Salt and pepper, to taste
- 3 1/2 cups (420 g) chickpea flour
- Oil, for frying

INSTRUCTIONS

Combine the edamame, chickpeas and liquid, mushrooms, cashews, yeast, garlic, cumin, liquid smoke, liquid aminos, and salt and pepper in a food processor and process until smooth. Pour into a large bowl.

Slowly add the flour until a thicker consistency is formed. Depending on the moisture content of your mixture, you may need just a little flour or a whole lot.

Place the entire bowl in the refrigerator for 20 to 30 minutes to stiffen up and make it easier to handle when forming the patties. Form into 16 patties.

Heat the oil in a sauté pan and fry the patties for 4 to 5 minutes, or until golden brown on both sides.

ROASTED CORN AND EDAMAME SALAD

INGREDIENTS

- 2 ears fresh corn, unhusked, or 1 1/4 cups cooked corn kernels
- 1/2 cup shelled edamame
- 1/4 cup chopped red onion
- 1/4 cup small-diced red bell pepper
- 1 tablespoon finely chopped fresh cilantro
- 1 tablespoon light mayonnaise
- 1 tablespoon lemon juice
- 1 1/2 teaspoons finely chopped or grated ginger
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

INSTRUCTIONS

Soak fresh corn in cold water about 30 minutes. Heat grill on high. Grill corn in husk, 10 to 15 minutes, turning once. Let cool. Remove husks. Cut corn from cob into a bowl; combine with remaining ingredients. Cover and chill in refrigerator until ready to serve.

CARROT CAKE WITH CREAM CHEESE ICING

INGREDIENTS

For the cake:

- 2 cups flour
- 2 tsp baking powder
- A pinch of salt
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 cup light brown sugar (or muscovado sugar)
- 2 cups carrots, peeled and finely grated
- 1/2 cup raisins or walnuts
- 3 eggs lightly beaten
- 3/4 cup sunflower oil

For the icing:

- 4oz cream cheese
- 4 tbsp unsalted butter
- 1 tsp vanilla essence
- 1 1/2 cups confectioners sugar

INSTRUCTIONS

Pre-heat the oven to 350°. Lightly grease a 8"

square tin.

Sift the flour, baking powder and salt into a large mixing bowl. Add the spices, sugar, carrots and dates and mix well.

Stir together the beaten eggs and oil, then pour into the mixing bowl and beat until thoroughly combined.

The mixture will look slightly curdled, don't worry. Pour the slightly lumpy mixture into the cake pan and bake for one hour, until a skewer inserted into the center comes out clean. Leave for 5 minutes, then turn out the cake and cool on a rack.

Make the frosting. Beat the cream cheese, butter and vanilla essence until smooth and creamy. Beat in the sugar and store the frosting in the fridge for 20 minutes to