

# THE REROOT REVIEW

VOLUME 5, ISSUE 3      JUNE/JULY 2011

## NOTES FROM THE FIELD

Hi Folks,

Welcome to your weekly dispatch from the farm! As everything in the field continues to bloom, our harvest shares are getting bigger and more diverse. This week, you'll find some new gems alongside those now familiar greens.

Some veggies have even taken us by surprise. Last week, a variety of broccoli caught us off-guard by looking big and plump and ready to harvest. Rather than waiting and running the risk of spoiling them, we quickly harvested the broccoli and surprised our Saturday shareholders with a special treat! Don't worry, the others are not far behind and broccoli will be making

its official debut soon.

Alongside the broccoli, the cauliflower is also looking wonderful. Amidst its massive leaves, the little white floret has begun to show. In order to protect the cauliflower head from getting a "sunburn" (or turning brown), we tied its leaves up around it, a process called "blanching". This keeps the heads white until we're ready to harvest them.

Aside from harvesting, the other thing keeping us busy is weeding! While we're lucky that there actually aren't a lot of weeds in the field, our diligence is the difference between weeds being a minor nuisance and a major problem. My fa-

vorite weeding implement is the wheel hoe. This ingenious tool consists of a bicycle wheel and a rectangular blade, which slices beneath the weeds, uprooting them.

Last week, reroot hosted a workshop on Starting a New Farm. After the informative talk, our 20 intern participants took to the fields and helped us weed our 4 beds of onions. What would have taken Yvonne, Caitlin and I half a day to weed, took half an hour! Now that's what I call Community Supported Agriculture!

Happy Eating!

~anita

## THIS WEEK'S HARVEST:

- Peas
- Spinach
- Head Lettuce
- Garlic Scapes
- Napa Cabbage
- Salad Mix
- Zucchini
- Kohlrabi or Turnips
- Herbs

## VEGGIE BIOGRAPHY

Garlic Scapes

Garlic scapes are the flower stalk of the garlic plant. They are also known as garlic "spears", "stems", or "tops". One month before garlic is ready to be harvested, the plant sends up a beautiful stalk that curls into a spiral. In order to

encourage the plant to send all its energy into making the bulb grow, we harvest these scapes. Garlic scapes have a milder taste than garlic bulbs, and are tender, sort of like a meatier green onion. Scapes can be used in any recipe that calls for garlic, but add a bit of flair to a

dish due to their colour. Enjoy them while they last! Garlic scapes only appear in June and early July.

### 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

## GARLIC SCAPE PESTO

### Ingredients

- 6 garlic scapes, chopped
- 1/2 cup freshly grated Parmesan cheese
- 1/2 cup freshly grated Asiago cheese
- 1 tablespoon fresh lemon juice
- 1/4 cup pine nuts
- 3/4 cup extra-virgin olive oil
- Salt and pepper to taste

### Instructions

Place the garlic scapes, Parmesan cheese, Asiago cheese, lemon juice, and pine nuts in the bowl of a food processor. Drizzle the olive oil over the mixture. Blend until the pesto is a brilliant green color and smooth in texture. Season with salt and pepper. This pesto freezes well.

## SPINACH AND GARLIC SCAPE FRITATTA

### Ingredients

- 3 Tbsp. olive oil
- 10 eggs
- 1 cup (1/2 lb.) chopped raw spinach
- 1/2 cup grated Parmesan cheese
- 1 Tbsp. chopped parsley or basil
- 1/2 cup finely chopped garlic scapes
- salt and pepper to taste

### Instructions

Preheat oven to 350°. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes and sauté until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes. Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.



## COLD SOBA NOODLE SALAD W/ MISO-TAHINI DRESSING

### Ingredients

- 1 package of soba noodles
- 8 oz of your favorite extra firm or baked tofu, cubed
- 3 cups of spinach, chopped
- 1 quart of snow peas
- 5 garlic scapes, finely chopped
- 1 inch piece of ginger, minced
- 1/2 Tbs sesame oil

### For sauce:

- 2 Tbs tahini
- 1 Tbs mellow/white miso paste
- 1 Tbs tamari sauce
- 1 Tbs warm water

### Instructions

Cook soba noodles according to the directions on the package. While the noodles are cooking, heat sesame oil in a large pan over medium heat for about a minute. Add the garlic scapes and ginger and cook until soft. Add the spinach, snow peas and tofu to the pan and cook until the peas and spinach are ready. To make the sauce simply mix all ingredients well in a small bowl. Mix noodles, veggies and sauce together and serve warm or chilled.