

THE REROOT REVIEW

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NOTES FROM THE FIELD

Well June has flown by and we're now officially into summer. The warm weather has been amazing for the garden and we can almost watch the veggies growing before our eyes. A few weeks ago we set up our irrigation system which consists of a long pipe carrying water from our well along the edge of the garden. For each row of veggies, we poke a hole in the pipe and extend a long line of drip tape with delivers water right to the base of the plants with none wasted. By the looks of the forecast this week...we'll be busy irrigating over the next little while.

While we've been especially fortunate to not have too many pest problems this

year, we are battling a few. The Colorado Potato Beetle is a common pest in potato crops however their favourite food is actually eggplant. We've been diligently picking them off our eggplants daily to avoid any damage. Our broad beans are a new crop for us this year and seem to have developed somewhat of an aphid problem. We're taking a 'wait-and-see' approach with them as they still seem to be growing fine despite the little black bugs hanging out on them. Finally, the major pest of the season, the wireworm which I mentioned in our first newsletter does most of it's damage in the early spring when the ground is still cold and damp. We were lucky to

escape with only minor damage, however they enjoyed a feast on some of our pea seeds and as a result we aren't harvesting quite as many peas as we would like to be. There still seems to be enough to go around though.

New this week are bunch onions, cabbage, broccoli and cauliflower. We're excited to offer you these treats which will serve as a nice change to all the greens you've been eating....well, I guess most of them are green too! Stay tuned for beets and cucumbers next week.

Happy Eating!

~caitlin

THIS WEEK'S HARVEST:

- *Peas*
- *Garlic Scapes*
- *Bunch Onions*
- *Green Cabbage*
- *Salad Mix*
- *Zucchini*
- *Broccoli*
- *Cauliflower*
- *Kale, Chard, Spinach*
- *Herbs*

VEGGIE BIOGRAPHY

Peas!

An exciting early season treat peas come in a few varieties. Snow and snap peas both have edible shells and are best eaten whole and either raw or lightly cooked. Shell peas come in a tough inedible shell but contain a small handful of

tasty green peas. They are harvested when the pod is round and full and can be eaten raw or steamed or stir-fried.

Green peas contain a unique phytochemical called coumestrol that has been shown to reduce the incidence of gastric cancer.

Peas also contain phytochemicals offering a unique mix of anti-inflammatory and antioxidant properties.

Peas are an important vegetable crop as they are a member of the nitrogen-fixing family—legume. Bacteria that live among the roots of pea plants help con-

vert nitrogen from the air into a usable form that can be taken up by other plants.

Enjoy your peas this week!

GARLICKY-GINGER PEAS WITH BEEF

Ingredients

- 3 tablespoons soy sauce
- 2 tablespoons rice wine
- 1 tablespoon brown sugar
- 1/2 teaspoon cornstarch
- 1 tablespoon vegetable oil
- 1 tablespoon minced fresh ginger root
- 2 tablespoon minced garlic

- 1 pound beef round steak, cut into thin strips
- 8 ounces snow peas

Instructions

In a small bowl, combine the soy sauce, rice wine, brown sugar and cornstarch. Set aside. Heat oil in a wok or skillet over medium high heat. Stir-fry ginger and garlic for 30 seconds.

Add the steak and stir-fry for 2 minutes or until evenly browned.

Add the snow peas and stir-fry for an additional 3 minutes.

Add the soy sauce mixture, bring to a boil, stirring constantly. Lower heat and simmer until the sauce is thick and smooth.

Serve over hot rice.

ASIAN MILLET SALAD

Ingredients

- 1 1/2 cups cooked millet
- 1 cup diced tofu
- 1/2 cup chopped snow peas
- 1/2 cup shelled peas
- 1/3 cup water chestnuts
- 1/3 cup chopped green onions
- 2 tbsp mirin
- 1tbsp soy sauce
- 2 tbsp vegetable oil

- 1 1/2 tsp rice or cider vinegar
- 2 garlic scapes, minced
- 1/2 tsp sesame oil
- 1/2 tsp sugar

Instructions

In a large bowl, combine the millet, tofu, snow peas, peas, water chestnuts and green onions.

In a small bowl combine the remaining ingredients. Pour over salad and toss to combine.

TASTY FETA, PEA AND RADISH SALAD

Ingredients

Dressing:

- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1 Tbsp honey
- 2 tsp Dijon mustard
- salt & pepper to taste

Salad:

- 2 Cups peas
- 2 radishes, finely sliced
- 1/2 red onion, finely sliced
- 1/2 Cup mind, roughly chopped
- 1/4 Cup feta cheese

Instructions

Blanch peas in boiling water until just tender and bright green, about 2 minutes. Refresh under cold water. Whisk together dressing ingredients. Toss all ingredients together and serve.

* this recipe calls for regular shell peas however we had it the other night with snowpeas and it was delicious. Also try substituting the radishes with turnips or kohlrabi if you've eaten all your radishes!

