

THE REROOT REVIEW

VOLUME 5, ISSUE 8 AUGUST 2011

NOTES FROM THE FIELD

Well, it's already week 8 of the CSA pick-up; summer just seems to be flying by. We hope you've been really taking advantage of the great weather.

This has been an exciting week at the farm. On Wednesday we held a sauerkraut workshop at South Street Café in Harristown. There were sauerkraut veterans who gave us tips and newbies eager to learn. Dozens and dozens of cabbages were transformed into delicious sauerkraut; we can't wait to try ours! The host, Jake, and us had such a good time that plans are in the works for another preserving workshop. We hope you can make it!

On the field, we've spent a

lot of times picking beans; once they come, they just don't stop! Good thing we had two extra volunteers this week. Not only does it make for a faster harvest, but a more enjoyable one too. With Sophia and Anita's friend, Tim, we were also able to weed the garden in no time. We were also able to trellis our tomatoes which are producing in abundance. If we are safe from pests and blight this season, we shall all be swimming in tomatoes, I know I can't wait.

One pest problem that has been bothering our garden is the cabbage moth, it has been going into our Brussels sprouts and our newer planting of broccoli and cauliflower. We're still

looking for a solution for this problem.

On Saturday, the Elora market held a Canada Food Day festival. The vendors all pitched in and concocted a dish for the event. We decided to make a fennel, cucumber and dill salad.

There was a suckling pig, pancakes and lots more, all of which showcased the produce of this region.

The u-pick flower and herb garden is now producing and we invite all CSA members to visit the farm to pick a bouquet or some perennial herbs. This week we also have lots of beans to be picked

Have a wonderful week,

~ Yvonne

THIS WEEK'S HARVEST:

- *Head Lettuce*
- *Beans*
- *Zucchini*
- *Cucumber*
- *Red Cabbage*
- *Beets*
- *Eggplant*
- *Garlic*
- *Kale, Chard*
- *Herbs*

VEGGIE BIOGRAPHY

Beans!

Green beans are the unripe fruit of any kind of bean. Green bean varieties have been bred especially for the fleshiness, flavor, or sweetness of their pods. Haricots verts, French for "green beans", may refer to a longer, thinner type of

green bean than the typical American green bean.

Over 130 varieties of snap bean are known. Varieties specialized for use as green beans, selected for the succulence and flavor of their pods, are the ones usually grown in the home vegeta-

ble garden, and many varieties exist. Pod color can be green, golden, purple, red, or streaked.

'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!

FANCY GREEN BEANS

INGREDIENTS

- 2 tablespoons teriyaki sauce
- 1 tablespoon honey
- 1 tablespoon butter
- 1 tablespoon fresh lemon juice
- 1 1/2 pounds fresh green beans
- 2 slices bacon
- 1/2 cup red bell pepper

strips

- 1/2 cup thin onion wedges
- 1/2 cup roasted cashew

INSTRUCTIONS

1. In a small bowl, stir together the teriyaki sauce, honey, and butter.
2. Fill a bowl with cold water and ice cubes.

3. Bring a large pot of water to a boil and add the lemon juice. Drop in the beans and cook for 4 to 5 minutes, or until beans are bright green. Drain the beans in a colander and then plunge them into the iced water. Drain again and set aside.
4. In a skillet, cook the bacon until very crispy, crumble and set aside. Sauté the bell pepper and onion in the hot bacon fat for 2 minutes. Add the beans, cashews, and bacon to the skillet. Add the teriyaki-honey sauce.

ROASTED GREEN BEANS

INGREDIENTS

- 2 pounds fresh green beans, trimmed
- 1 tablespoon olive oil
- 1/2 teaspoon coarse salt
- 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- 1 1/2 teaspoons Dijon mus-

tard

- 1 teaspoon white sugar
 - 1 tablespoon chopped
- 1/2 teaspoon coarse-ground black pepper

INSTRUCTIONS

Preheat an oven to 450 degrees F (230 degrees C).

1. Combine the green beans in a large bowl with 1 tablespoon olive oil and the coarse salt; toss to coat.
2. Roast the green beans in the preheated oven until cooked through, about 20 minutes.
3. Whisk 1 tablespoon of olive oil, red wine vinegar, Dijon mustard, sugar, dill, and pepper together in a bowl; drizzle over the roasted green beans to serve.

BLANCHING GREEN BEANS FOR FREEZING

To preserve quality, green beans, as well as most fresh vegetables, must be blanched before freezing. Fresh vegetables contain enzymes and bacteria that will destroy nutrients and change the color, flavor and texture... even after freezing. Blanching destroys the enzymes that cause such changes and removes dirt and bacteria.

Blanching is a simple two-step process. First the vegetables are immersed in boiling water, then in cold water to cool and stop the cooking process. Correct timing

is essential when blanching. It must be long enough to stop the action of the enzymes and kill any bacteria. The vegetables must be then be sufficiently cooled or they will continue to cook, resulting in soft and mushy vegetables. For green beans the correct boiling time is 3 to 3-1/2 minutes and the correct cooling time is 3 to 3-1/2 minutes. Blanch about one pound of beans at a time. Use about one gallon of water for a pound of beans.

