

THE REROOT REVIEW

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NOTES FROM THE FIELD

Welcome to week three of the harvest! You'll notice that the plethora of greens you'll find in your share is now complimented by some new exciting treats such as fennel, kohlrabi, green onions and broccoli.

As we move further into summer, some of the early season crops are coming to an end. This will likely be the last week of spinach and the peas will be around for maybe another week or two. Head lettuce will be replaced by salad mix, as it is difficult to grow decent sized heads without bolting in the summer heat.

The fruiting crops are well on their way, and you should see summer squash

in your share next week. There are small peppers and tomatoes in the field, but it will be another few weeks before they will be ready to harvest.

We still have not had any rain at the farm, but with a little help this past weekend I was able to finish setting up the drip irrigation system, so now all of the crops will have access to the water they need throughout the rest of the season. Drip irrigation is an ideal way to water vegetables as it conserves water by only moistening the soil directly around the plant and it prevents the foliage from getting wet which prevents disease and sun-burnt leaves. In addition, here at

Mapleton's, we have found a way to irrigate using previously wasted water from the cooling system in the ice cream plant. It is these kind of symbiotic relationships that make reroot organic CSA an important part of the big farm picture.

We are planning a farm gathering on Saturday, July 21st that I hope many if not all of you can make. It will consist of an afternoon potluck, a tour of the farm, an optional project in the garden, an of course some organic ice cream. All reroot shareholders as well as your family and friends are welcome. Please mark it on your calendars, and we will send more info soon.

~caitlin

THIS WEEK'S HARVEST:

- Pak choy
- Swiss Chard
- Spinach
- Head Lettuce
- Mesclun Mix
- Broccoli
- Peas (Snow, Snap and Shelling)
- Cabbage
- Fennel
- Green Onions
- Daikon Radish
- Kohlrabi

VEGGIE BIOGRAPHY

Introducing...Fennel!

This perennial herb offers a veritable symphony of flavour and versatility. The pollen, seeds, leaves, and fronds can be used in the kitchen. The delicate fronds lend a delightfully mild licorice scent to salads, soups, and sauces. The bulbous leaf

bases are similarly flavoured, and can be prepared like celery. Shave them into salads, roast them with other vegetables and serve with pasta, or puree them into a soup. Fennel compliments Italian and Indian dishes, and was traditionally used to make Ab-

sinthe! Its medicinal uses are numerous. Eaten raw, it is touted as a remedy for stomach cramps, while the vapours from the steamed leaves have long been inhaled to treat asthma and croup. Enjoy the invigorating aroma and flavour of your fennel!

FENNEL AND APPLE QUICHE

Ingredients

Crust:

1 cup flour
 1/4 cup butter
 1 egg, beaten
 2 tbsp water
 Pinch of salt
 Pinch of sugar

Filling:

1 tbsp vegetable oil
 1 cup fennel, chopped
 1/2 cup leeks, chopped
 5 pieces of bacon, cooked, cooled and chopped (optional)
 2 McIntosh apples, peeled and grated

1/2 cup Swiss cheese, grated
 3 eggs
 1 cup milk
 salt and pepper

Preparation

Crust:

Combine flour with salt and sugar in a mixing bowl. Cut in butter until mixture resembles coarse meal. Add egg and mix until dough comes together. Add water as needed. Press into a 9" quiche pan. Set aside.

Filling:

Heat oil in a large saucepan. Add

fennel and leeks and sauté for 5 minutes. Add bacon and apple and continue cooking for 2 minutes. Remove from heat and pour over crust. Sprinkle with half the cheese.

In a bowl, beat eggs and milk. Pour over apple mixture. Sprinkle with remaining cheese and salt and pepper to taste. Bake at 350°F for 40 minutes or until puffy and golden.



ROASTED FENNEL WITH GOAT'S CHEESE

Ingredients:

2 tablespoons olive oil
 2 fennel bulbs, cut horizontally into 1/3-inch thick slices, fronds reserved
 Salt and freshly ground black pepper
 1/2 cup soft goat's cheese, crumbled

Preparation:

Preheat the oven to 375 degrees F.

Lightly oil the bottom of a 13 by 9 glass baking dish. Arrange the fennel in the dish. Sprinkle with salt and pepper, then top with goat's cheese. Drizzle with the oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Sprinkle chopped fronds over the roasted fennel and serve. Enjoy!

WHAT TO DO WITH A DAIKON RADISH?!

- GRATE IT OVER A STIR-FRY
- CUT IT INTO AN ASIAN SLAW
- PICKLE IT
- SLICE IT INTO A SALAD

WISH LIST

If you have any of the following lying around your house, the CSA could certainly use....

- Pint, quart, peck, bushel, etc....baskets
- Elastic bands
- Scales
- Whiteboards markers, chalk or pastels
- Chalkboards
- ...

