

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Another season is off to a great start, and it was wonderful to see so many familiar faces back at the CSA pick-ups last week. It was equally as wonderful to meet the many new members who are joining the fun this year as our CSA has more than doubled in size since 2007.

Everything is growing well in the garden this week. The sun has finally decided to come out, and you can almost watch the plants grow as they soak up the rays. The hail storm a couple weeks ago caused some damage to our leafy greens, however the plants are resilient, and you can barely tell at this point that there has been hail at all!

Other than the hail we have had fairly minimal trouble in terms of pests and disease this year. We are using lots of row cover to protect sensitive crops from various pests and it seems to be doing the trick. We have been watching the cucumber beetle devour our neighbours pumpkins while ours are nestled quite comfortably under the flowing white fabric in the field. In addition to the member of the cucurbit family (squash, melons and cucumbers); we also use the row cover to protect the brassica family (cabbage, kale, broccoli, etc...) from the flea beetle; and recently to protect the lettuce from the hail!

This week in your share you

will enjoy a selection of leafy green vegetables as well as a few other early season treats. In the weeks to come, you can expect to see broccoli, peas, strawberries, green onions and beets on the menu.

The garden is an exciting place to visit this time of year and we hope to see all of you out for the Strawberry Social which will be held on Saturday, July 5 with strawberry picking at 3pm followed by a strawberry treat potluck at 4:30.

Happy eating!

~caitlin

## THIS WEEK'S HARVEST:

- *Bok Choy*
- *Pak Choy*
- *Tatsoi*
- *Mesclun Mix*
- *Spinach*
- *Mizuna*
- *Broccoli?*
- *Herbs*

## VEGGIE BIOGRAPHY

Bok Choy!

Bok choy which is also referred to in as pak choi, white vegetable, or white cabbage is a staple in asian cuisine.

Cultivated in China since ancient times, bok choy is found in soups and stir-

fries, appetizers and main dishes. Bok choy's popularity comes from its light, sweet flavor, crisp texture and nutritional value. Not only is bok choy high in Vitamin A, Vitamin C and calcium, but it is low in calories. You'll often find recipes calling for bok choy

to be stir-fried with a bit of garlic or perhaps ginger. Oyster sauce and bok choy make an excellent combination; soy sauce is another good choice. Alternately, drizzle a bit of sesame oil over the cooked bok choy before serving.

## GRILLED PORK CHOPS AND BOK CHOY

Serves 4

### Ingredients

3tbsp soy sauce  
1 1/2 tbsp sesame oil  
1 1/2-2tbsp bottled chilli  
garlic sauce  
4 pork chops  
8 large stalks bok choy  
(greens included)

Combine soy sauce, sesame oil, and chilli garlic sauce in a large deep plate or dish.

Place pork chops in the mixture, turning to coat all surfaces. Let stand at room temperature, turning the chops occasionally. Grill marinated chops over medium-high heat, meanwhile, grill bok choy stalks until tender, basting them with the remaining marinade while they cook. Serve with rice or an Asian noodle salad.



## STIR-FRIED BOK CHOY WITH CASHEW SAUCE

Serves 4

### Ingredients

1/2 cup cashews  
1/4 cup white wine vinegar  
1/4 cup sugar  
1/4 cup soy sauce  
1 tbsp minced gingerroot  
Pinch of red pepper flakes  
1 1/2 pounds bok choy  
1/4 cup peanut oil

Toast cashews in a dry skillet, tossing frequently, until

lightly brown and fragrant. Combine cashews, vinegar, sugar, soy sauce, ginger, red pepper flakes, and 2-4 tbsp water in a blender or food processor, puree until smooth. Set aside. Separate the bok choy leaves from the stalks. Cut stalks into 1-inch pieces and roughly chop the leaves. Heat peanut oil in a large skillet over high heat until hot but not smoking.

Add bok choy stems and cook, stirring often, until crisp-tender, 2-3 minutes. Add the leaves and cook until they wilt and turn bright green. Remove to a platter and cover with cashew sauce, or serve sauce on the side.

## STRAWBERRY SOCIAL

Please join us for an afternoon full of strawberries at the farm.

**Saturday, July 5th**

~3pm strawberry picking

~4:30pm strawberry potluck— bring your favourite strawberry dish and recipe to share.

Please bring a dish and cutlery to enjoy the strawberry treats as well as farm appropriate clothing.

Hope to see you all there!

