

THE REROOT REVIEW

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NOTES FROM THE FIELD

Welcome to the first week of the 2009 harvest season. We are off to a great start this year and are eager to share the fruits (and veggies) or our labour with you. Each week, we'll include a newsletter along with your share that outlines what has been happening in the garden; offers details on a 'veggie of the week' and provides tasty recipe ideas for making use of your share contents.

Similar to last year, this spring has been a cool one. The warm weather in the last week or so has done wonders for the crops however, and you can almost see them growing! The rain has cooperated for the most part, providing enough

moisture to the seedlings while still drying up enough for us to work out there!

We have had a few run-ins with garden pests, and for the most part have come out victorious. You will however notice a lack of bok choy in the early harvests as the flea beetle had a nice feast on ours, despite our row covering efforts.

In other insect news, I am now officially a beekeeper! Along with two friends, I am keeping 3 hives in the garden this year, and the thousands of honeybees that live in them have already been busy at work pollinating your food as it flowers in the field. They are a fantastic addition to the farm,

and hopefully will also provide some tasty honey in the fall.

On the topic of great additions, this season I have the pleasure of working alongside a fantastic intern, Ashley Culp, who will be helping to grow the garden from May-September. She will be around during pick-up times, so you will certainly meet her. Also helping us out for the month of June is a wonderful WWOOFER from Montreal, Anne Whitehead. The three of us have been working hard to bring you the first bountiful harvest. We hope you enjoy it!

~happy eating!
caitlin

THIS WEEK'S HARVEST:

- *Spinach*
- *Salad Mix*
- *Lettuce*
- *Radish*
- *Kale*
- *Leeks*
- *Rhubarb?*

VEGGIE BIOGRAPHY

Spinach!

Spinach is one of the healthiest vegetables you can eat and is a wonderful spring treat, as it thrives in cool soil.

It is high in chlorophyll, vitamin A and C, and iron. These nutrients are best retained by minimal or no

cooking.

Spinach stores well refrigerated in a plastic bag for up to a week. It can also be stored for the winter months by blanching for 1-2 minutes, rinsing in cold water, drained well and sealed into bags or airtight containers.

It should be well washed before using as soil and grit tends to accumulate on the underside of leaves.

Spinach can be eaten raw in salads or cooked lightly in soups, stirfrys, added to omelettes, pureed for pasta, and more!

QUICK & TASTY SALAD DRESSING

This is the dressing we use on a daily basis in the spring for spinach and lettuce salads.

Once the strawberries are ready, toss those in too for a delicious, fresh spring meal.

1/3 cup maple syrup

1/3 cup olive oil

1/3 cup balsamic vinegar

1 tbsp Dijon mustard

1 clove garlic, crushed

Salt and pepper to taste

Combine in a mason jar, stir or shake and enjoy!



MUSHROOM STRUDEL WITH SPINACH SAUCE

Strudel

2lbs mushrooms

3 shallots, minced

1 clove garlic, minced

1 tsp salt

1tsp fresh ground pepper

1/4 cup butter

1/4 cup dry sherry

2 tbsp chopped fresh sage

2 tbsp chopped fresh parsley

1/2 cup bread crumbs

1 package frozen puff pastry dough, thawed

1 egg

2 tbsp milk

1 tbsp kosher salt

1/2 cup Greek yogurt

Spinach Sauce

1 shallot, minced

1/4 tsp grated lemon zest

1 tbsp butter

1/2 lb cleaned spinach

6 leaved fresh basil

1/2 cup white wine

1/2 cup heavy cream

1 tsp lemon juice

1/8 tsp freshly grated nutmeg

Salt and pepper to taste

For the Strudel

Slice mushrooms and sauté with shallots, garlic, salt and pepper in butter until mushrooms release their water.

Lower the heat and cook for a further 10 minutes until water evaporates and the pan is dry. Deglaze the pan with

sherry. Add fresh herbs and breadcrumbs, stir into mushrooms. Remove from heat and allow to cool completely in the fridge. Roll out puff pastry dough into a rectangle, 8 x 11". Place cooled filling in the centre along the long axis. Make an egg wash with egg and milk and brush along the inside seam of the dough. This will help seal the dough as it bakes. Roll the strudel

over so the seam is underneath. Brush the top with egg wash, sprinkle with kosher salt and make 4 angled slits in the top with a knife. This will ventilate the strudel as it bakes. Bake in a 400F oven for 20 minutes, and allow to rest for 10 minutes before serving.

For the Spinach Sauce
Sauté shallot and lemon zest in butter. Increase the heat under the pan and add spinach and basil. Sauté until just wilted and add wine. Reduce by half. Add cream, lemon juice and nutmeg and bring just to the boil. Puree in a blender and adjust seasoning. Serve immediately.

Slice strudel into 6 to 8 pieces. Serve with warm spinach sauce and a tablespoon of thick Greek yogurt.

Serves 6 to 8

From: "Fresh & Local— Straight from Canadian Farms to your Table"

