

# THE REROOT REVIEW

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## NOTES FROM THE FIELD

Well, it was great meeting everyone at the pick-ups last week and we look forward to getting to know you all this summer. If you have a few minutes, stay and chat with Caitlin, Vince or myself-- we will be attending the CSA pick-ups on a rotating basis.

Here in the garden, we are still busy transplanting. We just finished putting in all of the peppers, eggplants, tomatoes and winter squash in the back end of the garden and they are happy to be out of their trays! The cherry tomatoes and ground cherries are growing well in the back of the flower garden behind the greenhouse. We've also planted some tomatoes in the now empty greenhouse

to extend the tomato harvest into the fall. Alongside your veggies, we've transplanted some special varieties of squash and tomatoes for Hawthorn Farms near Palmerston. These will be used for seed.

The eggplants and cucumbers, along with all of the pumpkins, melons and gourds, are protected from the yellow and black striped cucumber beetle under hoops and about 4000 feet of white row cover that you can spot out in the field.

If we're not transplanting or harvesting, we are on our hands and knees trying to keep the upper hand against the weeds. It seems that lambs quarters, wild mustard, and thistles like this

weather just as much as your vegetables! I'm learning how important it is to grow food organically, but also how much more difficult it is.

The peas are in full flower and are looking great -- they should be ready in your share soon. The strawberries are also starting to produce and it is great to stop in the patch for a few when we need a little break.

New in your share this week, you'll find colourful swiss chard, bunch onions, kohlrabi and most likely strawberries!

Enjoy your food this week!

Melisa

~happy eating!

## THIS WEEK'S HARVEST:

- *Spinach*
- *Salad Mix*
- *Head Lettuce*
- *Radish*
- *Bok Choy*
- *Bunch Onions*
- *Kohlrabi*
- *Swiss Chard*
- *Baby Turnips*
- *Strawberries?*

## VEGGIE BIOGRAPHY

Spinach is one of the very first crops we can harvest here, as it can withstand our early frosts. It is a member of the Amaranthaceae family (along with beets and quinoa) Spinach is believed to have originated in what is now Iran and was known in Persian as *aspanakh* which

translates - "green hand." It wasn't until the 14<sup>th</sup> century that spinach reached France and England. It is said that Catherine de'Medici, the Florentine queen of France, insisted that spinach be served at every meal. Apparently many of the people of Florence love their leafy

greens, and to this day spinach dishes are also called Florentine.

Spinach is rich with antioxidants and nutrients, especially iron and calcium. But don't fear, you won't sprout pipes like Popeye. Spinach is great raw in a salad, especially with a

dressing made of cider vinegar, maple syrup and olive oil, with nuts and fruit. It is also great in omelettes, quiches and pasta sauces, but if you do cook it, be sure to steam it instead of boiling away the nutrients. this week.

## ALOO PALAK

Fry one finely chopped onion in oil until it becomes transparent. Add 1 tsp of cumin powder, 1 tsp of coriander powder, and ½ tsp each of red chilli powder and turmeric powder.

Grind 2 cloves of garlic and about 1 inch of ginger together and add to the pan. Mix it well and add 2 potatoes (cubed) and 2 chopped tomatoes.

Cook it until the oil leaves the sides of the pan and then add 3 or 4 big handfuls of spinach. Cook it another 20 minutes and serve.



## SPINACH AND GINGER SOUP

Stir fry 2 tbsp oil, 1 chopped onion, 2 chopped garlic cloves and 1 inch piece of fresh ginger root, grated.

Add 3 cups of fresh spinach leaves and 1 small chopped lemongrass stem (optional).

When the spinach leaves have wilted, add 4 cups of chicken or vegetable stock and 1 chopped potato. (Replace 1 ½ cups of the stock with one

cup of coconut milk, for a sweeter, creamier alternative)

Bring everything to a boil and reduce heat, letting it simmer for 10 minutes.

Transfer everything to a blender or a food processor, blend it smooth and return it to the pan. Add 1 tbsp of dry sherry or rice wine if you

have some on hand, as well as some salt and pepper to taste.

Makes 4 servings

