

# THE REROOT REVIEW

VOLUME 4, ISSUE 3      JUNE 2010

## NOTES FROM THE FIELD

I've held the opinion that if a conversation dips to the depths of discussing the monotony of the weather, then that conversation is nearing it's last breath. I've now revised my opinion to exclude farmers (and possibly airline pilots) from this generalization.

The weather certainly takes up a lot of a farmer's conversation points but it's not just idle, water-cooler banter; it's livelihood. This summer thus far has been one of extremes. The days have swung from pitch perfect sunshine to thundering storms. Luckily though, these extremes come and go in cycles, allowing us to transplant, weed and cultivate in the sun, then work on other farm projects un-

der cover when the clouds roll in and the garden quenches it's thirst.

We've had an addition to our fellowship in the field; Ayaka, a volunteer from Japan has joined us to help work the land for the next two weeks. Everyone's had a good time working through the language barrier and comparing our respective cultures. Sounds from the field this week included Ayaka and Melisa contrasting Korean language with Japanese, as Melisa is fluent in Korean, while Caitlin and I listened attentively with our, unfortunately, single dialect ears.

With the 33% increase in our labour force, we were able to transplant the re-

maining seedlings; batches of broccoli, cauliflower, cabbage and every youngster's favourite, brussel sprouts.

The main task at hand now, in addition to our thrice weekly harvests, is to lay waste to the weeds cutting in on your veggies' action. Weeding is a love it or hate it activity and while I find it quite calming, I trust I'm in the minuscule "love it" group.

New arrivals this week include broccoli, peas and larger, juicier strawberries!

Be Healthy & Keep Well,  
Vince

## THIS WEEK'S HARVEST:

- *Spinach*
- *Salad Mix*
- *Head Lettuce*
- *Garlic Scapes*
- *Bunch Onions*
- *Kohlrabi*
- *Kale*
- *Broccoli*
- *Peas*
- *Strawberries*

## VEGGIE BIOGRAPHY

Kohlrabi can be one of those intimidating vegetables for those without much exposure to it. It is part of the cruciferous, Brassica family and is very popular in Central and Eastern Europe but ream relatively unknown in North America.

Kohlrabi can be very light green, white, or crimson. It is covered with a thin, sweet,

crunchy skin that has a taste that is described as a cross between broccoli and radish. Attached to it's base are large leaves that are also edible.

Kohlrabi is an excellent source of vitamin C and potassium. It contains vitamin B6, folic acid, magnesium and copper. Kohlrabi leaves are rich in vitamin A.

To eat raw, first remove the stem and then peel thoroughly, removing the fibrous coating under the skin. It can be shredded, cut in strips, diced, sliced, or cut in chunks. When raw, it is eaten with dip, vinaigrette or in a salad. Cooked, it can be added to soups and stews or pureed or simply steamed, peeled or unpeeled, drizzled with lemon juice and

melted butter.

Kohlrabi will keep in the fridge for up to one week; store without leaves in a perforated plastic bag. Stored separately, the leaves will stay fresh for a day or two. Freezing is not recommended as it will affect the colour and consistency of the vegetable.

## KOHLRABI & APPLE SLAW WITH CREAMY DRESSING

### DRESSING

1/4 cup cream  
 1 tablespoon fresh lemon juice  
 1/2 tablespoon good mustard  
 1/2 teaspoon sugar  
 Salt & pepper to taste - go easy here  
 Fresh mint, chopped

Whisk cream into light pillows - this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately. Makes 4 Servings.

1 pound fresh kohlrabi, trimmed, peeled, grated or cut into batons  
 2 apples, peeled, grated or cut into batons (try to keep equivalent volumes of kohlrabi:apple)



## BROCCOLI WITH GARLIC BUTTER & CASHEWS

### Ingredients:

1 pound fresh broccoli, cut into bite size pieces  
 3 tbsp butter  
 2 tbsp brown sugar  
 2 tbsp soy sauce  
 1-1/4 tsp white vinegar  
 1/8 tsp ground black pepper  
 1-1/3 cloves garlic, minced

3 tbsp chopped salted cashews

Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes, or until tender but still crisp. Drain, and arrange broccoli on a serving platter.

While the broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat. Mix in the cashews, and pour the sauce over the broccoli. Serve immediately. Makes 4 servings.

