

THE REROOT REVIEW

VOLUME 4, ISSUE 7 JULY 2010

NOTES FROM THE FIELD

Vampires beware, the garlic has arrived. Well, this is technically the second week you'll be receiving garlic in your shares, but it is fresh on our minds having spent a full day last week pulling close to 2000 big white bulbs out of the ground. Garlic can be a finicky crop to grow as it requires careful attention to harvesting time. A little too early and the bulbs are small, a little too late and you'll have rotten garlic on your hands. This year, with all the rain we've been getting lately, the timing was even more pertinent. We spent Friday pulling the bulbs from the ground and laying them on top of the straw mulch to cure for a few hours in the sun. Once they had begun to dry, we snipped the tops off them all and loaded them into the trailer to transport back to the barn where they will spend the next few weeks curing in the

dry, breezy hay loft. We tied them into bunches and suspended them from beams...check out the photos to see how beautiful they look! We owe some thanks to our moms as it was Mother's day in the garden with all 3 of our mothers lending a hand!

In other news, this week you'll be receiving new potatoes in your share, an early treat with lots to follow. Our potatoes have been growing fantastically and with very little pest pressure until this week. We have spotted the first larva of the Colorado potato beetle on some of our plants so will be taking the time to hand-pick these slimy little critters. The plants are so big and healthy at this stage, there's not too much concern that these beetles can do a lot of damage, but we will be hunting them none-the-less.

Carrots are everyone's favourite and made their first appearance in the share last week. We grow a deliciously sweet variety called 'Nelson' and have always had great success with it. This year we've seeded 3 plantings of carrots and have had some germination trouble. At this point we're not sure if it is the seed or the seed drill causing the problems, so we are looking into it. There are still lots of carrots growing, so you shouldn't miss them at all in your shares.

Finally, we hope you are enjoying the abundant cucumbers and zucchini. These summer treats produce like crazy at this time of year, so get creative and make the most of them!

Happy eating!

~caitlin

THIS WEEK'S HARVEST:

- *Head Lettuce*
- *Cabbage*
- *Garlic*
- *Carrots*
- *Beets*
- *New Potatoes*
- *Summer Squash*
- *Cucumbers*
- *Bunch Onions*

VEGGIE BIOGRAPHY

Introducing...summer squash!

One of the most prolific vegetables, summer squash is very versatile and can be used in almost any main-dish recipe for texture, flavour and colour.

Also referred to as zucchini, summer squash can be served raw with other vegetables as

part of a vegetable platter with dips, in salads, grilled, broiled, steamed, stir-fried, deep-fried, boiled, baked, or stuffed.

Dill, pepper, basil, marjoram, chives, and mint are particularly well-suited to summer squash, and it is delicious cooked with garlic, onions, and tomatoes.

Stored in a perforated plastic bag in the refrigerator, they should keep for over a week. Freezing softens the flesh of the squash, but it will still be usable in casseroles and other dishes where crispness is not important. Blanch cut up summer squash 2 minutes before freezing, and store in the freezer for up to 4 months.

For breads, freeze the raw squash whole or grated.

Summer squash is an excellent source of manganese and vitamin C and a very good source of magnesium, vitamin A, fiber, potassium, folate, copper, riboflavin, and phosphorus.

SUMMER SQUASH TACOS

3-4 medium zucchini
 2 tablespoon olive oil
 1 medium onion, chopped (~1 cup)
 2 garlic gloves, crushed
 1/2 teaspoon seasoned salt
 1/4 teaspoon jalapeno or cayenne pepper
 1 cup grated cheddar cheese
 8-12 flour tortillas
 Salsa

Cut off the ends, slice in half lengthwise and then slice into pieces about 1/2-inch thick.
 Heat the oil in a skillet over medium-low heat. Add the onion and cook until softened, about 5 minutes. Add

the zucchini, garlic, salt and pepper and cook for 7-10 minutes, stirring frequently, until the zucchini is al dente. Add additional seasoned salt and hot pepper to taste.
 While the zucchini cooks, heat a flat-bottomed skillet over medium heat. Place a tortilla in the skillet and sprinkle with some cheese. Cover and heat until the bottom of the tortilla starts to become slightly crispy and the cheese melts, 1-2 minutes. Place the tortilla on a plate. Spread a layer of the zucchini mix on half the tortilla, top with salsa, fold in half and enjoy.



STUFFED SUMMER SQUASH

6 small summer squash
 1 tablespoon unsalted butter
 1 tablespoon olive oil
 1 cup finely diced onion
 2 teaspoons minced garlic
 1 cup whole-milk ricotta cheese
 1/3 cup grated Parmesan cheese
 3 tablespoons dry bread crumbs
 1 large egg, beaten
 2 tablespoons minced marjoram or basil
 1/2 teaspoon salt
 1/8 teaspoon freshly-ground black pepper

Preheat oven to 375F. Butter a 9-by-13-inch baking dish. Slice squash in half lengthwise. Scrape out seeds and discard. Slice a little off the bottoms so squash rest flat, cut side up.

In a skillet, heat butter and oil over medium heat. Cook onion and garlic until soft. ATransfer to a bowl and cool slightly. Stir in ricotta, 1/4 cup of Parmesan, 2 tablespoons bread crumbs, egg, marjoram, salt, and pepper

until blended. Spoon into squash shells.

Sprinkle remaining Parmesan and bread crumbs over tops. Bake 25 minutes, until sides are tender; broil 3 minutes, until tops are golden. Serve hot.

Serves 12 as an appetizer, 6 as a side dish.

ZUCCHINI-POTATO LATKES

2 pounds zucchini squash, peeled and seeded (4 medium)
 1 pound potatoes, peeled (2 large)
 1 medium onion
 1 large egg
 2 large egg whites
 1 teaspoon plus 1 tablespoon canola oil, divided
 1/2 teaspoon salt
 1/2 teaspoon freshly ground pepper
 1/2-3/4 cup matzo meal

Shred zucchini, potatoes and onions by hand or in a food processor. Place the shredded vegetables in a clean dish towel and wring firmly to remove excess moisture. (You may need to do this in batches.)
 Place the shredded vegetables in a large bowl. Stir in whole egg, egg whites, 1 teaspoon oil, salt and pepper until well combined. Add 1/2 cup matzo meal and blend well. Add additional meal

if needed to help the mixture hold together.
 Lightly brush a large nonstick skillet with some of the remaining oil and heat over medium heat until a drop of water sizzles when dropped on the surface of the pan. Drop batter by 1/4 cupfuls into the pan and flatten to form pancakes. Cook until the latkes are golden brown and the centers are cooked through, 3 to 4 minutes per side.

