

Greetings from Roots Down!

This week's share of the harvest includes:

- Spinach
- Radishes
- Arugula
- Kale (Red Russian Variety)
- Garlic Scapes
- Salad Mix
- Basil (a few top leaves)

Open Farm Day at Roots Down

Saturday July 25th
1-4 pm

Please come and visit for a chance to meet, reconnect, see what's growing, pull some weeds, and pick some veggies to nibble on as you stroll!

Just when you were starting to get used to the garlic scapes, away they go. This will be the last week for the scapes. Fresh garlic will not be long now. This is the first cutting of this spinach crop. The leaves are young and tender, nice for a fresh salad (just in case you need more salad greens)! You may be surprised to find more kale this week. We know some of you who can't get enough kale, but we also know that there are many of you who have it sitting in your fridge waiting for inspiration, which usually does not arrive. In this newsletter I hope to help you find that inspiration. When we ate this kale this week, we found its flavour to be wonderful, and so it inspired me to try to provide the means for some of you who dislike kale to have a change of heart. There is a recipe on the rootsdown.ca website for a green goddess bowl in which kale would work well as a stir-fried green. However, I am including simple cooking instructions here for the purpose of simple preparation of cooked kale as side dish.

From a book called Nourishing Traditions by Sally Fallon, instructions for preparing kale are as follows:

Remove stems, wash well, tear in to pieces and place in a large covered pot. Place over a medium flame. When kale begins to simmer, reduce heat. Simmer about 8 minutes until leaves are wilted. Transfer to a strainer or colander and squeeze out liquid. Chop coarsely, place in heated serving dish and toss with a generous pat of butter.

This kale is a bit younger and more tender than the kale found later in fall or winter as many recipes incorporating kale often refer to. Therefore, I don't feel that it is necessary to remove the stems/spines from this kale. Larger leaves can be torn up however, but it will cook down quite a bit. Another older book I have called When the Cook Gardens from Ortho books suggests a few ways of preparing kale:

Boiled it can be flavoured with butter and seasonings – for added flavour, sprinkle with diced salt pork or bacon which has been cooked until brown and crisp. Add a bit of lemon juice and a dash of nutmeg; or it can be topped with creamy cheese sauce. It can be stir fried together with any firm textured fish and seasoned with slices of fresh ginger root. It can also be steamed until tender, then add olive oil, a clove of mashed garlic and some coarsely grated bread crumbs. Then, sprinkle generously with grated Parmesan or Romano cheese, cook for another minute or two and serve immediately.

Last but not least, I will include a recipe from Janette Haase's book: [From Seed to Table](#). I highly recommend this book for some local wisdom on gardening and seasonal eating. She recommends after steaming the kale, to serve while passing it around with the butter and balsamic vinegar so the connoisseur can add to their own taste. Also a recipe for:

Sunflower Seed Spread with Kale and Parsley:

1 cup sunflower seeds, soaked in water for about 4 hrs

1 clove garlic

4 tbsp oil

Juice of 1 lemon – about 3 tbsp

1 tbsp tamari sauce

1 cup parsley, washed and stemmed

1 cup kale, washed and stemmed

Salt and pepper

Drain the sunflower seeds. Coarsely chop the kale. Place all the ingredients in a food processor. (It is easier if you put the kale at the bottom.) Puree until blended. Makes a great dip for vegetables or a spread for bread and crackers. Serves 4-6

Below is another article about summer in season veggies from Nutritionist Tracy Hodge (tlhodge@ripnet.com) Thank-you for the great information once again Tracy! Another article from Tracy can be found in an earlier newsletter on the rootsdown.ca website. If the Kale tips haven't helped, take a look at its health benefits. It is a big hit with avid juicers!

All in all, the crops are doing very well, despite that it is already in to July and it hardly even feels like June! We hope to see many of you out here on the farm on our open farm day for CSA members. This season we have had great help with the CSA pick-ups but we have not seen many of you in a while as a result. It would be great to connect with and show you what's growing around the farm, and you may even be put to work!



Common beans are low in fat and offer an excellent source of protein, fiber, and complex carbohydrates. They are also a very good source of folic acid and molybdenum. They provide significant amounts of iron, phosphorus, magnesium, manganese, and potassium. The major health benefit of common beans is their ability to lower cholesterol due to their rich source of fiber. Studies have shown that the high fiber contained in beans prevents blood sugar levels from rising too rapidly after a meal making them an especially good choice for individuals with diabetes, insulin resistance, or hypoglycemia.

Beet greens contain a larger amount of nutrients than beet roots. The greens are richer in iron, calcium, and Vitamins A and C. Beet roots are an excellent source of folic acid and a very good source of manganese, potassium, and fiber. Both the greens and roots are a good source of phosphorus, magnesium, iron, and vitamin B6. Beets have been used especially for liver disorders because they have stimulating effects on the liver's detoxification processes. Studies have shown that beets contain anticancer properties.



Broccoli is low in calories and is one of the most nutrient-dense foods. It's an excellent source of vitamins A, C, and K, folic acid, and fiber. It's also a good source of potassium, phosphorus, magnesium, and the vitamins B6 and E. Broccoli, like other members of the cabbage family, has demonstrated its remarkable anticancer effects, especially in breast cancer.

Cabbage is a low calorie, nutrient-dense food that offers an excellent source of many nutrients including vitamin C, folic acid, potassium, vitamin B6, calcium, biotin, magnesium, and manganese. The glucosinolates in cabbage function by increasing the antioxidant defense mechanisms, and also by improving the body's ability to detoxify and eliminate harmful chemicals and hormones. Studies have also shown that cabbage is extremely effective in the treatment of peptic ulcers.



Carrots provide the highest amount of pro-vitamin A carotenes. Carrots also offer an excellent source of fiber, vitamin K, and biotin. They are a good source of vitamins B6 and C, potassium, and thiamine. Carrots contain a large amount of antioxidant compounds which help to protect against cardiovascular disease and cancer. Carrots are also effective in promoting good vision, especially night vision.

The flesh of cucumbers is a very good source of vitamins A, C, and folic acid. The hard skin is rich in fiber and a variety of minerals including magnesium, silica, molybdenum, and potassium. Cucumber is an excellent source of silica, which is a trace mineral that contributes to the strength of our connective tissue. Connective tissue is what holds our body together. Cucumbers are effective when used for various skin problems, including swelling under the eyes and sunburn.



Kohlrabi is an excellent source of calcium, magnesium, phosphorus, potassium, vitamin A, vitamin C, and folic acid. Kohlrabi's health benefits include optimizing your cells' detoxification and cleansing ability, cancer prevention, promote gastrointestinal health, promote women's health, and cardiovascular benefits. Some preparation ideas for kohlrabi include peeling kohlrabi, cut it into 1/4" slices and sauté in butter or olive oil, or boil and mash like potatoes; prepare as crudité for dipping; grated and used in salads or gratins; cube and add to soups or stews; or puréed, sautéed or steamed.

Kale provides an excellent source of vitamins B6 and C, carotenes, and manganese. Kale is also a very good source of vitamins B1, B2, and E, fiber, iron, copper, and calcium. Kale has almost three times as much calcium as phosphorus. This is a beneficial ratio because high phosphorus consumption has been linked to osteoporosis since it reduces the utilization and promotes the excretion of calcium.



Garlic provides an excellent source of vitamin B6. It also offers a very good source of vitamin C, manganese, selenium, calcium, copper, germanium, phosphorus, iron, and potassium. It is composed of sulfur-containing compounds, glucosinolates, and enzymes. Studies have shown that garlic provides protection against atherosclerosis, heart disease, reduces LDL (bad) cholesterol while raising HDL (good) cholesterol, and is effective in lowering blood pressure. Allicin has been proven to be effective against common infections such as colds, flu, stomach viruses, and Candida yeast.

Peas are a good source of B vitamins, magnesium, phosphorus, manganese, iron, potassium, vitamin C, vitamin K, and carotenes. Vitamin K is important for maintaining bone health. As a very good source of folic acid and a good source of vitamin B6, peas help to reduce the buildup of a metabolic byproduct called *homocysteine*, a dangerous molecule which can obstruct collagen cross-linking, resulting in poor bone matrix and osteoporosis. In addition to affecting bone health, *homocysteine* contributes to atherosclerosis through its ability to damage the blood vessels.



Raspberries provide an excellent source of vitamin C, fiber, manganese, and flavonoids. They also offer a very good source of vitamin B2 and a good source of other B vitamins, such as niacin, folic acid, pantothenic acid, and vitamin B6. Flavonoids act as powerful antioxidants. Raspberries also provide an excellent source of the cancer-fighting compound ellagic acid.

Strawberries provide an excellent source of vitamins C and K, fiber, and flavonoids. They also offer a very good source of vitamin B1, iodine, manganese, and pantothenic acid. Strawberries are also a good source of vitamin B6, folic acid, and biotin. The flavonoids contained in strawberries are responsible for most of their health benefits. Like other berries, strawberries have powerful flavonoids. Studies have shown that due to Strawberries' unique flavonoid content they are effective in protecting against inflammation, heart disease, and cancer.



Swiss chard is an excellent source of vitamins C, E, and K, carotenes, and chlorophyll. It is also an excellent source of several minerals including potassium, magnesium, iron, and manganese. Swiss chard is also a good source of many other nutrients including vitamin B6, protein, calcium, thiamine, selenium, zinc, niacin, and folic acid. Swiss chard is one of the most powerful anti-cancer foods due to its combination of traditional nutrients; phytochemicals, chlorophyll, and soluble fiber. The generous amount of vitamin K that is contained in Swiss chard is especially beneficial in the maintenance of bone health.

<http://www.everynutrient.com>

<http://www.irorganicsfarm.com/profile.php?title=kohlrabi&more=1&c=1&tb=1&pb=1>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=55>

