



For the week of April 12, 2016

Cucumbers	Pea Shoots
Green Garlic	Rhubarb
Kale	Sprouting Brassicas
Parsnips	Frozen Strawberries

We've got a host of new spring crops for you this week! SunTrio's amazing cucumbers are ready, and we've got green garlic and rhubarb to tempt your palate. Spring is here!

### Rhubarb and Strawberry Crisp

1/2 cup all purpose flour  
1/3 cup plus 1/2 cup sugar  
Large pinch of salt  
6 tablespoons butter, cut in 1/2" bits  
1/2 cup old-fashioned oats  
1/4 cup hazelnuts, toasted and coarsely chopped  
1 bag frozen strawberries  
1 bunch rhubarb, ends trimmed, stalks cut crosswise into 1/2" pieces

Combine flour, 1/3 cup sugar, and salt in medium bowl; whisk to blend. Add butter. Rub in with fingertips until mixture sticks together in clumps. Mix in oats and nuts. Preheat oven to 375°F. Butter glass baking dish. Place 1/2 cup sugar and strawberries and rhubarb in large bowl. Toss to coat well. Scrape fruit filling into prepared baking dish. Sprinkle oat topping evenly over filling. Bake crumble until filling bubbles thickly and topping is crisp, about 45 minutes. Let cool 15 minutes. Spoon warm crumble into bowls. Serve with ice cream.

### Sautéed Kale with Green Garlic

1 bunch of kale  
2 stems green garlic, white part minced  
1 medium onion (or half a large onion), chopped  
1 tablespoon of olive oil  
Vegetable broth  
Salt and pepper

Wash greens well and tear or chop into bite-size pieces. Heat olive oil in a large skillet on medium-high heat and add onion. Sauté onion for approximately 2 minutes and add in green garlic. Sauté another couple of minutes, and add in chopped greens.

Greens will quickly start to shrink as they're being sautéed. Add in a couple of tablespoons of veggie broth for moisture and added flavor.

Sauté until greens are tender and season with salt and pepper to taste.

### News From the Farm

The Council of Canadians held a talk on Sunday with Dr. Shiv Chopra highlighting his analysis on the effect the TPP will have on food sovereignty. As to be expected, the outlook is quite bleak. The agreement gives more rights and freedoms to corporations and makes life more confusing for consumers because many labels we depend on for food safety concerns will be outlawed because they are "illegal trade barriers". Get informed and have your voice heard: [www.canadians.org/tpp](http://www.canadians.org/tpp)

Contact us: [boxcoordinator@saanichorganics.com](mailto:boxcoordinator@saanichorganics.com) or 250-818-5807

Website and webstore: [www.saanichorganics.com](http://www.saanichorganics.com)

Mailing Address: 1438 Mt Newton Cross Road, Saanichton V8M 1S1