



For the week of April 26, 2016

Dried Beans  
Chard  
Cucumber  
Green Garlic

Japanese Turnips  
Pea or Sunflower Sprouts  
Rhubarb  
Salad Greens

Its a good thing that spring time is so beautiful, because it can be a terribly frustrating time. Just as tender shoots sprout, slugs are quick at the ready to munch what they can. To-do lists get longer as the wear and tear of winter becomes glaringly apparent. Just so you know you're not the only one who struggles with gardening!

These dried beans are hand harvested and are a real treat because they are much fresher than most grocery store beans. Soak them overnight. Put them in a pot with water or stock just to cover and simmer them for 45 minutes or until tender. You can have them in a soup, as a side dish, or mixed into the next recipe.

### Cucumber Sprout Salad

1 cup fresh sprouts  
1/2 cup diced cucumber  
1/2 cup chopped celery  
1/2 cup grated Japanese turnips  
2 tablespoons lemon juice  
2 tablespoons olive oil  
1 tablespoon chopped fresh cilantro  
1 tablespoon sunflower seeds  
Salt and Pepper to taste

### Stewed Rhubarb

This is our favourite way to eat rhubarb. Its a great topping on oatmeal and/or yogurt.

1 bunch rhubarb, roughly chopped  
1/4 cup water  
1/4 cup sugar or to taste.

You can also use honey or maple syrup but somehow the lovely red of the rhubarb doesn't hold with other sweeteners.

Put the rhubarb in a pot with the water and sugar. Simmer until the rhubarb is soft, about 5 minutes. Remove from heat.

### News From the Farm

Sea Bluff Farm just put up a new greenhouse. Its always a daunting project because of cost and the time to get the kit assembled. Saanich Organics' first greenhouse took us almost all summer to build! Luckily, we have a wonderful volunteer, Ernie Slatter, who spent two weeks and got it up - just on time to be planted in tomatoes. It is the straightest structure with the tightest plastic skin I've ever seen. Volunteers like Ernie are such a blessing!

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