



April 28, 2015

Braising Mix or Chard	Parsnips or carrots or onions
Cucumber	Sunflower sprouts
Green Garlic	Salad Mix
Parsley	Frozen Blueberries

Last month I warned everyone that the hunger month was coming. This is the gap between when last year's crops are finished, stored crops are used up and the new crops haven't started. We did an amazing job this year (thanks mostly to the mild winter and spring) of bridging that gap for you. Rachel saved us last week with her radishes from her coldframe, and Sun Trio has been pitching in with cukes and sprouts from their heated greenhouses.

However, this week you're going to get a taste of what the hunger months might look like with either seconds parsnips, carrots or onions. Heather says "These are the bottom of the barrel: some seconds, some unpredictability but all tasty and nutritious." Its important to imagine what our food system might look like without imports.

Hollyhock Yeast Salad Dressing

This is nice on raw and cooked greens.

½ cup nutritional flake yeast
1/3 cup water
1/3 cup tamari
1/3 cup apple cider vinegar
2 tbsp crushed garlic
1 1/2 cups sunflower oil

Combine first 5 ingredients in a blender until thoroughly mixed. While still mixing on high, pour the oil in a slow, steady stream. Add all the oil or stop when desired consistency is reached. This dressing will keep for up to 2 weeks.

Green garlic is the immature garlic bulbs. They have started to develop their garlic taste but they are mild and juicy. Use anywhere that you'd use garlic.

Sautéed Greens with Garlic and Lemon

1 bag braising greens
1 stem green garlic, minced
1 tablespoon unsalted butter
1 tablespoon olive oil
1 teaspoon fresh lemon juice, or to taste

Remove and discard any tough stems. Cut leaves into 1-inch pieces. In a large pot of boiling water cook greens for 8 minutes or more if desired, and drain in a colander, pressing out excess liquid with back of a wooden spoon.

In a 12-inch heavy skillet heat butter and oil over moderately high heat until foam subsides and stir in garlic, collards, and salt and pepper to taste. Sauté greens mixture, stirring, until heated through, about 5 minutes.

Drizzle with lemon juice and toss well.

News From the Farm

The Compost Education Centre is having their annual plant sale on May 9th from 10-2. Saanich Organics will be represented by Three Oaks Farm selling our favourite tomatoes, peppers and other veggie starts. 1216 North Park Street.

We will be at the James Bay and Moss Street Markets this weekend from now until the end of the season. We're excited to be dusting off the displays and adding some new touches. Summer is coming!!

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