



April 29, 2013

Braising Greens	Sprouting Brassicas
Long English Cuke	Salad Greens
Leeks	Radishes
Pea Shoots	Frozen Blueberries

A bee keeper has set up shop at Sea Bluff. He had to bring in bees from New Zealand because this is one of the few places on earth that bees don't carry varroa mites. They arrived in poster tubes, and he poured them like water into the bee boxes he had set up. We're happy to have the bees for pollination and he will harvest the honey over the season.

Braised Leeks with Lemon

4 small or medium leeks,
2 tablespoons unsalted butter
1/4 cup chicken or veggie broth
1 teaspoon freshly grated lemon zest

Discard tough outer leaves of leeks, trim to about 7 inches long and cut lengthwise into quarters or eighths. In a shallow dish, soak leeks in cold water to cover 15 minutes, rubbing occasionally to remove any grit. In a heavy skillet melt butter over moderate heat.

Lift leeks out of the water and with water still clinging to them add to skillet. Cook leeks, stirring occasionally, five minutes and add broth and zest. Braise leeks, covered, 5 minutes, or until very tender, and season with salt and pepper.

Cucumber Salad Dressing

Im always amazed at how much flavour cukes have, especially the Sun Trio ones. Slice a few into a pitcher of water and refrigerate for a hour or make a dressing:

1/2 English cucumber
1/2 cup plain yogurt
1/4 cup milk
2 tbsp mayonnaise
2 tsp cider vinegar

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1 green onion, minced
1 garlic clove, minced
1 tbsp chopped fresh dill
1/4 tsp pepper

Peel, seed and shred cucumber; gently squeeze out liquid. Set aside.

In small bowl, whisk together yogurt, milk, mayonnaise and vinegar. Stir in cucumber, green onion, garlic, dill and pepper.

Roasted Radishes

Cut the radishes in half and rub them with a mixture of olive oil and balsamic vinegar. Sprinkle with salt and pepper. Roast at 400 for 25 minutes or until soft. Roast with potatoes, peppers, yams, etc. for a full meal, or alone for a side dish.

News from the Farm

Robin just came home from a gathering in Ottawa of USC Seeds of Survival and is re-inspired yet again about the importance of small scale farming and seed breeding. She got to hear from farmers around the world about how they are dealing with climate change, food price spikes and pressure from multinationals. The Canadian Government through CIDA sponsored the Seeds of Survival program for the last 20 years from its beginnings in the Ethiopian famine. Farmers in a time of despair chose to bury their seed deep in the ground and go hungry rather than eating them in order to have something to come back to in a time of peace. USC has helped establish seed banks in important centres of origin for our major food crops, and provide training for farmers. The model is spreading, and the work is heartening.

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