



April 1, 2014

Braising Greens	Onions
Chard	Pea Shoots
Cukes	Purple Top Turnips
Cilantro	Sprouting brassicas
	Frozen Berries

We've got chard this week from our friends at Umi Nami Farm in Metchosin. Umi Nami has over 15 large cold frames that cover their windy property and allow them amazing season extension. They have near-celebrity status at the Moss Street Market as people wait in line, anticipating their extra early strawberries. We also have cukes from SunTrio, our other friends with plentiful greenhouses. We've got you covered with our certified organic networks!!

Sprouting brassicas abound this time of year, they are the flowering tops of kale, collards and mustards. Cook them just like greens, steamed until bright green and then plunged in ice water to preserve nutrition and colour. They barely need any dressing because they are so delicious, but a light toss in olive oil and lemon will brighten their flavour.

Classic Turnip Gratin

2 medium sized young turnips (about 1/2 pound total), peeled, and sliced 1/8-1/4 inch thin

Olive oil

3-4 slices old bread (enough to make two single layers in the pan), crusts removed

A few slices of onion, very thinly sliced, enough to cover the pan in one layer

4 ounces Gruyere cheese

Salt and pepper

8x5 baking pan or casserole dish

1. Preheat oven to 325°F. Blanch the raw turnip slices in salted boiling water for 3 minutes. Remove from water and drain.

2 Coat the inside of the casserole dish with olive oil. Place a layer of bread on the bottom of the casserole dish. Layer on half of the turnip slices in a single layer, season with salt and pepper. Layer on all of the onions. Sprinkle with half of the cheese. Add another

layer of bread, turnips, and cheese. Sprinkle again with salt and pepper.

3 Place casserole on top rack of oven. Cook for 25 minutes. For the last few minutes, if you want, and you are using a pan (metal or ceramic) that can safely handle broiling temperatures, broil for a couple minutes to brown the top.

Remove from oven and let cool for 10 minutes before serving.

News From the Farm

Once again, farmers are facing threats from governments' short-sighted approach to agriculture: It appears that BC will lose the sanctity of our Agricultural Land Reserve. Last week, the BC government revealed that it has relaxed the regulation on farmland in the north, intending to open it up for non-farming uses. This legislation hasn't taken into account overwhelming public opposition, and the government needs to hear from you. BC Food Systems Network is leading the charge on this.

The National Farmers Union held a meeting last weekend in Duncan to raise awareness about Bill C-18, what they are calling "The Corporate Agri-business Promotion Act." The bill is in the legislature right now, and if passed, will further limit farmers' right to save seed, and will create millions of dollars worth of new revenue streams for corporations to cash in on "point of sale" products from their protected varieties. For example, they could charge a farmer royalties when she buys their apple trees, and again when she sells the juice from those apples. We need Canadians to stand up against this bill that puts corporate interests above farmers.

All of these campaigns take so much time and effort. We really just want to grow food but its hard to focus when these threats erode agriculture around us.

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