



April 14, 2015

Beets	Pea Shoots	Squash
Chard	Radishes	Frozen Berries
Garlic	Rhubarb	
Pac Choi	Sprouting Brassicas	

We've got a good assortment of offerings for you this week, and some first of the season crops like radishes, and pac choi. With the warm and dry weather last week, we were able to get on the land and do some much needed planting!

Beet Salad with Pea Shoots

1 bunch beets, quartered
1 tbsp. olive oil
1 tbsp. green onions, minced
1 cup snap peas, stems and strings removed
2 tbsp. balsamic vinegar
2 tbsp. olive oil
salt and pepper to taste

Preheat the oven to 400 degrees.

Mix the beets with the olive oil. Place them in a small baking dish and cover. Bake for 40 minutes or until the beets are cooked. Allow the beets to cool, then peel the skin off the beets with a knife and slice thinly.

In a small bowl, combine the beets, onions, pea shoots, vinegar, oil and chives. Season with salt and pepper to taste. Top with some goat cheese and walnuts.

Miso Soup with Pac Choi

This is a simple soup that is really hydrating for lunches on active days.

4 tablespoons miso
6 cups very warm water
½ head pac choi, chopped finely
1 radish quartered and finely sliced

Mash the miso into warm water and place over medium low heat. When almost boiled (don't let it

boil or you'll kill the beneficial bacteria in the miso) add the greens and radishes to "steam". When greens are tender, serve.

Simple Seasoned Swiss Chard

1 tablespoon butter
1 tablespoon olive oil
2 garlic cloves, finely chopped
Pinch of dried crushed red pepper
1 bunch chard, stems trimmed, leaves cut crosswise into 1/2-inch-wide strips

Melt butter with oil in heavy large pot over medium low heat. Add garlic and crushed red pepper. Sauté until fragrant, about 1 minute. Add chard; stir to coat. Cover; cook until tender, stirring occasionally, about 8 minutes. Season to taste with salt. Transfer to bowl and serve.

News from the Farm

Lisa Willot, our staff seed breeder at Saanich Organics is teaching Seed Saving 101, a free workshop for the public at the Mellie McClung library this Thursday April 16 from 7:15-8:45. Lisa is very knowledgeable and is a great teacher, so it should be a great event.

It's organic inspection time! We've been busy preparing in the last few weeks making sure that all of our receipts are filed properly and that our maps are complete.

The inspections usually last for an hour. They consist of a walk around the property, an inspection of all aspects of the operation, and they end with a thorough review of all the records. The inspectors are also great resource people who can help us problem solve and provide examples of effective solutions they've seen on other farms.

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