



April 16, 2013

Baby Beets	Sprouting Brassicas
Long English Cuke	Sunflower Sprouts
Green Onions	Salad Greens
Kale	Frozen Blueberries

The greenhouses are burgeoning with seedlings. The vibrant greens and newly emerging plants are a hopeful scene. We're crossing our fingers that the soil dries up enough this week to get planting!

Hard to believe, but Sun Trio has their cukes already. It's a bit of cheating –heated greenhouses, but what the heck, they are so tasty! Put a few slices in a glass of water and refrigerate for an hour or so. You'll be surprised how it flavours the water!

Sprouting kale tops are in your box this week. These shoots are even sweeter than broccoli, and so easy to prepare. Rinse, and steam for 5 minutes, or until bright green. Season with lemon juice, or tamari or a hit of butter. Delicious!!

### **Roasted Baby Beets with Greens**

1 bunch of baby beets with their greens  
2 tablespoons butter  
Dash of cider vinegar

Cut off tops to within a half-inch of their roots. Wash greens and put aside. Clean beets under running water but do not peel.

Boil beets 15 minutes or until fork can pierce the beets. Slip off skins under running water.

Put greens in a pot with the butter. Add beets with a dash of vinegar. Stir up together and serve when greens are wilted.

### **Hollyhock Yeast Salad Dressing**

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.

Recipe from *Hollyhock Cooks* by Linda Solomon and Moreka Jolar.

### **News From the Farm**

All the apprentices are getting into the groove in their new role on the farm. We each have one or two young folks who sign up to shadow us for a season to learn the ins and outs of running a farm. We dedicate ourselves to teaching and providing them with a meaningful experience in exchange for their help with the farm work.

This week, the first apprentice day of the season is being held at Northbrook Farm. All the apprentices from the organic farms in the region gather together once a month. They have a half day workshop with a farmer in their area of expertise, a potluck lunch, and an afternoon workparty. The apprentices get to network and to see other farms in action, the farmers get a to share their skills and have a work party to tackle a big job on the farm. Its always a fun time for everyone.

818-5807

[info@saanichorganics.com](mailto:info@saanichorganics.com)

1438 Mt Newton Cross Road, Saanichton V8M 1S1