



April 29, 2014

Frozen Berries	Radishes
Chives	Rhubarb
Cucumber	Frozen Strawberries
Garlic	Pea Shoots
Parsnips	

The rhubarb is ready! Its pretty exciting for us to have a flush rhubarb patch. It was started from seed three years ago, and last year we were worried that we were stuck with off-types but they have come up strong this year which is great news for all! Look forward to more rhubarb coming your way.

Creamy Rhubarb and Strawberry Fool

3/4 lb rhubarb, cut into chunks
1 cup light brown sugar
Juice from frozen strawberries
1 cup of thawed frozen strawberries
a squeeze of lemon
whipped cream for topping

Cook first 4 ingredients over medium heat, stirring occasionally until the rhubarb has broken down. Remove from heat and stir in whole berries. Chill and then serve topped with whip cream.

Chive Pancakes

1 1/2 cups / 200 g (brown) rice flour - 200g
1/2 teaspoon fine grain sea salt
2 tablespoons toasted sesame seeds
1/2 cup / 120 ml full-fat coconut milk
1 cup water, plus more to thin, if needed
6 large eggs
1/3 cup / 15 g minced chives
1 teaspoon extra-virgin coconut oil

In a large mixing bowl combine the flour, salt, and sesame seeds.

In separate bowl, whisk together the coconut milk, water, eggs, and chives. Pour this mixture over the flour mixture and stir until combined and lump-free. Let sit for 5 minutes, stir again, and now thin with more water, a small splash at a time, until the batter is thin enough to quickly spread across a pan - the consistency of a yogurt thinned with water or heavy

cream. Getting the consistency of the batter right, is the key to success here.

To cook the pancakes, heat a large skillet or griddle over medium heat. Melt the coconut oil, and pour a scant 1/4 cup/ 60 ml of batter to provide a thin coating. As you pour, rotate the pan so the batter runs to cover the entire bottom. Cook until deeply golden, and the edges of the pancake are beginning to curl and lift. Flip, and brown the second side. Cover with a clean tea towel while you make your way through the rest of the batter, or even better, serve immediately. Leftover batter keeps well in the refrigerator for a few days. Stir, and thin with a bit of water (if needed), before using.

Makes 8 -12 crepes.

Roasted Parsnip Chips

1 pound parsnips, peeled and cut into 1/2 inch rounds
2 tablespoons olive oil
2 sprigs of chopped fresh rosemary
Salt and pepper

Preheat oven to 450 degrees. Toss parsnips with oil and rosemary, then season with salt and pepper. Place parsnips in a single layer on a baking sheet and roast until tender and golden, stirring once after about 10 minutes.

Both recipes from 101cookbooks.com

News From the Farm

The Compost Education Centre is hosting their annual plant sale on May 10 from 10-2pm at their main site 1216 North Park St. We will be there with our seeds and seedlings, along with several other organic farmers.

We will be at the Moss Street Market this Saturday and for every Saturday for the rest of the year. Moss Street has committed to going all year round which is really exciting for us!

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