



February 4, 2014

Carrots	Pac Choi
Cilantro	Rutabaga
Delicata Squash	Salad Greens
Garlic	Frozen Strawberries

News From the Farm

We're back with gusto for the new year! We hope that you are craving your Saani-o fix, and we're happy to report that the winter has been mostly gentle with your produce in our fields, so we've got some good boxes in store for you this spring.

The carrots in your box are frost damaged but extra sweet, and the pac choi is exceptionally delicious this time of year. Cheers to a new season.

Simple Sautéed Pac Choi

Heat 1 tbsp roasted sesame oil at medium heat. Add 2 cloves minced garlic and 1 tsp. fresh minced ginger. Add to pan 1 lb pac choi. Cover with lid and cook 1-2 minutes, stirring occasionally. Enjoy

Mashed Rutabaga with Potato

If you've never been a rutabaga fan this will win you over. The potato thickens the texture nicely.

2 medium rutabagas, peeled and halved
1 medium potato, peeled and halved
butter, salt and pepper to taste

Steam potato and turnip together in a steamer until tender. Mash and stir in butter, salt and pepper.

Cilantro Pesto

2 cups, packed, of cilantro, large stems removed
1/2 cup blanched almonds
1/4 cup chopped red onion
1/2 teaspoon chopped and seeded serrano chile
1 teaspoon Kosher salt
1/4 cup olive oil

In a food processor, pulse the cilantro, almonds, onion, chile, and salt until well blended. With the food processor running, slowly add oil in a steady stream.

There's so much news! For one, we're excited to welcome yet another new farmer to our roster, new to you that is. Hannah started out with us in 2009 as an apprentice at Northbrook. In 2010, she took over Robin's farm while she was away in the spring. Then we lost her to grad school but she's back now, farming at Feisty Field taking over from Paula who is out for part of the season with her new baby boy. Congrats to Paula, and welcome back Hannah.

Robin and Sasha went to the Philippines for their pre-honeymoon, and visited organic farms –learned tons, mostly about large-scale worm composting and using effective microorganisms. While this may not be exciting to you, we're stoked about seeing yet again how the South leads the North.

Then, we just had a Saanich Organics contingent go down to Oregon State University for the Organic Seed Alliance conference. Fear no more about consolidation in the seed industry, the resistance movement is alive and well! 430 plant breeders and farmers gathered together to learn about growing seed for organic systems, borrowing ideas from open source software licensing to fight Monsanto and bring genetic material back into the public realm, and to network about how to make small seed companies more effective. The BC Seeds Cooperative that we have been trying to build for so many years was born, you'll be hearing more about that. Wow! We're on a high and excited about coming year.

I hope that we'll see some of you out to a rally at the BC legislature on February 10th at noon in support of the ALR. There's more reason than ever to keep land in production. Find out more at www.farmlandprotection.ca

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