



For the week of June 6th, 2016

Dandelion Greens	Lettuce
Garlic Scapes	Peppers
Japanese Turnips	Pac Choi
Kale	Salad Greens

There was almost a riot in the market line up this weekend when folks spied the 5 pints of blueberries. In the rush to bag them, one got spilled! We're left with no choice but to enjoy this early season. The peas and potatoes are flowering which means they will fruit very soon, the tomatoes are sizing up in the greenhouses and the squash plants are growing exponentially. Summer bounty is fast on its way!

We've been eating garlic scapes like they were green beans. Chop them into 2" pieces, removing the flowering tip. Rinse and dry them. Sauté them over higher heat in sunflower oil, or in braising juices, for about 5 minutes until nice and tender. They are amazing in a Niçoise Salad.

We brought pac choi camping and we loved it. Who said you were going to get gourmet recipes in this newsletter? After we ate a bag of greasy kettle chips, I tore the bag open and rubbed halved pac choi in the greasy salty residue. We put this directly on the grill next to our sausages. A new camping tradition was born!

I was searching for dandelion recipes and the adjective "sassy" is being (over?) used to describe its flavour. I'm not sure about that, but I can say that when I eat it, I know that it's good for me. And combining it with sweeter vinegars has a magic and delicious transformative effect. If you can't handle it raw, it combines so well when braised in meat juices. And, it's a great pizza topping!

### Dandelion Salad with Apple Cider Vinegar

2 cups dandelion leaves  
1 cup salad greens  
2 thin sliced red onion, separated into rings  
1/4 cup slivered almonds  
1/4 cup fresh cilantro, chopped (optional)  
Serve fresh with the following dressing:

### Zesty Spring Dressing:

2 tablespoons olive oil  
2 tablespoons flaxseed oil  
2 tablespoons apple cider vinegar, or freshly squeezed lemon juice  
1 teaspoon anise seed (optional)  
2 teaspoons fresh peppermint, chopped  
2 teaspoons tamari  
2 1/2 teaspoons stone ground mustard or miso  
Combine all ingredients and whisk thoroughly to blend.

### News From the Farm

GMO alfalfa has been planted in Eastern Canada this spring after a huge multi-year campaign that gave Canada pause for three years to come up with a platform to protect farmers against contamination. We depend on certified organic alfalfa as a fertilizer for our greens. Alfalfa has a high likelihood of outcrossing and we'll be badly affected by this lack of foresight. Find out more at [www.cban.ca](http://www.cban.ca)

Contact us: [boxcoordinator@saanichorganics.com](mailto:boxcoordinator@saanichorganics.com) or 250-818-5807

Website and webstore: [www.saanichorganics.com](http://www.saanichorganics.com)

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