



For the week of June 1st, 2016

Dandelion Greens
Garlic Scapes
Japanese Turnips
Lettuce

Peppers
Pac Choi
Spinach
Strawberries

We've got fresh strawberries in your box this week! All the strawberries sold from Saanich Organics this year will be in transition to Certified Organic because we've replaced most of our plants. Certified Organic disease-free plant stock is not available, so we have to resort to regular nursery stock which we introduce to our organic farms. It takes about 3 months for them to start producing, and they are labelled as transitional during their first year.

Dandelion Greens with Garlic

1/4 cup extra virgin olive oil
1 bunch garlic scapes, finely minced
1/2 teaspoon hot red pepper flakes, or to taste
Salt and freshly ground black pepper
1 pound dandelion greens with stems, well washed and roughly chopped
1/2 cup chicken, beef, or vegetable stock
Lemon wedges for serving

Put the olive oil in a large, deep saucepan with a lid over medium-high heat. When hot, add the minced garlic scapes, pepper flakes, and some salt and black pepper and cook for about 1 minute.

Add the greens and stock. Cover and cook until the greens are wilted and just tender but still a little firm, about 5 minutes.

Uncover the pan and continue to cook, stirring, until the liquid has all but evaporated and the greens are quite tender, at least 5 minutes more. Serve hot, warm, or at room temperature, with lemon wedges.

Simple Strifried Pac Choi with Garlic

1 tablespoon vegetable oil
2 cloves garlic, or 2 garlic scapes crushed and chopped
1 head pac choi, trimmed
salt to taste

Heat the oil in a large skillet or wok over medium heat, and cook the garlic in the hot oil until fragrant, 1 to 2 minutes. Mix in the pac choi, and cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes. Sprinkle with salt to serve.

News From the Farm

We've been following the Bayer-Monsanto potential merger with interest. The ETC Group (etcgroup.org) is a great resource for analysis on geo-political moves like this one, and how the fallout will affect the small farmer. We already suffer from consolidation in seed ownership. This merger could pressure the other few world seed companies to make mergers of their own. We knew it was coming but its scary all the same!

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