



June 11, 2013

Carrots	Pac Choi
Garlic Scapes	Pea Tips
Green Chard	Salad Greens
Green Onions	Strawberries
Lettuce	

We had a bustling day at the market on Saturday. There was a line-up at our stand for over 2 hours! Fortunately there were no injuries as people jostled for position in front of the tower of strawberry flats. Those in line behind were anxiously watching the pints disappear and hoping for another full flat underneath. Moss Street Market is a happening place!

We put 2nds pac choi in your box this week at half price. Normally we only put top grade produce in the boxes but the pac choi is so luscious and yummy, and just cosmetically damaged because Robin didn't know to use row cover at her new farm.

Garlic scapes, the swan-like stems in your box, are the immature flower heads of the garlic plant. These tender shoots can be stir-fried whole, roasted like asparagus or minced like garlic. The longer they stay on the plant, the stronger they get. These young shoots are as mild as they get. We nip off the scapes as soon they appear to allow the garlic bulbs to fully develop.

### Garlic Scape Pesto

1/4 cup grated Parmesan cheese  
1/4 cup pine nuts  
1 tbsp. lemon juice  
3-4 scapes  
1/4 cup olive oil  
Salt to taste

To prepare scapes, rinse and remove the upper inch or so of the flowering head. Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lemon juice and season to taste.

### Pac Choi Stirfry

2 tablespoons peanut or sesame oil  
1 tablespoon minced garlic scape  
1 tablespoon peeled and minced ginger  
1/2 cup scallions, cut into 1-inch lengths  
1 head pac choi, shredded  
1 cup stock or white wine  
1 tablespoon soy sauce  
Minced chives or scallions for garnish

Heat a wok or skillet over medium high heat for 3-5 minutes. Add the oil, and almost immediately, the garlic, ginger and scallions. Cook, stirring for 15 seconds, then add the pac choi and turn heat to high.

Cook, stirring constantly for 3 minutes and the liquid. Cook, stirring until it evaporates and the pac choi is tender, about 5 minutes more. Add the soy sauce and turn off heat. Season, if necessary, garnish and serve.

### News from the Farm

Robin harvested her first seed of the season on Sunday: arugula from a late fall sowing. When she got to her new farm in February, the 100' x 50' patch arugula was so vigorous and bountiful that she decided not to harvest it but rather let it go to flower. It flowered in late March and now the seed pods are dry and filled with tender green seeds that will dry to a mustard-orange. The seed will be ready to plant next month. She'll use most of it herself but will have some to sell to other farmers and at Seedy Saturday.

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