



For the week of March 1st, 2016

Beets	Pac Choi
Braising Greens	Parsnips
Garlic	Sprouting Broccoli
Onions	Sunflower Sprouts and Turnips

The Ministry of Agriculture introduced their Mandatory Organic regulation last week. This means produce sold as “organic” anywhere in BC must be part of a certification program. We’ve been frustrated with the rise of the non-certified organic movement because it waters down the standards that we work so hard to maintain. Growers will have until 2018 to comply which leaves them lots of time to join a certification body and to help build the movement!

Braised Turnips with Onion and Greens

1 bunch turnips
2 teaspoons olive oil, or sesame or canola oil
1 onion(s), sliced or diced

Wash and quarter the turnips. Over low heat, add 1 teaspoon oil and then turnips to skillet. Sprinkle with salt. Cover and cook on low heat until turnips are soft but not mushy -- about 20 minutes.

Wash 1/2 a bag of braising greens, remove heavy stems and cut leaves into 1/2 inch pieces. Fill a skillet with water and bring to a boil. **DO NOT ADD SALT.** When water is boiling, add cut greens and blanch until soft. Drain and set aside.

Peel and thinly slice or dice onion. Heat 1 teaspoon of oil over medium heat. Add onion and cook until translucent. Add some salt and cook until soft, then add blanched turnip greens. Cover and continue cooking for another 5 minutes. Serve with braised turnip roots.

Pac Choi Stirfry

2 tbsp sunflower oil
1/2 inch fresh ginger, peeled & minced
1 small red chilli, finely sliced
2 garlic cloves, finely chopped
1 pac choi, stalks finely sliced, leaves roughly sliced
soy sauce, and sesame oil

Heat the sunflower oil in a large frying pan or wok until very hot. Quickly add the ginger, followed by the chilli and garlic. Then immediately add the pak choi stalks and quickly stir. Cook for 1 minute then add the leaves and stir until just wilting.

Remove from heat. Add a pinch of salt, then a shake of soy sauce and a few drops of sesame oil and serve.

News From the Farm

We’re all very excited to be going to hear Vandana Shiva speak at UVic tonight. Dr Shiva is an outspoken activist on seed issues, and an advocate for small farms as the answer to feeding the world.

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