



For the week of March 29, 2016

Carrots	Parsnips
Red Dandelion	Sprouting Brassicas
Herbs	Sunflower Sprouts
Kale	Frozen Blueberries

We're very grateful to all of you who have switched to paying us in **e-transfers**. In the past two months alone, we've noticed a big difference in bank charges, which is huge to a small business like us. Please consider paying by e-transfer if you can. Its easy! From the Box Delivery tab on our website, choose the "pay for your box" tab and follow the directions.

### Wilted Spring Dandelion Greens

- 1 tablespoon olive oil
- 1 head dandelion greens (or spinach), trimmed, washed and torn into 1-inch pieces
- 2 tablespoons white wine vinegar
- 1 tablespoon granulated sugar
- Salt and freshly ground pepper
- 1 tablespoon unsalted butter

In a heavy pot heat olive oil over moderately high heat, add greens and toss to coat. Add vinegar and sugar, toss to combine, cover, and simmer for 10 to 15 minutes until tender. Season to taste with salt and pepper. Transfer to serving dish and top with butter.

While brassica tops aren't exactly rapini, for culinary purposes, they fit the same bill!

### Garlic Sauteed Rapini

- 1 bunch brassica tops
- 3 tbsp extra virgin olive oil
- 4 cloves garlic, minced
- 1/4 tsp salt
- 1/4 tsp hot pepper flakes

In large deep skillet of boiling water, cover and cook rapini until stalks are tender, about 2 minutes. Drain and set aside.

In same skillet, heat oil over medium heat; cook garlic, salt and hot pepper flakes until garlic begins to brown, about 2 minutes. Add rapini; cook, stirring, until hot.

Both recipes from Gourmet Magazine.

### News From the Farm

Come out to the Victoria Events Centre tomorrow, Wednesday March 30th for a screening of "Food Chains". Its a new film about the human cost of cheap food. The doors open at 6:30pm and the film starts at 7pm. Its a sliding scale of \$5-\$15. Hope to see you there! More info on our Facebook page.

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