



For the week of March 6, 2017

Carrots
Garlic
Hazelnuts
Pac Choi
Pea Shoots
Salad
Parsnip

We woke up to a snowy surprise again on harvest day, but it wasn't enough to slow us down. Harvest logistics get tricky when the water freezes, but the day was fortunately mild. I gingerly checked in on the little germinating tomatoes in their heated cabinet and they seemed fine despite the snowy setting. This farming never gets boring!

We've got a small sample of hazelnuts for you. We finally got a decent harvest, and we've been enjoying them lightly toasted on salads and pasta. Growing hazelnuts is very tricky because you really need to attract pollinators, and detract squirrels and birds. Its also impossible to tell which ones get pollinated and which ones don't, which is why we've put them in as a small token.

Miso Ginger Salad Dressing

We're thinking this may just be the new "salad crack". That was a nickname one of the farm hands gave to our Hollyhock yeast salad dressing because we are all shamelessly addicted. But, miso ginger dressing has been edging its way on to the daily noontime menu at the farm.

These salad dressings can be used on steamed greens, dragon bowl-type dishes (steamed veggies with noodles), or roasted root veggies. You can even borrow a trick from the raw foodies and marinade finely chopped tougher greens like kale, collards and chard in dressing, and they get supple and tasty. Spoken like a true addict!

1/4 cup white miso paste (we just use whatever we have)
1/4 cup rice vinegar, 2 tbsp honey, 1 tbsp tamari
1 tbsp toasted sesame oil, 1 tbsp finely grated ginger
1 clove garlic minced, 1/4 cup sunflower oil

Combine all ingredients, except sunflower oil in a blender until smooth. With motor running, slowly drizzle in oil until combined. From Hollyhock: Garden to Table by Jolar et al.

News from the Farm

We just had our AGM for the Islands Organic Producers' Association (IOPA), our organic certifying body. Its always inspiring to be part of a group of farmers who are dedicated to stewarding the land and animals. Members put in a lot of volunteer time to help the organization run. It always hits me the wrong way that people who are problem-solving about how to farm in a low impact manner, who are devoted to finding better ways to care for animals, and who are creative in steward watersheds and promoting biodiversity, have to pay so much money to uphold their standards! Its complicated but the certification business is just very labour intensive for farmers, for the organic industry and for bureaucrats. However, we do have a system that is working well, that we're proud to be a part of, and that already has legacy from the hardworking farmers who contributed before our time. Find out about Islands Organic Producers Association on Facebook.

Contact us: boxcoordinator@saanichorganics.com or 250-818-5807

Website and webstore: www.saanichorganics.com

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