



*Big Taste from Small Farms*

It's organic inspection time, and the inspectors from the Island Organic Producers' Association are making their way to each of the Saanich Organics farms. Since the inspection is audit-based, we're up late the night before making sure that all of our receipts are filed properly and that our maps are complete. The inspections usually last for an hour. They consist of a walk around the property, an inspection of all aspects of the operation, and they end with a thorough review of all the records.

Believe it or not, it is this time of year that we're most hard pressed to fill the boxes. The winter produce is done and the spring crops just haven't started in enough quantity to make your boxes burgeon with bounty. The komatsuna this week is from Umi Nami Farm in Metchosin. We were thankful that our certified organic friends in the west could come to our rescue here. Umi Nami has the stand at Moss Street with the biggest line-up. They specialize in Japanese veggies.

### **Komatsuna in Miso Ginger Sauce**

1 bunch komatsuna greens  
1 onion, diced  
3 cloves garlic, diced  
1 lb firm tofu  
2 tablespoons tamari  
1 tablespoon miso  
1 teaspoon rice vinegar  
2 tablespoons sliced almonds  
1 tablespoon sesame oil  
1/2 teaspoon ground ginger  
1 cup cooked rice

Dry fry the tofu. After it is crisped the way you prefer it, set it aside on a plate to add to the stir-fry later.  
Chop the komatsuna stems into 1/2 inch pieces.  
Julienne the leaves.

**818-5807**

**1438 Mt Newton Cross Road, Saanichton V8M 1S1**

May 14, 2013

Green Garlic	Sweet Pepper
Long English Cukes	Sunflower Sprouts
Komatsuna	Rhubarb
Lettuce	Frozen Tomatoes

Heat up a wok (without oil) and add the almonds. Stir-fry quickly until fragrant and toasted, about 45 seconds. Remove.

Then in the wok, heat up 1-2 tbsp of sesame oil on medium heat. Add the onion, cook for 6-7 minutes or until the onion turns clear and soft. Add the garlic and cook for one minute. Add the komatsuna stems and cook for 5 minutes. Add the leaves and cook for another 5 minutes.

While the komatsunas are cooking, combine the soy sauce, miso, and vinegar until smooth and set it aside. When the greens are tender, add the tofu and then drizzle with miso sauce and sprinkle with almonds.

Recipe adapted from [www.eatingappalacha.com](http://www.eatingappalacha.com)

My first thought when I thought of recipes for rhubarb, was Heidi Fink's rhubarb custard bars from her Lip Smacking Blog. When I looked it up, I found another tantalizing rhubarb pie recipe. I couldn't chose so I thought I'd leave it to you:  
<http://www.chefheidifink.com/blog/>

### **News from the Farm**

We're getting ready to host apprentice day at Sea Bluff Farm on Wednesday. The apprentices from over 6 farms get together at a mentor farm and learn about that farm's specialty. The day begins with a workshop, followed by a potluck lunch and a workparty to help with the bigger jobs on the farm. It's a real win-win situation. Its fun for the apprentices to get to see another operation, and it's a boost for the host farm to get so many hands to tackle a big job!

[info@saanichorganics.com](mailto:info@saanichorganics.com)