



May 27, 2014

Chives	Lettuce
Dandelion Greens	Pac Choi
Green Garlic	Pea Shoots
Kale	Spinach
Japanese Turnips	

Green Garlic Soup

1 bunch green garlic, minced
4 tablespoons unsalted butter
1 lb russet potatoes, peeled and cut into 1-inch cubes
Salt and pepper to taste
1 1/2 quarts chicken broth

Melt the butter in a large saucepan over moderate heat. Add the minced garlic and saute for about 5 minutes to soften. Add potatoes, season with salt and pepper, then add chicken broth. Bring to a simmer, cover and adjust heat to maintain a gentle simmer. Cook until potatoes are tender enough to mash with a wooden spoon, about 20 minutes. Mash the potatoes into the broth, or puree in a food processor, then reheat. Taste and adjust seasoning.

News From the Farm

Saanich Organics was well represented last weekend at the March against Monsanto. The more we get into our own seed breeding, the more we feel the effects of the big seed companies who are putting more and more restrictions on the reproduction of seed, even for home use. We are increasing our seed breeding and seed production again this year. This spring we were very proud to have over 30 varieties of our own seed for sale. We still have our seed selling at Moss Street and James Bay.

53% of the world's seed supply is in the hands of only 3 companies. The ETC Group put out a well researched and very current paper on the topic of seed called "Putting the Cartel Before the Horse." It is available on the internet as well as www.seedmap.org from USC.

We're switching to our summer delivery schedule next week, which means you can now get a box every week if you like! For some of you, your delivery day will also switch to Friday depending on which neighbourhood you live in. Niki has emailed everyone to let them know if their delivery schedule is changing. If you have any questions contact Niki at admin@saanichorganics.com.

Sometimes during the season we do themed boxes; the yellow box where we feature beans and zucchini and everything yellow, or the red box with tomatoes and peppers or the purple box. This week we have the green box! This is our first box with all of this season's crops, and the greens are always the first to emerge. Savour the diversity in all the different greens we have for you this week.

Dandelion Greens with Warm Olive Oil

1/4 cup extra-virgin olive oil
3 garlic cloves, thinly sliced lengthwise
1/3 cup sliced almonds (1 ounce)
1/2 cup golden raisins
2 tablespoons Sherry vinegar
1/2 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon black pepper
1 bunch tender young dandelion greens, any tough stems discarded

Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then cook garlic and almonds, stirring frequently, until pale golden, about 2 minutes. Add raisins and cook, stirring, until garlic is golden and raisins are plumped, about 1 minute. Remove from heat and add vinegar, sugar, salt, and pepper, stirring until combined. Pour hot dressing over dandelion greens in a bowl, tossing with tongs to coat.

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