



# YUKON ORGANICS...101

## INFO, DATA, NEWS AND FUN FACTS...

on this page you will find throughout summer info on :

- **From the Field**—Dispatches from local growers
- **Why are we GoOFY**—member profiles
- **Yukon Grown**—from farms to backyard gardens and how to grow organic right at home

And all the things **you tell us** you would like to find here !!!

### GoOFY anyone ? Who we are..what we do...

**Growers of Organic Food Yukon (GoOFY) is a Yukon association, that promotes organic practices and provides support, education, and advocacy about organic growing and processing.**

If you live in the Yukon (or northern BC), come join other local farmers and gardeners who are interested in using organic growing methods.

You don't need to be big and you don't need to be certified. Find out how to get the best tasting, healthiest food from your garden or farm.

Farm membership \$35/year, individuals \$20/year.

**Yukon Contact Information**      <http://organic.yukonfood.com/>  
 Phone: (867) 633 4201 or [lendrumross@northwestel.net](mailto:lendrumross@northwestel.net)  
 P.O. Box 20228 Whitehorse, Yukon Y1A 7A2



**Hello organic gardeners - new and experienced !!!**  
**Come and join us for a workshop at LMCC** km 1 Annie Lake Road  
**Saturday May 30th 11am-3pm**

### Growing Healthy Soil- the organic way

**Panel discussion** with Yukon organic farmers on :

- making your own compost, compost teas
- groundcovers and green manure
- soil amendments , organic fertilizing

**Cost \$ 20.00      please register 667 7083      [lmca@northwestel.net](mailto:lmca@northwestel.net)**

This workshop is made possible with support from Growing Forward 2

As always..thanks all GoOFY members for your info..  
 And if there are mistakes :) they are all mine

For today....Agnes      questions... [agnes@northwestel.net](mailto:agnes@northwestel.net)



2015

International  
Year of Soils

**LOCAL** *and*  
**ORGANIC**  
*...better together!*

The weekly newsletter from



## RECIPE OF THE WEEK

*Delicious recipes with seasonal ingredients*

Early greens are on sale at market and add some wild foods..

### Young salad greens and dandelion salad

#### Ingredients

- **1 bag organic young salad greens**
- **1 finely chopped red onion**
- **2 hardboiled eggs- cut in ¼**
- **Fresh feta or ricotta organic goat cheese**
- **1 box grape tomatoes**
- **fresh basil**



and then gather some young dandelion greens, clean well and add to mix !!

#### Cranberry Dressing

- **3 tbs red wine vinegar**
- **1/2 cup organic olive oil**
- **1/4 cup frz cranberries**
- **1tbs Dijon mustard**
- **1/2 tsp garlic, salt, pepper to taste**
- **2tbs water**

In a blender or food processor, combine the vinegar, oil, cranberries, mustard, garlic, salt, pepper, and water. Process until smooth.