

Did you know?

The UN has named 2015 the International Year of Soils. Organic methods promote a healthy soil that in turn supports health in both crops and the ecosystem as a whole.



2015
International
Year of Soils

Bulk up your salads
with wild greens
while you wait for
the garden!

RECIPE OF THE WEEK**Spring Meets Fall Quinoa Salad****Ingredients**

- 1 cup quinoa
- 1/4 cup roasted tomatoes (from frozen, or preserved in oil)
- 1 fresh cucumber, chopped, if you should be so lucky
- 1/2 cup mung bean sprouts
- 1/2 cup (packed) chopped fresh chives
- 1/2 cup (packed) chopped fresh mint
- As many baby greens as you can handle

Dressing

- 1/2 cup extra virgin olive oil
- 1/4 cup chopped fresh cilantro
- 1 Tbs miso
- 1/4 cup raw apple cider or kombucha vinegar
- 1 tsp birch syrup
- salt and pepper to taste

**Directions**

Dry roast quinoa in a cast iron pan, then add to 1 1/2 cups water and bring to a boil. Reduce to a simmer and cook 20 minutes or until tender. Fluff with a fork and set aside to cool.

Combine all ingredients for dressing in a mason jar and shake well. When quinoa is nearing room temperature, add remaining ingredients and toss along with as much dressing as you like.

Make a bed of greens on each plate, and heap quinoa mix on top. For an extra-summery meal, serve with some of last fall's game cooked over coals.

Contact us at goofy@yukonfood.com with questions or comments.

In Season

The weekly summer newsletter from Growers of Organic Food Yukon

Throughout the summer our newsletter will feature dispatches from local growers, member profiles, and tips and tricks on growing organic in the Yukon, in addition to a delicious seasonal recipe. This week we celebrate this summer's first greens with a quinoa salad and a laundry list of what you can find at the market and in your own wilderness backyard. Happy salad-ing!




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This week at the Market...Greens!

- Spinach
- Arugula
- Baby Lettuce
- Baby Chard
- Mesclun Mix
- Shanghai Choi
- Prize Choi
- ...and more!



Wild greens (sometimes called weeds) like dandelion, plantain, chickweed, lamb's quarters and fireweed can fill the spring craving for salad long before the spinach is up.

Who you callin' GoOFY?

We take it as a compliment. Growers of Organic Food Yukon is a Yukon association that promotes organic practices and provides support, education, and advocacy about organic growing and processing.

You don't need to be big and you don't need to be certified to join us. To connect, visit us at the Fireweed Market every Thursday in Whitehorse from May to September or at organic.yukonfood.com. You can also contact us by e-mail: goofy@yukonfood.com, phone:(867)633-4201 or the old fashioned post: PO Box 20228, Whitehorse, Yukon Y1 A 7A2.

