

## Mistaken Identity?

In 2009 routine pesticide-testing by the USDA found that over half of cilantro samples had residues of pesticides not approved for use on the herb. They hypothesised that farmers might have mistaken it for flat-leaf parsley, for which there are apparently many more approved 'cides... I'll take all my herbs organic please!



## RECIPE OF THE WEEK

### Indian-style salsa fresca

Forgive my cultural mash-up, but it's the best description I could come up with. Fresh pea shoots give this side dish a lovely crisp coolness that contrasts with the heat from the chilies. It makes a good accompaniment to a dal or curry, to be served on the side like a fresh chutney or pesto.

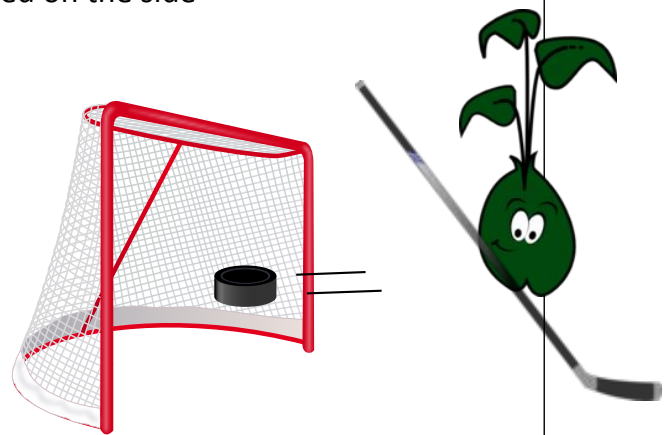
#### Ingredients

1 cup fresh pea shoots  
 1/2 cup fresh cilantro  
 2-4 fresh green chilies  
 1 small clove garlic  
 1/4 cup shredded coconut  
 2 Tbs lemon juice  
 salt to taste

#### Directions

Finely chop all ingredients except lemon juice, then add it to the mix. Alternatively, place all ingredients in a food processor and buzz briefly - you want it coarse, not a slurry. A tablespoon of water may be added to help it move. Adjust the amount of chilies based on your heat tolerance. Try it with other large sprouts too.

Pea shoots...  
 pea scores!



Contact us at [goofy@yukonfood.com](mailto:goofy@yukonfood.com) with questions or comments.

# In Season

The weekly summer newsletter from Growers of Organic Food Yukon

Well it's cooling down a tad and hopefully most of us are getting some much-needed rain to our gardens. In this issue we talk water, birds in reserve, and one of the three things grammatically challenged pandas like to do. Happy growing!



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## A bird in the hand...

It may be only the beginning of June but Grizzly Valley Farms already has their Thanksgiving turkey reservation list going at the market. If you know you'll want local meat or poultry come fall it's a good idea to book early. You'll have a much better chance of getting what you want, and you can also support farmers who have to outlay most of their cash in the spring, long before fall sales come in.

And what do those birds look like now? Some of us are just getting our day-old chicks today, and some are a few weeks old already. Many farmers order in birds from hatcheries in other parts of Canada, but a little bird told me a new local hatchery is in the works - a challenge with our long, cold winters. Let's wish them luck!

Two-week old Caramel Queens (laying hens) and ten-day old Sassos (meat birds) in the editor's shed.

## Irrigation Systems

Water is a challenge to growing in the Yukon, so here are a few GoOFY tips on keeping your plants healthy on a limited ration:

- use row covers to prevent evaporation
- use drip irrigation instead of overhead sprinklers (one GoOFY farm reported a whopping 70% reduction in water use with this change)
- increase the organic matter in your soil with compost for better water retention
- when collecting rainwater, line metal bins/drums with industrial garbage bags to prevent rust

