

No, I missed the market...  
I sent my husband and all  
he brought home was a ###  
newsletter...



Did you miss the market? Don't be  
glum! Here are some other places to  
find GoOFY products:

- Café Balzam
- Potluck Co-op
- Alpine Bakery
- Epic Pizza
- Chocolate Claim
- Klondike Kate's
- Alligator's Grilled Cheese
- ...and of course the farm gate!



## RECIPE OF THE WEEK

### Cilantrophile Dressing

Too much cilantro? Not possible! This gorgeous green dressing inspired by GoOFY member Lauren Barrett can served as a pesto, nice and thick, or thinned for a salad dressing.



#### Ingredients

- 6 garlic scapes, minced (or sub 2 cloves garlic)
- 2 tsp ginger, peeled and chopped
- 1/4 c rice vinegar
- 1 1/4 fresh cilantro, chopped
- 1/4 c water (or less for a pesto)
- 2 Tbs sunflower oil
- 1/4 tsp wasabi (or sub horseradish)
- 2 Tbsp birch syrup

#### Method

Put scapes, ginger, vinegar, cilantro and water in a blender and process till smooth, then add remaining ingredients. Keep it going until nice and smooth.

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or in the flesh at the Fireweed Farmer's Market every Thursday!



# In Season

The weekly summer newsletter from Growers of Organic Food Yukon

This week we've got an update from GoOFY member Shiela Alexandrovich of Wheaton River Gardens. Shiela runs a great mixed operation that strives to run full circle - vegetables for herself and CSA customers, animals for meat, eggs and fibre, and a whole lot of composting in between. You also have probably seen her fibre art of jewelry at galleries around town, or on some of our friends.

Kim Melton [goofy@yukonfood.com](mailto:goofy@yukonfood.com)



Shiela and her fall harvest

On what common vegetable do you throw away the outside but cook the inside then eat the outside and throw away the inside?



Think you know the answer? Ask at Grizzly Valley Farms!

## Feelin' GoOFY?

Become a member and get in on the local organic action. You don't need a farm or a certification - just a passion for Organic. Yearly membership is only \$25 for individuals or \$35 for a farm or family.

## Dispatch Wheaton River Gardens

From the banks of the Wheaton River.....Mid June, and the hot sun has turned to cold wind! All but one bed are planted and growing well, and June 18 will see the first delivery of vegetables to our CSA clients (still 2 shares of 10 week available: 6-8 veggies per week). Nadyne Thibault, from Frances Lake, is with me for the summer to learn all she can. As well as planting, compost and animal care we will use the sawmill, build a new sheep shed and of course, do more fencing!

We have just finished a series of school visits from Whitehorse students; lots of fun, lots of work. It is a good time for lambs and chicks, planting and weeding for students, though we will be glad to have our days back to work in the gardens.

Our summer season includes the market each Thursday, wool workshops here at the farm in July and August, and events like the Ingestible Festival at the end of August. Come see me at the Handmade booth for details, or just to chat about our farm. I am committed to local food produced with organic methods, and more people doing it! Have a good week,

Shiela

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