

## RECIPE OF THE WEEK

### Broiled Blossoms

Are we allowed to do zucchini recipes two weeks in a row? This could use any kind of squash flower. Leave on a bit of the stem for the crisp crunch. Remember to leave a couple male flowers on the plant for pollination purposes. As an appetizer allow two or three blossoms per person...or more if you feel generous!

#### Ingredients

6 squash flowers  
6 Tbs soft goat cheese (chèvre or ricotta)  
1/4 cup chopped fresh parsley or chervil  
3 Tbs minced fresh chives  
3 Tbs minced fresh basil  
1 Tbs minced fresh oregano or marjoram  
1/2 tsp sea salt



#### Method

Chop all herbs together and mix with the salt. Arrange blossoms on an oiled cookie sheet and turn broiler on low. Gently place a generous portion of herbs into each blossom, topped with a tablespoon of cheese. Broil briefly, just until cheese gets soft and melty - the flowers should still be firm, not limp. Serve immediately.

# In Season

The weekly summer newsletter from Growers of Organic Food Yukon

Organic, fair trade... Chile. Organic, shade grown... New Zealand. Organic... California.



Are you going nuts looking for local AND organic?

The Yukon has four certified organic farms: Aurora Mountain Farm, Lendrum Ross Farm, M'Clintock Valley Farm, Rivendell Farm

Here's what Yukon's Certified Organic farmers are producing:

- Poultry and Eggs
- Hay, Forage and Grain
- Greenhouse and Garden Vegetables including Potatoes
- Herbs, Herb Seedlings and other Bedding Plants
- Berries including Saskatoons, Strawberries, Raspberries, Currants
- Rhubarb

Certification takes a lot of time and energy, and is a financial as well as practical and philosophical commitment. Elemental Farms, Her N' Wam Farm, Yukon Berry Farm and Circle D Ranch are all en route to becoming certified. While farm members of GoOFY don't have to be certified, we work towards mutual education to ensure we're all doing the best we can and making informed decisions that fit with our ethics and practical considerations. As always, if you have questions, ask your farmer!

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

