

In Season issue July 9th 2015

The weekly summer newsletter from



RECIPE OF THE WEEK

Delicious recipes with seasonal ingredients

Wild garden sushi



Ingredients

- 250g Sushi rice or try using pearl barley instead of rice
- Nori seaweed sheets – if you must...
or here it gets interesting : use kale leaves, mustard, chard or even romaine ; use fresh if soft leaves - or blanch for 30 sec , use single leaves or layer them to the size you want..
- Half a bag of fresh green shoots, leaves and flowers- check with the farmers here at market - be creative
- Wild suggestions: lambs quarter, sorrel, chickweed, young dandelion, greater plantain, fireweed flowers, nasturtium flowers or how about strawberry blight, ask your farmer for spring onions, chives, cucumber, basil, pak choi, cilantro, sprouted greens
- 100ml of rice wine vinegar with 50g of sugar and dissolved in it (heat together and stir) Or 100ml of sweet fruit vinegar such as raspberry or blackberry vinegar.

Serve with :

- Soy sauce or sweet fruit vinegar, Pickled ginger ,Wasabi paste, creamed horseradish or,
Or **for an amazing wild kick - chickweed and wasabi blitzed with a little water to a thick paste.**

Directions

Cook sushi rice, add dissolved vinegar salt mix and cool

layer fresh or blanched leaves (or use nori ..) add wild / greens/flowers in middle- roll away..
Serve with dips...

Contact us at goofy@yukonfood.com with questions or comments
Visit organic.yukonfood.com for more info

Ramblings of a chef gone wild...

EAT YOUR WEEDS !!

This is the time of the year for fresh tasty greens—from your market gardener, farmer, your own garden, still cool enough before they start bolting for the hot summer days..While I really enjoy fresh arugula, spicy mesclun mixes, young kale –lately I have been integrating all the wild ones growing in my garden...weeds some call them..but hey who decides this ...

Organic is not just growing without pesticides or fertilizers– it is so much more..and tastes so much better..a way of looking at food differently and what wants to grow around us and all the things one can cook up with it, **Wild edibles** - fresh from your backyard– can't get more local than that..but please make sure it comes from an organic garden.. How about :

Wild spinach (lambsquarter), ever growing lush and green chickweed, young nettles, fireweed flowers, dandelion, clover, dock, plantain, strawberry blight and many more..

They make for tasty little snacks while walking through your garden or they are just perfect for wild garden sushi– see recipe in this newsletter. As a gardener I enjoy them for mulch, chop and drop, as mineral accumulator for my soil, for improving aeration, for cover crops and on...

As a chef -they tickle our tastebuds with sharp and slightly bitter, deep flavors, they work for soups, pestos, tapenades, for salads, for pasta dishes ...

Most of us can identify them as weeds..now try to identify them as wild foods...!!!

Come July 25th LMCA offers a

Mt Lorne Garden Tour and wild dinner– eat your weeds...

Join us for a tour of Needle Mountain Food Forest and Wheaton River Gardens, with a passionate organic farm/gardener, a wild forage experienced biologist and a garden obsessed chef.. Check it out :www.mountlorne.yk.net

And get a taste of chickweed pesto, dandelion fritters, nettle pasta

Lambsquarter tapenade and so much more ..

Agnes



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.

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