

RECIPE OF THE WEEK

Savory Waffles with Pesto and Smoked Fish

Who says waffles are just for breakfast? While I long for an old-fashioned iron that can literally be stuck in the fire, the modern electric waffle iron is just fine provided you have power, even letting you cook outside.

Waffles

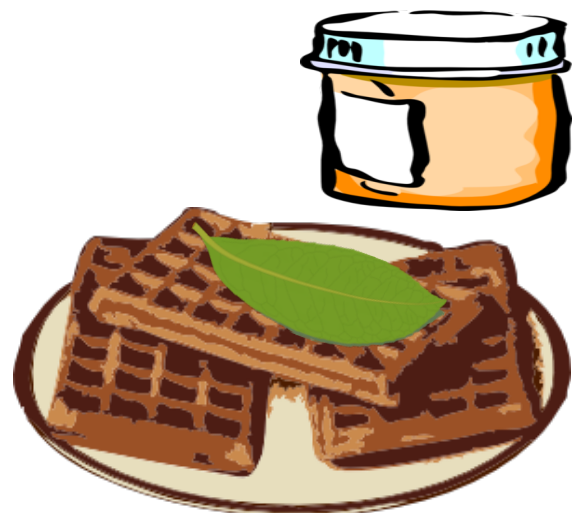
2 1/2 cups liquid including at least 1 cup yoghurt or buttermilk (eg: 1 c buttermilk plus 1 1/2 c water)
 1 cup flour (if gluten-free, add 1/4 tsp xanthan gum)
 1/2 cup cornmeal
 1/3 cup ground flax seeds
 1/2 cup oil or melted butter
 1 cup oats
 1/2 tsp sea salt
 1/2 tsp baking soda

Combine liquid, cornmeal, flax and flour, and let rise for at least two hours in a warm place. Whisk in oil or butter. Mix oats and remaining dry ingredients, and fold into wet. Let sit to rise again 20-30 minutes while iron is warming, and make pesto. While I have been known to use every green in my garden for pesto, for this meal I prefer something punchy like basil and chives. Serve the waffles immediately with smoked fish (trout, pike or salmon) and a generous serving of pesto.

Basil-chive pesto

1/4 c toasted sunflower seeds
 1/4 c olive oil
 1/2 tsp salt
 1 1/2 c packed fresh basil
 1/2 c fresh chopped chives
 2 Tbs grated parmesan or romano
 1 clove garlic

Blend all ingredients in a food processor until smooth.



In Season

The weekly summer newsletter from Growers of Organic Food Yukon

Chicken Salad

We just got a dispatch from a former GoOFY member now down in Dawson Creek, sharing all the usual farm updates on happenings in the fields and the barnyard. I love to hear all about how the goats and sheep and dogs are doing, glad to hear of the near misses with coyotes and how the crops are coming along. What takes the cake though is the afternoon treat her brood of growing young chickens (Cornish Giants and Rhode Island Reds) are enjoying:

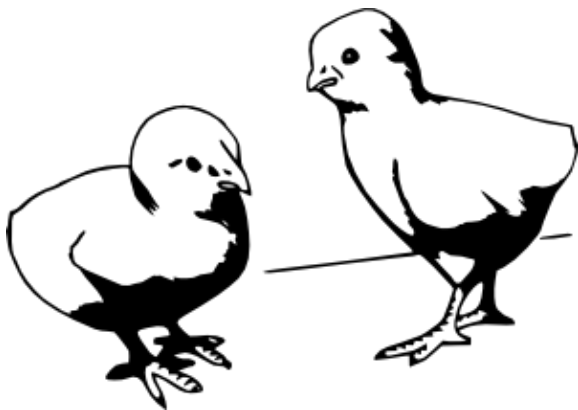
"A finely chopped salad of chickweed, lamb's quarter, dandelion greens, cleavers, mints (2 types of peppermint and spearmint), sage (which is flowering the most gorgeous buds), thyme, onion and garlic greens, clover, etc. etc."

Well. I certainly hope we can all treat ourselves as well through the rest of the green season!



From the Editor
Kim Melton goofy@yukonfood.com

I know I shouldn't complain Gerald,
but croutons would round things out
ever so nicely.



Organic Science

Embracing organic often means embracing weeds (at a certain time and place) and science can help tell us why. A recent study published in *Agronomy for Sustainable Development* goes into detail on the role of weeds in supporting pollinators, encouraging biodiversity and other benefits. To learn more about this and other developments in organic science look up the Organic Agriculture Centre of Canada, hosted at Dalhousie University.