

RECIPE OF THE WEEK

After Eight Smoothies

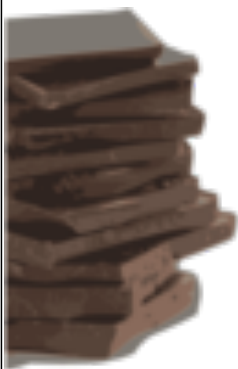
Chocolate and mint are - in my mind - made for each other. Especially at breakfast. This is a delicious way to pack heaps of greens into your morning and will keep you going for hours. Lendrum Ross Farm sometimes sells goat yoghurt, or get your hands on some local milk of any kind and make your own to really make this a local delight. Except for the chocolate...

Ingredients

1/2 cup yoghurt
 2 large kale leaves, or equivalent small (including stems)
 1 1/2 cups chickweed (packed tight)
 1 Tbs cocoa powder
 1 Tbs birch syrup
 1 Tbs ground flax seeds
 3 Tbs ground sunflower seeds
 1/4 - 1/2 c (packed) fresh mint leaves, depending on strength
 water, whey or cold mint tea to thin

Method

Place all ingredients except chickweed in a blender and pulse until smooth, adding water as needed. Add chickweed in batches, blending till smooth after each addition. Once all the chickweed is in and the mixture is smooth, add liquid until desired consistency is reached. Use cold mint tea in place of water for extra mintyness, or whey for more protein.



In Season

The weekly summer newsletter from Growers of Organic Food Yukon

It's not really reading season, but when I come up against a new challenge or am starting a new project a little research goes a long way, and in addition to other GoOFY members there's a slew of great books out there. Many can be borrowed from the Public Libraries in the Yukon, or the Energy, Mines and Resources library on the third floor of the Elijah Smith building, or COG members can request books from the COG library. We have our own library too - soon to be accessible at Farmer Robert's Store. Any member can borrow or contribute books, videos, or magazines. Happy reading, if you can find time between the weeding and the feeding!



From the Editor Kim Melton

Feelin' GoOFY?

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. Yearly membership \$35/farm, \$20/individual.



Need Money for a Farm?

The Yukon Young Farmers association is hosting a free talk at the Whitehorse Public Library on Sunday, July 26 from 2 to 4pm to learn about financing solutions from Farm Credit Canada (FCC).

A guest speaker from Farm Credit Canada will be presenting the FCC perspective on farm financing and what they are able to do in the Yukon, with time reserved to have a personal conversation with her.



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

