

## RECIPE OF THE WEEK

### Cordially Yours

We've a few long summer evenings and hot afternoons yet I hope, and a cordial is a lovely way to enjoy them. The basic pattern is herbs and sweetener, so experiment with different combinations based on what you have available. I like to add a little fizzy sour kick with kombucha, but carbonated water would do as well - perhaps with a little apple cider vinegar.

#### Ingredients

1/2 cup honey (or sugar)  
1/4 cup rosehips  
1 bunch fresh mint  
1 bunch lemonbalm

kombucha  
water



#### Method

Bring 2 cups of water to a simmer and add herbs, including stems. Simmer just under boiling for at least ten minutes - the longer it goes the more flavour. Strain out herbs and return decoction to pot, add sweetener and stir to dissolve. If using sugar cook five minutes or so to ensure complete dissolution. Pour into a jar and let cool to room temperature.

To serve, mix 2 Tbs syrup with 1/2 cup water and 1 Tbs kombucha (or sub sparkling water and 1 tsp apple cider vinegar if you like the sour). A half cup of syrup can also be added to a 1 litre jug of water. Serve over ice with a sprig of mint or

# In Season

The weekly summer newsletter from Growers of Organic Food Yukon

Wow is all I can say when I look at the produce coming out of GoOFY farms and gardens right now. Beautiful bright roots and a continuous cascade of greens are spilling out into local kitchens through the farmers' markets, local grocery stores and restaurants. If you miss the market, try the Carcross cut-off Wednesday afternoons, Riverside Grocery, the Potluck Co-op or Alpine Bakery. As we round the corner into August, also make sure to get your meat orders into your farmers if you haven't already done so - it's going fast.

From the Editor Kim Melton

## Dirty Videos

The UN's Food and Agriculture Organisation is teaming up with Televisions for the Environment this year, making International Year of Soil (IYS) a category in the Short Films competition. Raise soil awareness and win \$1500 US! Visit [www.fao.org](http://www.fao.org) for details.



2015  
International  
Year of Soils

## Market Testimony

"Last week I had a brief visit to the market. I bought some lettuce and turnips (both organic) and ate some when I got home. There is nothing and likely will be nothing that fresh and tasty in our grocery stores!"

- JJJ

## Feed The Bees Photo Contest

Do you have bees in your backyard? Send Canadian Organic Grower your pictures to enter their contest for a chance to win Attracting Native Pollinators by The Xerces Society.

Rules and contact at [www.cog.ca](http://www.cog.ca), deadline September 30, 2015.



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

