

RECIPE OF THE WEEK

Kale for Breakfast

If you've ever purchased kale from Lendrum Ross Farm then you have likely heard of this recipe, perhaps even have it - it's Susan Ross's current favorite in her ongoing efforts to spread the word on the nutrition, great taste, and Yukon 'growability' of this lovely leafy green. My favorite version includes a little home-grown bacon and a smear of home-made cheese from local milk on a loaf of Birdhouse Bakery rye bread. If you need extra protein, tossing on an egg from Grizzly Valley or Her N' Wam's egg co-op will make this last all day.

Ingredients

- 1/4 c lemon or orange juice
- 1 T maple syrup (or sub birch syrup)
- 2 T balsamic vinegar
- 1/2 tsp salt (opt)
- 1 bunch tuscan kale, chopped fine

- 2 slices bacon (crumbled)
- 2 T olive oil
- 1/4 c cheese (crumbled or grated)
- 1 small tart apple, chopped

Mix first batch of ingredients and massage a little. Let sit till kale has wilted slightly, 15 minutes or so. Add in other ingredients and mix well, topping with poached egg and a sprinkle of freshly ground pepper if desired.



In Season



The weekly summer newsletter from Growers of Organic Food Yukon

The Harvest

So now that you've grown all that great produce, what next? Harvesting fresh is great in season, but putting up for the winter is just as important. The City of Whitehorse and the Lorne Mountain Community Association are both running workshops this fall to share knowledge on canning, drying, fermenting and other food storage techniques, so if you want to learn more check out their websites. Some tips from GoOFY members:

- carrots store well in wood shavings kept moist enough to keep them from going limp, but not enough to go moldy; an alternative is plastic bags with a few holes poked in them, stored in rodent-proof buckets
- your root cellar, porch or shed has microclimates! Make use of them to store vegetables that like different levels of humidity and temperature
- check on your veggies regularly - if you noticed mold, rotting, or anything else you don't like, clean it up and adjust something; it won't just go away.

Do you make an amazing local specialty?

The Ingestible Festival

Gallery style tasting and friendly food competition in Mount Lorne Aug 30th.

Contact lmca@northwestel.net or 668-5964

The leaves are turning in earnest, leaving no doubt that fall is here. We're all watching the forecasts and wondering what will still be happy in the morning, including hoses! Now is the time to buy produce in bulk for processing and storing away for the winter months. Happy fermenting and canning!



From the Editor Kim Melton

