



March 19, 2013

Braising Mix	Dried Black Turtle Beans
Sunflower Sprouts	Leeks
Cilantro	Garlic
Beets or squash	Frozen Blueberries

Over the last two weeks we've been busy not just in our fields and greenhouses, but at conferences! Robin organized the Farmer 2 Farmer conference in Saanich last week where over 200 farmers from around Vancouver Island got together to share ideas. Then just four days later we attended Meet Your Maker, an event where chefs and grocers network with farmers and find suppliers for local food. We had a great time networking and making lots of contacts, but all that talking was more tiring than farming!

Black Bean Soup with Cilantro

1 bag black turtle beans
2 cans diced tomatoes
1 1/2 cups chicken stock or canned chicken broth
(use 2 cups for stovetop cooking)
1/4 cup finely chopped onion
1 tsp. minced garlic (or more)
1 T ground cumin
1 T dried oregano
1 1/4 tsp. ground chile powder
1/4 cup white long-grain rice (not more!)
1/4 cup fresh lime juice (2 limes)
1/2 cup chopped fresh cilantro (or more)

In small Crockpot or 3 quart sauce pan, combine beans, tomatoes, chicken stock, onion, garlic, cumin, oregano, Ancho chile powder and Chipotle chile powder. Cook on low for 6-8 hours in Crockpot or 1-2 hours on stove, until tomatoes are disintegrating and beans are starting to fall apart. On stovetop, you might need to add a little water during the cooking time.

When soup has reached the consistency you want, raise heat slightly or turn Crockpot to high. Add 1/4 cup rice and cook until rice is done, about 30 minutes for either Crockpot or stove.

Lower heat again, add fresh lime juice and cilantro and cook 5 minutes. Serve hot, with additional fresh lime pieces for each person to squeeze into soup.

Blueberry Loaf

1/2 cup butter, softened
1 cup sugar
2 eggs
1/2 cup milk
1 teaspoon vanilla extract
1-3/4 cups all-purpose flour
1 teaspoon baking powder
1 cup frozen blueberries

In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs, milk and vanilla. Combine flour and baking powder; add to creamed mixture just until combined. Gently fold in blueberries.

Pour into a greased 9-in. x 5-in. loaf pan. Bake at 350° for 50-55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Yield: 1 loaf.

News from the Farm

Spring is the air and we are wrapping up winter projects, like fixing and putting up fences, to focus on spring planting. Peas have gone in potatoes will be soon follow. We look forward to the solstice in the next couple days and wish you all a happy spring!

818-5807

info@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1